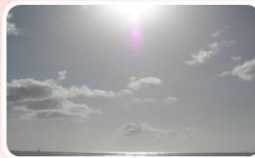


THE OPTIMAL GUIDE TO HEALTH



THE OPTIMAL GUIDE TO HEALTH

© 2013



NATURAL HEALING
THROUGH THE LAWS OF HEALTH

“Knowing that if you have the faith of a mustard seed, your faith can move mountains”

Table of Contents

INTRODUCTION	1
PURE AIR.....	3
SUNLIGHT	8
TEMPERANCE	12
REST	18
EXERCISE	22
PROPER DIET.....	26
WATER.....	57
TRUST IN DIVINE POWER	60
CLEANLINESS.....	68
PURITY OF LIFE.....	72
DEVOTIONAL RECOMMENDATION	75
DAILY SCHEDULE.....	76

BOOK REFERENCE GUIDE

CD	Counsels on Diet and Foods by Ellen G. White
CH	Counsels on Health by Ellen G. White
EFHP	Encyclopedia on Foods and their Healing Power, A Guide to Food Science and Diet Therapy by Dr. George D. Pamplona-Roger, M.D.
ED	Education by Ellen G. White
HL	Healthful Living by Ellen G. White
MCP	Mind Character and Personality by Ellen G. White
MH	Ministry of Healing by Ellen G. White
PATH	Pathways to Health and Happiness by Ellen G. White
SM	Selected Messages by Ellen G. White

INTRODUCTION

The Complete Guide to Optimal Health with Menu Planning and Food Combinations Made Easy

ATTENTION: *Before making any changes please contact your health care professional.*

The Lord gave His word to ancient Israel, that if they would cleave strictly to Him, and do all His requirements, He would keep them from all the **diseases** such as He had brought upon the Egyptians; but this **promise** was given on the **condition of obedience**. (CD p. 26.3)

The words spoken to Israel are true today of those who recover health of body or health of soul. **"I am the Lord that healeth thee."** Exodus 15:26

It should be known that, **Disease never comes without a cause.** (MH p. 94)

A suitable definition of Disease is, **"Disease is an effort of nature to free the system from conditions that result from the violation of the laws of health."** (MH p. 73)

So you may ask, what are the laws of health?

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. (MH p. 127)

There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying. (2SM p. 287.3)

God has established the laws of our being. If we violate these laws, we must, sooner or later, pay the penalty.

The Optimal Guide to Health

Man has disregarded the laws of his being, and disease has been steadily increasing. The cause has been followed by the effect. He has not been satisfied with food, which was the most healthful; but has gratified the taste even at the expense of health.

We want to let you know that in this book we have precious, precious information that when adhered to will save lives. It can be used as a guide to improving your health and preventing many sickness and disease.

PURE AIR



The strength of the system is in a great degree dependent on the amount of pure fresh air breathed. This is necessary for mental alertness that we do have proper fresh air.

(Healthful Living p. 171)



In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood.

We can live without food for several weeks, without water for several days, but we cannot live without air.

Proper breathing of fresh air will provide the following benefits:

- Soothe the nerves
- Stimulate the appetite
- Render more perfect digestion
- Induce sound refreshing sleep
- Promote good blood and circulation
- Improve blood to the brain
- Control anxiety attacks
- Proper cellular metabolism
- Positive mental attitude
- Reduce stress

Improper breathing will cause:

- Weak and unhealthy system
- Poor circulation
- Blood to move sluggishly
- Depression
- Fevers
- Acute diseases
- Poor digestion
- Accumulation of waste in the body

Proper breathing will allow the lungs to expand. However, we need to avoid articles of clothing that can restrict lung expansion. For example:

- Girdles
- Belts
- Corsets
- Tight bands
- Tight pants

Deep breathing is important to your daily routine for proper body function, digestion and metabolism. Start your day with deep breathing and expanding your diaphragm for improved physical health. Breathing in (inhalation) energizes the body and breathing out (exhalation) relaxes the body. When doing breathing exercises, let your breathing out be as long as your breathing in. Some researchers recommend that exhalation be slightly longer than inhalation.

The lungs are constantly throwing off impurities, and they need to be constantly supplied with fresh air. Impure air does not afford the necessary supply of oxygen, and the blood passes to the brain and other organs without being vitalized. Hence the necessity of thorough ventilation. To live in close, ill-ventilated rooms, where the air is dead and vitiated, weakens the entire system. It becomes peculiarly sensitive to the influence of cold, and a slight exposure

induces disease. It is close confinement indoors that makes many women pale and feeble. They breathe the same air over and over until it becomes laden with poisonous matter thrown off through the lungs and pores, and impurities are thus conveyed back to the blood. (MH p.177)

Impure air is one of the major causes of poor health. The best air quality is in the early morning, after a shower of rain or in country areas. Pollutants from industries, automobiles, tobacco smoke, burning vegetation and city dust, can reduce clean air in our environment. Impure air can lead to allergies, infections, asthma, strokes, flu, irritations and more.

Exercise in the open air should be prescribed as a life-giving necessity. And for such exercises there is nothing better than the cultivation of the soil. Let patients have flower beds to care for, or work to do in the orchard or vegetable garden. As they are encouraged to leave their rooms and spend time in the open air, cultivating flowers or doing some other light, pleasant work, their attention will be diverted from themselves and their sufferings. (MH p.264, 265)

Let fresh air flow through your home:

- Crack the windows at least one inch so fresh air comes in at night. Pure air at night keeps the cells oxygenated, which helps with cellular repair.
- It helps to avoid: exhaustion, fevers, feeling hungry, diseases, and sluggish blood circulation.
- To have constant supply of oxygen to keep cells and lungs strong and healthy.

Purify the air in your home with plants.

E.g. peace lily, dumb cane, spider plant, snake plant, dwarf, banana tree, rubber tree, or philodendron. Pine fir in the yard is healthful.



Homes can have air that yield sick conditions such as:

1. **Air fresheners or plug-ins.** Such fumes from these can cause respiratory issues over time.
2. **Scented candles.** This can cause lead poisoning they are dangerous for infants, small children and pregnant women.
3. **Radon gas emissions.** Usually found in basements and is the 2nd leading cause of lung cancer and lung disease. radon gas. Radon gas can seep up even through concrete floors, so testing should be done for it.
4. **Pesticides.** Studies show a correlation of inhaling pesticides to Parkinson's disease.
5. **Cleaning chemicals.** Cleaning ovens, top of the stove or spraying stoves on hot areas can give off fumes that can be lethal.
6. **Nitroxide, sulfuroxides.** This comes from small portable kerosene heaters fumes and can be toxic.
7. **Lead paint.** This can cause brain injuries.
8. **Asbestos.** This increases the risk of cancer and lung disease.
9. **Mold.** Inhaling air that contains mold can trigger mucus buildup and sinus conditions.
10. **Carpets.** Carpets hold in fumes and chemicals.
11. **Carbon monoxide.** Chimneys and furnaces can give off this harmful gas.
12. **Sick building syndrome.** This can cause eye, nose and throat irritation, headaches, rash, and sinusitis.

How can where we live influence our health?

- Low damp areas should be avoided, as it can result in sore throat, fevers, or lung diseases.
- Choose to live in high-elevated areas for abundance of air and light.
- Choose a place where there are trees and nature around for children to play and exercise the mind.

In summary, air is essential to our life; breathing pure air is not only pleasant but also healthful. We need a constant supply of fresh air to maximize our benefit, so choose to spend time outdoors, in the country areas and open your home daily to that pure air, which gives vigor and elasticity to all your faculties.

SUNLIGHT



Sunlight is one of the greatest blessings given by God to you. Sunlight is one of the most healing agents in nature.



Vitamin D is not a vitamin but a hormone. Nearly every organ system of the body is influenced by the light of the sun. There is a receptor on every cell in the body for Vitamin D and it is a stored nutrient therefore, when one is not exposed to sunlight it pulls from storage.

Sunlight is important for growth and development, a healthy mind and maintenance of body functions.

Adequate sunlight exposure affects the body in the following ways:

- Helps facilitate healthy bones
- Resets the biological rhythm
- Lowers blood pressure by 8%
- Decreases blood cholesterol
- Lowers blood sugars
- Increases white blood cells
- Improves deep breathing
- Increases blood circulation
- Reduces stress
- Regulates blood cells
- Modifies the work of kidneys
- Influences metabolic activities
- Regulates the biological clock

Diseases linked to sunlight deficiency include, but is not limited to: autoimmune disorders, defused muscular pain, lupus, arthritis, depression, diabetes, heart disease, rickets, jaundice, multiple sclerosis, poor blood circulation, cancer, hormone related problems, cholesterol and high blood pressure.

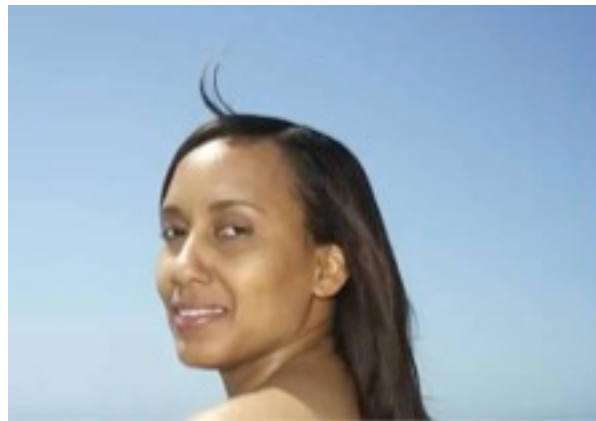
- Diabetes: sunlight has an insulin-like effect – it lowers the blood sugar in right proportions i.e. sunlight increases glycogen (stored sugar) in the body causing the blood sugar to be lowered.
- Asthma patients, who could hardly breathe, were able to inhale freely after a sunbath.
- Stress: calms the nerves and increases adrenalin, thus you become more relaxed and better able to move through the day, resulting in peaceful restful sleep.
- Cholesterol: since 1904 it was discovered that when the sun hits the skin, it converts Cholesterol into pre-vitamin D and the liver makes it into a form that the body can use. This lowers the cholesterol in the blood. Two hours after a sunbath reduces blood cholesterol by 13%.

The Optimal Guide to Health

- Sunlight

- Rickets: this is a condition where vitamin D needed to calcify the bones is not present and so it bends bones easily in children. For adults, the calcium leaves the bones and they become softer. Increasing the vitamin D level will correct the situation.
- Sunlight can elevate conditions such as: Tuberculosis, bones, lungs, streptococcal infections, jaundice, fungus infections of the feet and toes, common cold, flu (colds are more during the rainy/winter seasons when there is less sunlight), spinal meningitis, germs, (kills germs and changes skin oils into bacterial agents), acne, increases white blood cells to build immune system. (Neutrophils in the blood cells are stimulated to eat up bacteria, fungus and other bacteria).

Lighter skinned individuals require 10 to 15 minutes of sunlight daily, while darker skinned individuals, require six times more exposure to sunlight daily, that means, between 45 minutes - 1 ½ hours between the hours of 10:00am to 2:00pm when the UVB rays are at its best to enable the body to produce Vitamin D in right quantities.



To avoid sunburn: Cover body properly, therefore wear long sleeves, long garments and a hat on your head, drink lots of water, eat a healthy balanced, low-fat, plant-based diet.

In order for calcium to be absorbed, you need vitamin D and protein. Calcium helps facilitate healthy bones, but if vitamin D is deficient, it cannot help with the absorption of calcium to make healthy bones.

The Optimal Guide to Health

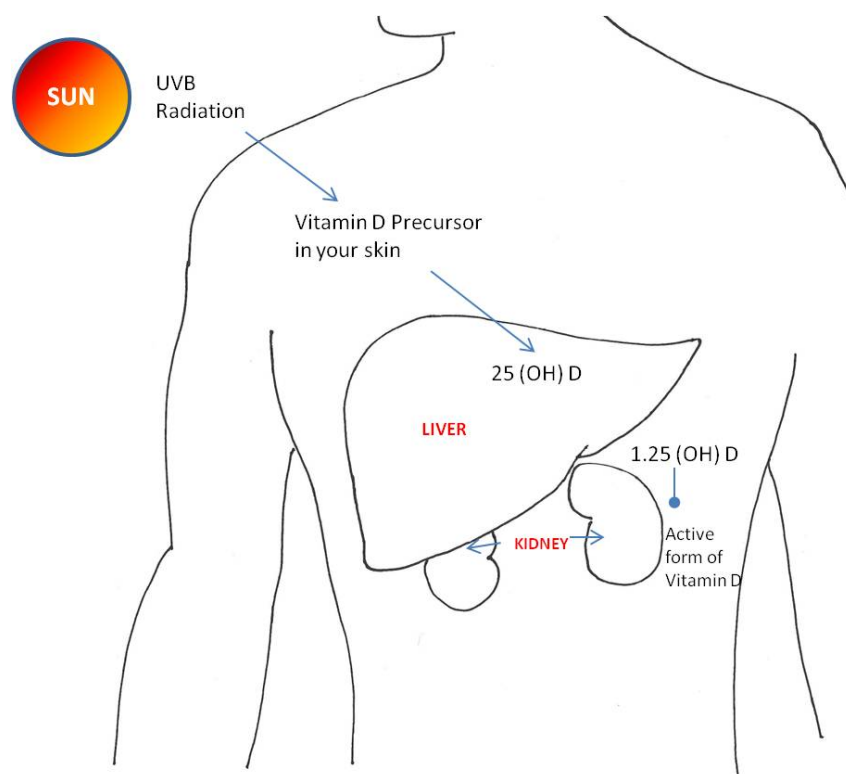
- Sunlight

Protein also requires calcium for digestion. High intake of protein from animal sources (meat, fish) requires greater amounts of calcium and when the body is deficient in calcium, it starts pulling from wherever, even the bones.

Acid reflux or indigestion can cause calcium deficiency as the body would pull calcium from even the bones to neutralize the acidity and this can lead to Osteoporosis.

Eating in sunlight, when practical, enhances digestion and encourages a natural diet.

When the sun hits the skin it converts cholesterol under the skin into a pre-vitamin D. That pre-vitamin D is then changed by both the liver and the kidneys to convert it into a more active form that the body can use. If someone has kidney failure, they will have a hard time to produce vitamin D, and will more likely become vitamin D deficient.



In summary, sunlight is essential to the total well being of the individual. Do make an effort to get adequate amounts of the free, life-giving splendor of sunlight everyday.

TEMPERANCE



Let moderation be known in all things. Philippians 4:5



It is all about balance. True temperance teaches total abstinence of that which is harmful and moderate use of that which is good.

Your day-to-day activities can affect your health, in that; your job may be too stressful and prevent you from complying with the eight laws of health. Note too that your prior practices can influence your current health issues. e.g. a night

shift worker in the past may now need to have lots of sunlight to regulate his sleeping pattern or correct bone related issues.

The body needs to rest. Overwork can break down the immune system. Some make themselves sick by overwork. For these, rest, freedom from care, and a spare diet are essential to restoration of health. (MH p.153)

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

Effects of overeating are:

- It taxes the stomach and makes it feverish.
- The brain nerve energy is benumbed and almost paralyzed by overeating. (CD p.63.2)
- Overeating, even of the simplest food, benumbs the sensitive nerves of the brain, and weakens its vitality. (CD p.102)

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

Irregular hours for eating and sleeping saps the brain forces. (2MCP p.388.1)

Dress and health goes hand-in-hand, it should be:

- Modest and healthy
- Inexpensive
- Provide warmth and proper circulation
- Chosen for durability rather than display

The Lord provided the face with an immense circulation, because it must be exposed. He provided, also, large veins and nerves for the limbs and feet, to contain a large amount of the current of human life, that the limbs might be uniformly as warm as the body. They should be so thoroughly clothed as to induce the blood to the extremities.

Satan invented the fashions, which leave the limbs exposed, chilling back the life current from its original course. Testimonies, Vol. 2 p.532

In order to secure the most healthful clothing, the needs of every part of the body must be carefully studied. The character of the climate, the surroundings, the condition of health, the age, and the occupation must all be considered. Every article of dress should fit easily, obstructing neither the circulation of the blood nor a free, full, natural respiration. Everything worn should be so loose that when the arms are raised the clothing will be correspondingly lifted. (MH p.192)

Modesty in dress is important for both male and female to improve mental and physical health. To maintain modesty, avoid:

- Necklines that are cut too low
- Showing of the armpits
- Tight-fitting skirts
- Skirts or dresses that is too short
- Women and men wearing tight-fitting shirts
- Belts should not be tight as it restricts the intestines from doing its work freely

It would be wise to manage our time so that time spent in leisure activities is not spent in frivolous time-consuming activities compared to the time spent with God and productive occupation.

Reading novels, science fiction, pornography, fashion magazines, and computer games, can be un-healthful in the following ways:

- Scenes of unbecoming nature are replayed over and over again in the mind.
- It destroys interest in the Bible.
- Passion is aroused and the end is sin.
- It can lead to self-abuse or masturbation and cause zinc deficiency, which can lead to blindness or prostate affliction.

Guidelines for reading material:

Be not deceived: evil communications corrupt good manners. 1 Corinthians 15:33

Neither is the old proverb questioned, "a man is known by the company he keeps." But evil communication with books, no less than with men, corrupts good manners. And the sentiment is worthy of passing into a proverb, that a man is known by the books he reads. Books are men. Not paper men, but men on

paper. And these influence the character of their readers as do men in the flesh the character of their companions. Show me a man's books, the books of his choice, and I will show you the man himself. Let me control the reading of a rising generation, and I will prophesy. A bad book is a bad associate; a good book, a good one. Sensual books tend strongly to make sensual readers. *A Solemn Appeal p.12*

Their corrupt habits of self-abuse have debased their minds, and tainted their souls. Vile thoughts, novel reading, low books, and love-stories, excite the imagination, and just suit their depraved minds. *Appeal to Mothers p.50*

CAUTIONS AND COUNSEL ON HABITS, WHICH CAN AFFECT YOUR HEALTH.

The wearing of nail polish

- Nails are extensions of the skin and they are porous, therefore, whatever chemicals you put on them will be absorbed into the body.
- They speak health to us as certain colorations or markings can indicate deficiencies. For example, a white spot on the nail is an indicator of lack of zinc while brittle nails indicate deficiency in calcium. Therefore, keep your nails free from hardeners or polishers so you can monitor your health.

Hair

- The head has a high absorption rate. If you lack nutrients, such as, protein, the body pulls from the hair. In this way it can absorb chemicals, which may be applied to the hair or scalp.
- Hair dyes and chemicals can be absorbed in the scalp. The darker the hair dye color, the greater the effect from its use.
- Wigs prevent the scalp from breathing. It causes excess heat to the head and can cause the hair to become thin.
- Those who use natural hair weaves or wigs expose themselves to contracting sickness and disease. If a person is sick and sells her hair, the one who buys and use the wig or weave can contract the same sickness from the owner. In the past, Leprosy was contracted by persons who bought wigs made from hair coming from a Leprous person.

Tattoo markings on the body

Ye shall not make any cuttings in your flesh for the dead, nor print any marks upon you: I am the LORD. Leviticus 19:28



- The skin is the largest organ of the body. It is porous and will therefore absorb any substance put on it.
- In tattooing, the skin will absorb whatever is in the ink.
- Did you know that if you pierce your ears or get a tattoo, it takes up to one year before you can give blood?
- Just to show the side effects of tattooing, there is a metal effect from the piercing of Tattoos that would cause MRIs to give false readings.

Shoes

- Shoes must be a low comfortable heel that is off the floor by at least one inch with a good arch to support the body.
- Shoes should have a rounded front that matches the shape of your foot.
- High heels affect the ligaments in the calves, making them shorter and so the calves actually stretches and pains when the individual is not wearing heels.
- It is designed to cause you to tilt forward and the butt push out causing a curvature to the spine.
- High heels tilt the womb and make it difficult to have children.
- It affects circulation and puts pressure on the knees.

Competitive activities

It would be wise to avoid competitive activities to maintain a healthy lifestyle for the following reasons:

- Physical – it can elevate the blood pressure. Persons who tested their blood pressure before, during and after a competitive game, whether they played or watched, saw an increase in their blood pressure.
- Mental – we do not play to lose but to win, in this case, one thinks to be higher or better than the other.

The Optimal Guide to Health

- Temperance

- Spiritual – it is not Godlike when persons want to esteem themselves better than others or the behaviors do not match that of a child of God.

To lead a more temperate life, avoid the use of:

- Tobacco, insecticides, automobile fumes
- Alcohol, Toxic drugs
- Caffeine (cola drinks gradually melt your teeth)
- Sugar foods
- Greasy foods
- Meat/flesh animals and animal products
- Harmful condiments and spices
- Worry or anxiety
- Inappropriate clothing

In summary, to lead a more balanced life:

- Maintain balance of rest and exercise
- Have a regular daily routine
- Eat at set meal times
- Dress healthfully (dress, shoes)
- Care for your body (no nail polish, tattoo, hair, etc)
- Relax
- Listen to heavenly music

REST



And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat. Mark 6:31



Find rest of spirit in the beauty and quietude and peace of nature. Let the eye rest on the green fields, the groves, and the hills. (MH p.242)

It is important to get adequate rest daily for proper body function, which includes sleep and time of quiet peace from the hustle and rush of the day.

- One should go to bed before 10:00 pm as the body heals itself between the hours of 10:00pm and 12:00am.
- Melatonin hormone, which gives restful sleep, is released between the hours of 10:00pm and 12:00am when the body is at rest. Sleep is a natural anti-oxidant and a tumor suppressant. Studies in Denmark and the US show that

for females, lack of sleep at night, increases the risk of breast cancer by 50-55% and colon cancer by 45-50% and for men, prostate cancer and colon cancer by 45-50%.

- Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock. . . 7 *Manuscript Release* p. 224.3
- Make it a habit to go to bed and get up at approximately the same time each day. For the greatest benefit, an optimal bedtime would be around 9:00pm.
- Insufficient sleep will cause you to feel drowsy and have poor concentration during the day. A study conducted at Brigham Young University proved a correlation between a good GPA and the practice of "early to bed, early to rise." The principle applies not only in the classroom, but also in every setting; quality sleep will help you think more clearly.
- Studies have shown that sleep-loss affects learning and memory. When animals and humans are deprived of sleep, they do not perform well on memory tasks.
- If you study after 9:30pm, much is lost and nothing is gained.
- Between the hours of 10:00pm–12:00am the brain does the most work, most releasing of hormones, chemicals, melatonin, growth hormones and the brain restores itself.
- No student should form the habit of sitting up late at night to burn the midnight oil, and then take the hours of day for sleep. If they have been accustomed to doing this at home, they should seek to correct their habits and go to rest at a seasonable hour, and rise in the morning refreshed for the day's duties. In our schools the **lights should be extinguished at half past nine.** *Christian Education* p. 124.1

Do you find yourself frequently waking up to urinate during the night?

Your need to urinate can be caused by:

- Drinking too late into the night and close to bedtime.
- Drinking too fast and not gradually for the cells to absorb the liquid.
- A symptom of prostate affliction, urinary track infection or diabetes. Therefore it would be good to get tested for these conditions and seek treatment if need be.

Do you work the night shift or swing shift?

If your answer is yes, you should be aware of how your biorhythm is affected.

- Working the night shift causes too much inconsistency with the biorhythm of your body.
- It is difficult for your body to naturally keep track of time as there is no consistency of nighttime and daytime.
- Naturally we are day creatures, and so our circadian rhythm will cause us to be alert during the day and at rest during the night. However, if you have to work shift, where possible, choose to be either a nocturnal creature or a diurnal creature, in this way you can still maintain a schedule and the body will adapt without too many side effects.

For example, if you work at night, you need to maintain that schedule seven days a week even on your nights off. The best option would be, to keep awake during the night and sleep during the day constantly. In this way there is a pattern and the body would respond accordingly, thus preventing a breakdown in the system. Therefore you need to keep your room dark and cool at day to create a night atmosphere and get your rest.

Do you find the need to take sleeping pills?

Sleeping pills will affect the body in the following ways:

- They are addictive
- Depresses the central nervous system
- Acts as a sedative-hypnotic medicine
- Side effects of some sleeping pills are: burning or tingling in the hands, arms, feet or legs, changes in the appetite, constipation, diarrhoea, dizziness, dry mouth or throat, gas, headache, or weakness.

Do you make it a practice to get to bed at a certain time? Why is this important?

- We are a creature of habit.
- Regularity is important.
- The body needs rest to heal and repair itself.

Do you rest from labor at least one day per week? How does the Sabbath influence our health?

- Resting at least one day a week rejuvenates, reenergizes, and gives a new lease of stamina for the new week.

Do you have trouble sleeping?

- Avoid eating too close to bedtime. In most cases, two meals a day are preferable to three. Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed, and is unready for the day's duties. (CD p.176) For a third meal, the following counsel is given: "...a third meal ... if taken at all, be very light, and of food most easily digested. Crackers--the English biscuit--or zwieback, and fruit, or cereal coffee, are the foods best suited for the evening meal." (CD p.176)
- Do nothing in the bed but sleep. No TV in the bedroom. No eating or reading in bed. Train the brain what the bed is for
- Do not watch the clock if you wake as you would create anxiety. Develop bedtime rituals, such as, change clothes, brush teeth, and get into bed
- Do not watch the news after 9:00 pm for the brain keeps stimulated and awake
- Do not use caffeine products as these are stimulating to the nerves and can keep you awake
- Avoid too much salt and spicy foods
- Take a warm bath
- Get active exercise during the day
- Take an outdoor walk before bedtime
- Sleeping with lights on can penetrate through the iris onto the pineal gland and stop the production of melatonin, which gives restful sleep. The only color light that does not affect the body is blue light
- Avoid loud noise and too much talk
- Avoid worry and anxiety
- Get adequate fresh air
- Read God's word, pray and trust in Him

EXERCISE



**And the Lord God took the man, and put him into the garden of Eden to dress it
and to keep it. Genesis 2:15**



Exercise is very essential to good health. The acronym “**FIT**” embodies the ingredients of a good exercise program. “**F**” stands for **frequency** or how often one should exercise. “**I**” stands for the **intensity** or how hard and vigorous one should exercise. “**T**” stands for the amount of **time** one should exercise for.

Exercise is vital for proper blood circulation, strengthening of bone and muscle, treatment of disease: eg it lowers blood sugar, blood pressure and cholesterol.

Judicious exercise would induce the blood to the surface and thus relieve the internal organs. Brisk, yet not violent, exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalized by the pure air, to the extremities. (CH p.53)

Neglecting to exercise the entire body, or a portion of it, will bring on morbid conditions. Inaction of any of the organs of the body will be followed by a decrease in size and strength of the muscles, and will cause the blood to flow sluggishly through the blood-vessels. (HL p.28)

Exercise can help you to:

1. Burn calories.
2. Increase strength and endurance.
3. Feel better and have more energy.
4. Optimize heart health.
5. Live a longer happier life.
6. Lower blood pressure and resting heart rate.
7. Lower LDL cholesterol levels in the blood and raise HDL cholesterol.
8. Strengthen bones by retaining calcium.
9. Lift depression. (Exercise in the open air)
10. Relieve anxiety and stress.
11. Increase overall energy and efficiency in all areas of our lives.
12. Maintain desirable weight levels.
13. Improve circulation.

As the intensity of exercise rises, blood flow through the muscles greatly increases. Of all the structures of the body, more than half (54%) of a fit person is muscle.

Exercise will aid the work of digestion. To walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately, will be a great benefit. The mind will be diverted from self to the beauties of nature. The less the attention is called to the stomach after a meal, the better. If you are in constant fear that your food will hurt you, it most assuredly will. Forget self, and think of something cheerful. (CH p.53)

- Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place.
- Exercise has an immediate and prolonged effect on blood sugar among diabetics. Note too that 1 hour of continual walking is equal to 20 units of insulin. However, when a Diabetic goes walking, they must take along a fruit. If the blood sugar dips, eating the fruit will help to stabilize it.

Encourage the patients to live healthfully and to take an abundance of exercise. This will do much to restore them to health. Let seats be placed under the shade of the trees, that the patients may be encouraged to spend much time out-of-doors. (2SM p.298)

Morning exercise, walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestion of the brain, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases. (HL p.176)

Exercise will improve your muscle tone and blood vessels, improve the efficiency of your heart and lungs, aid in digestion, improve maximum oxygen intake, improve overall condition of your body, change your whole outlook on life, encourage sleep at night, slow down your aging process, reduce difficult and painful menstruation, and improve children's growth.

When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise, and the feet should be well protected. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe. For those who can walk, walking is preferable to riding.

The muscles and veins are enabled better to perform their work. There will be increased vitality, which is so necessary to health. The lungs will have needful action; for it is impossible to go out in the bracing air of a winter's morning without inflating the lungs. (CH p.52)

Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use. Many who depend upon the movement cure could accomplish more for themselves by muscular exercise than the movements can do for them. In some cases, want of exercise causes the bowels and muscles to become enfeebled and shrunken, and these organs that have become enfeebled for want of use will be strengthened by exercise. There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved. (CH p.200)

Walking exercises the involuntary muscles and organs. It also reverses and prevents diseases like Diabetes, High Cholesterol, High Blood Pressure and Arthritis.

You should walk 21 miles per week, which is approximately 3 miles per day seven days per week for approximately one hour. This exercise should be a very brisk, steady walk, if possible. If you can exercise and carry on a basic conversation, then that's the correct rate for you.

- Walking first thing in the morning burns predominantly fat.
- Walking later in the day follows a 50-50% plan, that is, it burns 50% sugar and 50% fat.
- Walking strengthens the bones; as each step immediately increases calcium absorption.
- Compared to walking, running or jogging, results in over-taxation of the joints and wear away the cartilage causing joint problems later on. Studies show that runners get a "runner's heart" i.e. an enlarged heart and this can lead to a heart attack.

The exercise of the brain in study, without corresponding physical exercise, has a tendency to attract the blood to the brain, and the circulation of the blood through the system becomes unbalanced. The brain has too much blood, and the extremities too little. There should be rules regulating their studies to certain hours, and then a portion of their time should be spent in physical labor. And if their habits of eating, dressing, and sleeping are in accordance with physical law, they can obtain an education without sacrificing physical and mental health. (CH p.177)

PROPER DIET



Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator.

Counsels on Diet and Foods p. 310 art. 471



Our Creator in His great wisdom provided a wide variety of foods for us to enjoy and keep us healthy.

Man's original diet constituted of fruits, grains, seeds and nuts. Genesis 1:29, says, "And God said, Behold, I have given you every herb bearing seed, which is

upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

After sin, plants were introduced to the diet, Genesis 3:18, says, *"Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; in the sweat of thy face shalt thou eat bread..."*

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. (CD p. 81.2)

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. (CD p. 396)

One key to know if your diet is right is that you need to use a wide variety over the course of the week. A lack of vitamin C will eventually lead to scurvy, a diet with too little iron will result in iron-deficiency anemia or prolonged vitamin A deficiency can cause permanent blindness. Therefore there should be a variety of colors, of fruit and vegetables: all the red, green, white, purple and yellow foods represented on the plate, including grains and lots of legumes, contains fiber and nutrients that the body needs.

In terms of variety, this should be done over a course of time, not at the same meal, "It would be much better to eat only two or three different kinds of food at a meal than to load the stomach with many varieties." (CD p. 110) It is better to eat a variety of foods but within the same family. For example, the Cruciferous family: collards, white or red cabbage, Chinese cabbage, cauliflower, broccoli. Three of these can be on the same plate because they are of the same family and the stomach treats it as one kind of food, thereby making it easier for digestion. Food combinations of different kinds of foods eaten together will cause indigestion.

The cells of our body require the different foods groups in order for it to be well

nourished. The three main constituents of food are: Protein, Carbohydrates and Fats. A total plant-based diet does give sufficient protein, carbohydrates and fats and other vitamins and minerals for excellent body function.

Protein. Did you know that there is an ample supply of protein in the vegetarian diet? Soybean is the number one source of protein on the face of the earth. It contains, 35.6 grams of protein per 100 edible grams, or Lentils has 28.1 grams per 100 edible grams, compared to Baked chicken that has 27.3 grams per 100 edible grams or Flatfish, which has 18.8 grams per 100 edible grams. "Eating legumes and grains (either at the same meal or during the same day), our body gains the correct amounts of all amino acids necessary to synthesize its own proteins. The result is the same as if one had eaten animal protein (meat, fish, eggs, etc.), with the advantage that grains and legumes contain little fat and no cholesterol." *Encyclopedia of Foods and their Healing Power Vol 1 p. 80, 81*

Carbohydrates are essential for fuel and energy that the body needs. However, avoid processed carbohydrates but rather use natural foods what contains simple and complex carbohydrates such as honey, fruits, whole grains (brown rice, bread, cereal), legumes or tubers.

Fats are the most concentrated form of energy, they supply over twice as many calories per gram than protein or carbohydrates. It can also be efficiently stored for later use. Plant sources of Fats are nuts or oils. Almond is the King of all nuts. One closed handful of nuts if taken in right proportions is heart protective. Care should be taken not to eat too large a quantity of nuts. Fats are best used at the end of the meal to **close** the appetite. It also helps to transition you to the next meal without the blood sugar levels falling too low.

FRUITS AND VEGETABLES

And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so. Genesis 1:11

Fruits provide nutrients to the body such as water, sugars, starch, fiber, organic acids, vitamins, minerals, and phytochemicals. Their healing properties include **detoxifying the organism**, because it facilitates the elimination of wastes and blood impurities **antioxidants**, which avoids premature aging, arteriosclerosis,

cancer and other diseases. It **regulates the intestine**, because it is a natural laxative, softening the intestinal mucosa, while apples regulate the digestive function and combat diarrhea. It **prevents cancer**, there is a lower risk of cancer of the digestive, respiratory and urinary organs and it is great to **avoid cardiovascular disease**, as it is effective in the prevention of stroke and coronary disease. *Study at Forvie Site University at Cambridge (UK).*

A fruit is that which has the seed within itself: tomatoes, cucumbers, eggplant are considered fruits and should not be mixed with carrots, broccoli, cabbage, lettuce etc.

- Do not mix fruit and vegetables at the same meal.
- Mixing fruits and vegetables at the same meal causes **fermentation** in the stomach.
- Fruit and vegetables taken at one meal produce **acidity** of the stomach; then **impurity of the blood** results, and the **mind is not clear** because the digestion is imperfect. (CD p. 112.6)
- For a dyspeptic stomach, you may place upon your tables fruits of different kinds, but not too many at one meal. (CD 309 a.467)
- There should not be a great variety at any one meal, for this encourages overeating, and causes **indigestion**. (CD p. 112.2)
- Fruit should not be eaten after a full meal of other foods. (CD p. 309 a. 468)
- Nicely prepared vegetables and fruits in their season will be beneficial, **if they are of the best quality, not showing the slightest sign of decay**, but are sound and unaffected by any disease or decay. **More die by eating decayed** fruit and decayed vegetables which **ferment in the stomach** and result in **blood poisoning**, than we have any idea of. (CD p. 309 a. 469)

Fruits

Apples, Oranges, Bananas, Kiwi, Watermelons, Honeydew, Melons, Cantaloupes, Pears, Grapes, Peach, Nectarine, Grapefruit, Tangerines, Pineapples, Mangoes, Papaya, Pomegranate, Cherries, Carambola, Sapodillas, Sour Sop, Sugar Apples, Raisins, Prunes, Currants, Apricots, Dates, Figs, Pineapples, Cranberries, Pears, Peaches, Star Fruit, Blueberries, Raspberries, Blackberries, Lemons, Limes, Strawberries



Tomatoes, Cucumbers, Avocados, Bell pepper (red, orange, yellow), Olive green or black), Pumpkin, Squash, Zucchini, Eggplant, Plantain, Strawberry, Bodi, String beans



Vegetables

Carrots, Asparagus, Garlic, Onion, Scallion, Leek, Yellow, Acorn, Butternut, Kabocha

*Cruciferae family: Broccoli, Brussels Sprout, Cabbage, Collard Greens, Kale, Horseradish, Turnip, Chinese Cabbage, Cauliflower, Bok Choy, Radish, - **Use Dulse or Kelp to protect your thyroid when using items from this family because it robs iodine from the body.*

What is an optimal amount of servings per day?

- Three to five servings of fruit and vegetables per day.
- Eat fruit at one meal and vegetables at another.



Broccoli stem, cauliflower, carrots, beets, artichoke, celery stalk, rutabagas root, turnips root, radish, Brussels sprouts, asparagus, fennel stalk, cassava, jicama, yam, dasheen, potatoes, edoes.

The proper preparation of these foods is important to make them tender and more digestible. Therefore, low, slow, steaming, cooking, baking will help to reduce the coarse effect in these food items.

Coarse Vegetables

Tea and coffee, fine-flour bread, pickles, **coarse vegetables**, candies, condiments, and pastries fail of supplying proper nutriment. *Education p. 204*

Old and very coarse vegetables take long to digest and can cause indigestion.

Examples of coarse vegetables are:



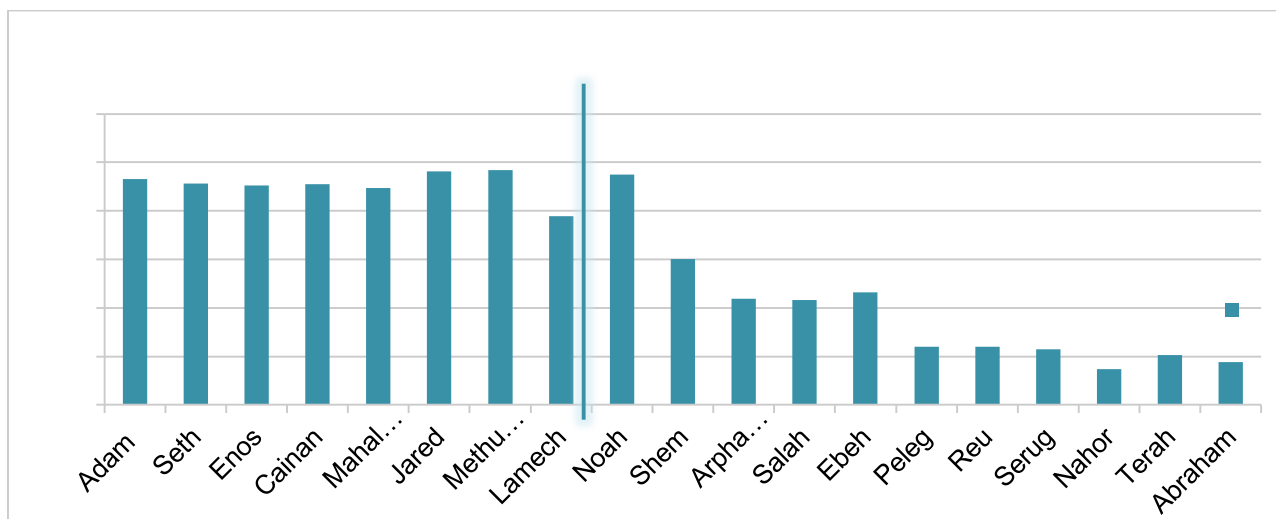
FLESH ITEMS

Why Did God Permit Mankind To Eat Flesh?

In history we are told that a great flood destroyed the antediluvian world. Everything except that which were in Noah's ark perished.

After the flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And **He permitted that long-lived race to eat animal food to shorten their sinful lives.** Soon after the flood the race began to rapidly decrease in size, and in length of years. (CD p. 373.3)

The liability to take disease is increased tenfold by meat eating.—Testimonies for the Church 2:64.



According to the above diagram, you can see that after the flood, the lifespan of man was significantly reduced.

The days of our years are threescore years and ten; and if by reason of strength they be fourscore years, yet is their strength labour and sorrow; for it is soon cut

off, and we fly away. Psalm 90:10

How Does Flesh Eating Contribute To Disease?

- Animals are diseased.
- The body cannot make good flesh and good blood from meat.
- It is stimulating to the nerves.
- Hypoxanthine in meat causes it to be addictive, especially the aged meat. If stopped immediately one may feel feverish and weak, however, give it a while and you would be fine.
- Flesh items (chicken, fish, beef, lamb, pork, and all crustaceans) and its byproducts (cheese, milk, whey, etc) are high in animal protein and fat which are foundational causes of all sicknesses and diseases.



- Flesh products are related to almost every type of cancer that affects the human body.
- Shrimp, lobster, crab, conch, wilkes, snails, mussels, squids, catfish, crawfish, til, and like organisms should never be introduced into the stomach because they are difficult to digest and they contain more than 150 mg% of cholesterol, more than double that of lean beef. It

should be avoided by all.

- Fish is loaded with cholesterol and is the second leading cause of allergies and one of the leading causes of cancer because of the high, industrial, chemical pollutants (mercury, cadmium, etc) that are dumped in the seas today.
- 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 for the Church 2:61.

- The meat is served reeking with fat, because it suits the perverted taste. Both the blood and the fat of animals is consumed as a luxury. But the Lord has given special directions that these should not be eaten. Why?—Because their use would make a diseased current of blood in the human system. Disregard of the Lord's special directions has brought a variety of difficulties and diseases upon human beings.... If they introduce into their system that which cannot make good flesh and blood, they must endure the results of the disregard of God's word.—*Unpublished Testimonies, March, 1896.*
- Pork is high in parasites as well as bacterial and viral contamination. It should never be used and should never be introduced into the stomach.

The Effects of Meat Consumption on the Brain

- Saturated fats and cholesterol clog the arteries of the brain, thereby reducing blood supply to the brain and this can cause a Stroke.
- Meat depresses electrical activity of the frontal lobe, but stimulates the lower or carnal centers of the brain.
To be carnally minded is death: but to be spiritually minded is life and peace. Because the carnal mind is enmity against God: for it is not subject to the law of God, neither in deed can be. Romans 8: 6, 7
- Meat is the most common source of arachadonic fatty acid which decreases the production of the neurotransmitter acetylcholine from the frontal lobe therefore impairing mental and physical function.
- A meat diet is correlated with a 2-3 times higher risk of developing dementia.
- It is impossible for those who make free use of flesh meats to have an unclouded brain and an active intellect.—*Testimonies for the Church 2:62.*
- Eating much flesh will diminish intellectual activity. Students would accomplish much more in their studies if they never tasted meat. When the animal part of the human nature is strengthened by meat eating, the intellectual powers diminish proportionately.—*Unpublished Testimonies, November 5, 1896.*

The effects of meat consumption and Cancer

- Cancer of the lymph gland is definitely associated with the amount of meat consumed.
- Bovine Leukemia Virus (BLV) also known as the cause for lymphosarcoma is thought to be present in as much as 70% of the U.S. dairy cattle. BLV infected

cattle can release infectious viruses and lymphocytes in their milk that can be transmitted to humans.

- Ovarian, breast, colon and prostate cancer have been linked to meat eating.

Many times when meat is eaten, it decays in the stomach, and creates disease. **Cancers, tumors, and pulmonary diseases** are largely caused by meat eating. (CD p. 383.4)

Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculosis and **cancerous germs. Tuberculosis, cancer, and other fatal diseases** are thus communicated. (CD p. 388.4)

The eating of pork has produced scrofula, leprosy, and cancerous humors. Pork eating is still causing the most intense suffering to the human race. (CD p. 393.2)



Again and again I have been shown that God is trying to lead us back, step by step, to His original design,-- that man should subsist upon the natural products of the earth. (CD p. 380.1)

Vegetables, fruits, and grains should compose our diet. Not an ounce of flesh meat should enter our stomachs. The eating of flesh is unnatural. We are to return to God's original purpose in the creation of man. (CD p. 380.2)

Those who eat flesh are but eating grains and vegetables at 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. (CD p. 396.3)



The effects of meat consumption and Circulatory System

- Meat is a major source of saturated fat and cholesterol.
- Meat contains no fiber in the diet and decreases transit time through the digestive system.
- High animal protein consumption damages the nephrons of the kidneys and eventually leads to Hypertension.
- Processed animal products are usually high in sodium thus aggravating Hypertension.

REGULARITY IN EATING

The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. After the stomach has done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. Five hours at least should elapse between each meal, and always bear in mind that if you would

give it a trial, you would find that two meals are better than three. (CD p. 173.1 art. 267)

After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food. (CD p. 179.1)

In no case should the meals be irregular. If dinner is eaten an hour or two before the usual time, the stomach is unprepared for the new burden; for it has not yet disposed of the food eaten at the previous meal, and has not vital force for new work. Thus the system is overtaxed. (CD p. 179.2)

Neither should the meals be delayed one or two hours, to suit circumstances, or in order that a certain amount of work may be accomplished. The stomach calls for food at the time it is accustomed to receive it. If that time is delayed, the vitality of the system decreases, and finally reaches so low an ebb that the appetite is entirely gone. If food is then taken, the stomach is unable to properly care for it. The food cannot be converted into good blood. (CD p. 179.3)

If all would eat at regular periods, not tasting anything between meals, they would be ready for their meals, and would find a pleasure in eating that would repay them for their effort. (CD p. 179.4)

CONDIMENTS, SPICES, FERMENTED ITEMS

The use of unnatural stimulants is destructive to health, and has a benumbing influence upon the brain, making it impossible to appreciate eternal things.— Testimonies for the Church Vol 1 p.549.

The stomach mechanically and chemically digests food to pass on to the small intestine for further processing.



There is a tender coating on the inner walls of the stomach and we need to take care of it by avoiding any activity, which can irritate or scar the walls of the stomach which can lead to several gastric conditions, including Acid Reflux, Hiatal Hernias, GERD, Peptic Ulcers, Gasritis etc.

Normally there is a balance in the stomach between the acidic gastric juices and the protective regenerative nature of the mucosa lining of the stomach. When this balance is thrown off, the stage is set for the development of a peptic ulcer, which is a chronic, solitary erosion of a portion of the inner lining of the stomach.

Condiments, spices and fermented items irritate the stomach. It can also elevate the blood pressure as well as significantly cause other harmful health conditions.

Proper care of your stomach will include the following guidelines.

- Avoid all condiments, mustards, mayonnaise, vegennaise, nayonnaise, ketchup, vinaigrette dressings, worcestershire sauce, barbecue sauces. **If you are insistent on using any of the above condiments, there are various cookbooks for numerous healthy substitutes.**
- Avoid all fermented items. These items include but are not limited to: Vinaigrette dressings, vinegar, apple cider, alcohol, soy sauces, miso, tempeh, tamari, and items of like character.
- Vinegar is fermented alcohol it poisons the blood and makes it impure.
- Sugar and vinegar combined as in ketchup, can lead to impure thoughts, and to Leukemia – Cancer of the Blood.

- Vinegar also depletes calcium phosphate from bones and teeth thus weakening them.
- The inflamed condition of the drunkard's stomach is often pictured as illustrating the effect of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments. (CD p. 339)
- A tendency to disease of various kinds, as dropsy, liver complaint, trembling nerves, and a determination of the blood to the head, results from a habitual use of sour cider. By its use, many bring upon themselves permanent disease. Some die of consumption, or fall under the power of apoplexy from this cause alone. Some suffer from dyspepsia. Every vital function refuses to act, and the physicians tell them that they have liver complaint.—*The Review and Herald*, March 25, 1884.
- Avoid spices: ginger, mauby, all energy drinks, curry, nutmeg, mace, cinnamon, clove.
- Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions. (HL p. 93.1)
- Most spices can be used for medicinal purposes; that include vinegar for external uses as in treating a sore foot, but not for dietary uses. When spices are used as part of regular diet it can also elevate the blood pressure.

For example: Cinnamon. Where one has a healthy stomach, Cinnamon will interfere with the secretion of gastric juices. This increases the secretion of gastric juices and intestinal juices as well as stomach motility. This causes increase in appetite and enhances the digestive function. It is also useful for persons suffering from lack of appetite, bloated stomach caused by a dilated stomach and flatulence when caused by lack of gastric juice. However, in cases of excessive gastric juices as in gastro-duodenal ulcer, Cinnamon should not be used. see *Pamplona-Roger: Encyclopedia of Medicinal Plants Vol. 2*

- Spices irritate the stomach; it causes reddening and increase of the gastric secretions. This can also contribute to cancer (stomach cancer, ulcers, perforated ulcers).
- Avoid all hot peppers (including but not limited to chili peppers, black and white peppers, cayenne pepper, scotch bonnet, bird pepper, hot pepper

saucers, and so forth) are related to cancer of the stomach and hypertension. They are also stimulants and should be avoided.

- **Nutmeg** contains a toxic alkaloid called myristicin whose narcotic or drug effect depresses the **central nervous system**. However it can be used medicinally to reverse a stroke but should not be used as part of the diet.



BEVERAGES

- Avoid all Carbonated drinks: energy drinks, sweetened waters, purified waters (in many cases, it contains baking soda).
- In sodas extra sugar intake produces:
- Unbalanced nutrition
- Extra fat storage
- Uneven blood sugar
- Delayed digestion
- Phosphoric acid which depletes calcium from bones



- Vitamin waters should be avoided because they destroy the calcium in the body.
- Avoid the constant use of juice. It should be used sparingly; it should be considered a treat. Juice is robbed of the necessary fiber the body needs for regularity of bowel movement.

TEAS

- Herbal teas should not be used as part of the daily diet but can be used medicinally so that the body can recognize it as a healing agent and harmoniously bring about life and strength. When these medicinal herbs are used too often as part of the diet, the body becomes immune to it and therefore, in sickness when the herb is needed for healing, it cannot be effective in doing its work.
- Herbal teas have its special purpose in the body and you should be aware of them before consuming them as a luxury. For example: Stinging-nettle tea. If you have high blood pressure or cholesterol it should not be used as it constricts the arteries. However, it reduces the blood sugar level for diabetics.

Avoid green tea, black tea, sweet tea, chai tea, lipton iced tea, red tea, pico tea. These teas contain phenolic tannins, which prevent the absorption of iron, which leads to anemia. Tea also destroys vitamin B1. Vitamin B1 deficiency leads to Parkinson's disease, neuralgia, glaucoma and depression.



- Tea, coffee and tobacco are all stimulating, and contain poisons. (CD p. 420)
- Diseases of every stripe and type have been brought upon human beings by the use of tea and coffee and the narcotics, opium and tobacco. (CD p. 421)
- All these nerve irritants are wearing away the life forces.... (CD p. 422)

To a certain extent, tea produces intoxication. It enters into the circulation, and gradually impairs the energy of body and mind. It stimulates, excites, and quickens the motion of the living machinery, forcing it to unnatural action, and thus gives the tea drinker the impression that it is doing him great service, imparting to him strength. This is a mistake. Tea draws upon the strength of the nerves, and leaves them greatly weakened. When its influence is gone and the increased action caused by its use is abated, then what is the result?—Languor and debility corresponding to the artificial vivacity the tea imparted. When the system is already overtaxed and needs rest, the use of tea spurs up nature by stimulation to perform unwonted, unnatural action, and thereby lessens her power to perform, and her ability to endure; and her powers give out long before Heaven designed they should. Tea is poisonous to the system. Christians should let it alone....

The second effect of tea drinking is headache, wakefulness, palpitation of the heart, indigestion, trembling of the nerves, and many other evils.—*Testimonies for the Church* Vol 2 p.64, 65.

COFFEE

Coffee is highly stimulating to the nervous system. It creates addiction or dependency, abstinence syndrome, and is harmful to health.

While some persons feel that a moderate amount of coffee is safe, it can cause several disorders in the human body. Coffee users increase their risk for myocardial infraction, increased mammary nodules which increases the risk of fibrocystic dysplasia, osteoporosis because of calcium loss, high blood cholesterol, greater errors in intellectual performance, high blood pressure, increased stomach acid and raises the risk of urinary bladder cancer.

COCOA, CHOCOLATE

COCOA – theobromine in the cocoa bean contains a similar alkaloid like coffee. While it has a lesser impact on the central nervous system, than caffeine; it stimulates the heart to a greater degree. The older or darker the chocolate, the greater amount of theobromine it contains.

CHOCOLATE – contains caffeine, it gives a high then an all time low and this can depress the mind.



Effects of coffee, cocoa, chocolate

- Can cause insomnia
 - It over stimulates the nervous system
 - Causes stomach irritation
 - Elevates the blood pressure
 - Restricts the blood vessels
 - Depletes calcium and irritates the kidneys
 - Is addictive
 - Increases production of urine
- Causes tremors
 - Restlessness
 - Anxiety

ALCOHOL

The only safe course is to touch not, taste not, handle not, tea, coffee, wines, tobacco, opium, and alcoholic drinks.—*Testimonies for the Church* 3:488.

- Avoid all wines and alcoholic beverages completely. Women who consume one glass of wine every fifteen days increase the risk of breast cancer by 60 percent.
- Alcohol promotes high blood pressure, is toxic to the heart, muscle, has excess calories, stores as fat in the liver, depresses respiratory functions, and causes permanent brain damage.
- Beer contains alcohol and can lead to the need for stronger stimulating drink.
- Persons may become just as really intoxicated on wine and cider as on stronger drinks, and the worst kind of inebriation is produced by these so-called milder drinks. The passions are more perverse; the transformation of character is greater, more determined and obstinate. A few quarts of cider or sweet wine may awaken a taste for strong drinks, and many who have become confirmed drunkards have thus laid the foundation of the drinking habit.... Moderate drinking is the school in which men are receiving an education for the drunkard's career. The taste for stimulants is cultivated; the nervous system is disordered; Satan keeps the mind in a fever of unrest; and the poor victim, imagining himself perfectly secure, goes on and on, until every barrier is broken down, every principle sacrificed.—*The Review and Herald*, March 25, 1884.
- Liquor-drinking men may be seen everywhere. Their intellect is enfeebled, their moral powers are weakened, their sensibilities are benumbed, and the claims of God and heaven are not realized, eternal things are not appreciated. The Bible declares that no drunkard shall inherit the kingdom of God.... Intemperance of any kind is the worst kind of selfishness.—*Testimonies for the Church* 4:30, 31.
- What would you recommend to cure such an appetite?

Sign the pledge of total abstinence.

You are not your own; you are God's property. He has purchased you with an infinite price, and every faculty is to be employed in his service. Keep your body in a healthy condition to do his will; keep your intellect clear and active to think candidly and critically, and to control all your powers.

Thousands who are afflicted might recover their health if, instead of depending upon the drugstore for their life, they would discard all drugs, and live simply, without using tea, coffee, liquor, or spices, which irritate the stomach and leave it weak, unable to digest even simple food without stimulation. *Manuscript 115, 1903*

SUPPLEMENTS

- Did you know that one orange with 53.2 mg of vitamin C is superior to 500 mg of supplemental vitamin C because of the 170 phytochemicals that are present in the natural orange?
- The red bell pepper has four times more vitamin C than orange juice.
- Did you know that black strap molasses has 2,492 mg per 100 edible grams of Potassium versus 396 mg of that of banana?
- Do not use vitamins or supplements unless you have been tested and found to be deficient in a certain vitamin or mineral and you cannot get it in sufficient amounts in the use of fruits, grains, nuts and vegetables in their natural state. For example, did you know that 100 grams of sesame seeds is equivalent to 975 mg of calcium, far more than the 123 mg of milk of the same serving size? Likewise, 100 grams of black strap molasses is equivalent to 860 mg of calcium. Both the black strap molasses and the sesame seed have a greater absorption rate because these items possess all of the facilitators needed than any supplemental vitamins.

A study reported in the *Archives of Internal Medicine* (October 11) showed that women between the ages of 55 to 69, who commonly used dietary vitamin and mineral supplements, including multivitamins, vitamins B₆, and folic acid, as well as minerals iron, magnesium, zinc, and copper, were associated with a higher risk of total mortality."

Studies show that men taking multivitamin pills seven or more times per week had double the risk of death from prostate cancer. *J. Nat. Cancer Inst.* 2007; 99(10):754-764

- Avoid capsules and/or caplets unless they say 100 percent vegetarian or are plant based. Many such capsules and/or caplets may contain gelatin from either pork or beef sources.

BREAD

Do not eat fresh bread. (MH315)

Why is fresh bread not good for you to eat?

The yeast in the fresh bread is still alive within the first 48 hours and this can cause bloatedness of the stomach or even Candida.

Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small, and so thoroughly baked that, as far as possible, the yeast germs shall be destroyed. When hot, or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal, without yeast or leaven, and baked in a well-heated oven, are both wholesome and palatable. (CD p. 316.4)



SODIUM BICARBONATE

The use of soda or baking powder in bread making is harmful and unnecessary.

Soda causes inflammation of the stomach, and often poisons the entire system. (CD p. 342)

Sodium bicarbonate found in baking powder and baking soda irritates the stomach and causes the PH level in the stomach to remain high, thus preventing

the manufacture of the intrinsic factor which is essential in breaking down protein in the stomach and the absorption of vitamin B12 in the small intestines.

- Normal PH level of the blood is 7.35 – 7.45
- To digest plant based protein, the stomach needs to be acidic at 3.35
- To digest animal based protein, the stomach needs to be acidic at 1.35
- If the PH level remains high in the stomach due to baking powder intake, it makes it difficult for proteins to be digested
- Too much protein in the stomach would affect the kidneys

It would be wise therefore, to avoid the use of items containing sodium bicarbonate. However, a good substitute for baking powder is Flaxseed Gel which you can prepare.

Flaxseed Gel

Substitute for baking powder, baking soda, eggs and yeast

1/4 cup flaxseed

2 cups water

- *Bring to a boil, stirring constantly so that it does not stick to the bottom of the pan.*
- *Use a cheese cloth or strainer to strain out the liquid.*
- *Refrigerate and store for later use.*
- *Use 2 to 3 tablespoons of flaxseed gel to replace an egg.*

GRAINS

Do you eat refined white products (i.e. white bread, white rice, white flour products, etc...)?

For disease reversal, take out all white items from the diet unless they are naturally white. Such as potatoes or eddoes. Refined white products convert to sugar and greatly raises the sugar level, whereas, the fiber in the whole grain will control the sugar level and help to keep it low. Diabetics need to avoid these items.

Grains used for porridge or mush should have several hours of cooking. (CD p. 314 a. 489)

The grain has three parts, the bran, the endosperm and the germ.

Benefits of the Bran

- **Fiber**
- It **prevents constipation**
- It **reduces cholesterol levels**
- It **reduces the risk of** diverticulitis, colon cancer, coronary disease and breast cancer

Drawback in Bran

Its phytate content:

- Phytates are the salts of phytic acid, which are found in grain bran (200-800mg/100g), and also in nuts and legumes.
- They are very active substances whose effects are both positive and negative.

Positive effects of Phytates

- **Antioxidant:** When phytates combine with iron, behaves like a free radical of intense oxidizing action, they prevent an excess of this mineral from harming the intestinal lining.
- **Anticarcinogenic:** It has a cancer-preventative action that whole grains possess.

Negative effects of Phytates

- Phytates in the bran if not destroyed prevents the absorption of iron, zinc, calcium, magnesium, proteins and starches.
- Soaking, heat, fermentation, and sprouting can destroy it

We should aim to destroy phytates in the grain before using it in order to benefit from its positive effects and avoid its negative impact.

Germ is useful for:

- Nervous system disorders – it is *rich in Vitamin B*
- Cancer, cardiac disease – it *halts degenerative cellular processes*
- Diabetes – it *lowers the glucose level*
- Prevents constipation
- Reduces cholesterol levels
- Reduces the risk of diverticulitis, colon cancer, coronary disease and breast cancer

Nutrients in the Germ includes:

- **Proteins**
- **Essential fatty acids**
- **Vitamins B1, B2, B6, niacin,** and folates
- **Vitamin E** - a powerful antioxidant
- **Minerals** - particularly phosphorus, magnesium, iron, and trace elements
- **Enzymes** – antioxidant superoxide-dismutase wheat germ

(see Encyclopedia of Foods and their Healing Power Vol. 1)

All grains should be cooked for at least 3 hours. This is required to break down the phytic acid and other toxins in the bran which if not destroyed prevent the absorption of zinc, calcium, iron, magnesium, protein and starches.



Examples of grains:

Brown rice, Wild rice, Millet, Oats, Barley, Bulgur (cracked wheat) Rye, Spelt.

*Amaranth, *Quinoa, *Buckwheat (*Seed -pseudo grain – does not require three hours cooking)

Brown Rice

Boil rice in sufficient water on low heat for at least 3 hours.

or

Toast rice in oven at 170° - 200° for 2 1/2 hours, then store for later use when it will be cooked on low heat for at least 30 minutes.

or

Put rice in tray of water and salt and bake for 3 hrs at 300°

Oats

Old fashioned oats should be cooked slowly for at least 3 hours to make sure that all the starch is broken down in this grain.

A Study of people over age 30 found out that there were lesions on the brain caused by undercooked starches.

To prepare: Toast oats in oven at 170° - 200° for 3 hours, then store for later use.

DAIRY

Why is it not safe for dairy products to be eaten now?

- Animals are more diseased now than before.
- Hormones, antibiotics and other chemicals injected into the animals are passed on in their flesh and by-products (milk, cheese, butter, ice cream, cakes etc.) When you eat these items the chemicals are passed on to the eater thus causing negative changes in your body.

Cheese

- Cheese should never be introduced into the stomach....it is still more objectionable; it is wholly unfit for food. (CD p. 368)
- Cheese from animal sources elevates cholesterol and causes high blood pressure; not to mention it is fermented and contains a chemical called tyramine, which causes the brain to send off false signals. This causes the individual to be delusional and see and hear things that are not present or elevate the blood pressure.
- Cheese is the number one cause of artery blockage, it is the leading cause of allergies, it contains the animal protein casein, even vegetable cheese, which is difficult to digest.

Milk

Milk is derived from mammals, and many find dairy milk to be quite palatable and use it as part of their diet in many forms. However, problems associated with the use of dairy milk:

- It contains high fat and cholesterol
- It has no fiber
- It burdens the digestive system
- Intolerance can lead to intestinal bleeding



- It causes allergies
- It turns on the Cancer gene
- It triggers Diabetes
- It afflicts the Prostate
- Its high protein intake along with other sources of protein leaches calcium from the bones
- Milk is the one of the leading causes of allergies, childhood (juvenile) diabetes and prostate cancer. Milk is also mucous forming.
- The combination of milk and sugar causes fermentation in the stomach and poisons the blood.

FATS

Despite popular belief, Avocado, Nuts and Coconut and does not contain cholesterol. Avocado, in fact, lowers cholesterol. However, avocado, nuts and coconut should be eaten in moderation because of their high fat and oil content.

The oil in the olive relieves constipation, and for consumptives, and for those who have inflamed, irritated stomachs, it is better than any drug. As a food it is better than any oil coming secondhand from animals. (CD p. 349.4)

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. (CD p. 350)

There are several nutrients to be gained by use of nuts and seeds, such as magnesium, selenium and potassium.

Nuts or oils eaten at the end of a meal constitutes fat at the end of the meal, which takes longer to digest, and would sustain us until the next meal.

Adventist Health Study 1 shows that eating nuts at least 5 times a week reduced the risk of heart attack by 50%.

OILS

There are many types of oil on the market and it can be difficult to select oil for use. The following consideration needs to be made when choosing an oil in your diet.

- Vegetable oils when heated break down its molecular structure and so lose its value.
- Olive oil is the king of all oils. It is most stable under high temperatures. *Encyclopedia of Foods and their Healing Power V1 p.113 and p.122*



- Canola oil comes from the GMO rapeseed plant. It has a toxic element called uric acid that is toxic to the coronary artery system.
- Margarine or Butter is saturated fat, which the body cannot digest. Undigested fat passes out or stores as fat in the body. It is an animal product and so contains Cholesterol. Butter causes Cholesterol to jump by 20% in a few hours after use

SALT

Salt is essential to making good blood.

The best salt to use would be one that has iodine and other trace minerals. Iodine is essential for proper functioning of the Thyroid gland, which regulates the metabolic rate and hormones in the human body.



Use of Iodine would prevent Thyroid related illness such as hyperthyroidism, hashimoto hypothyroidism, goiter, overweight, extreme fatigue, depression etc.

Some people avoid the use of salt because they are hypertensive, but they too need moderate amount of salt, as it is essential for everyday use. Studies show that 60% of people who do not use salt have high blood pressure. Salt therefore is not the culprit here. Salt should be used but in moderate amounts.

At one time Doctor ___ tried to teach our family to cook according to health reform, as he viewed it, without salt or anything else to season the food. Well, I determined to try it, but I became so reduced in strength that I had to make a change; and a different policy was entered upon with great success. I tell you this because I know that you are in positive danger. I use some salt, and always

have, because from the light given me by God, this article, in the place of being deleterious, is actually essential for the blood. The why and wherefores of this I know not, but I give you the instruction as it is given me. (CD p. 344 art. 572)

The following items hinder iodine from being absorbed:

- Fluoride
- Chlorine
- Cassava
- Corn

Foods of the Cruciferous family (cabbage, broccoli, cauliflower, kale, brussels sprouts) contain a chemical called goitrin that reduces the production of thyroid hormones, such as thyroxine. Obtain iodine from seaweed vegetable – Kelp or Dulse or salt containing iodine.

SUGAR

- Sugar is not good for the stomach. It causes fermentation and this clouds the brain and brings peevishness into the disposition. (CD p. 327)
- It Clogs the system, ...affects the brain directly and ...sugar when largely used, is more injurious than meat (CD p. 328)

Use natural sweeteners such as:

- Honey, maple syrup, dates, raisins, molasses, banana, cane juice.
- Natural sweeteners have several nutrients in them as well as fiber, unlike crystalized sugar, which is stripped of nutrients, causes tooth decay and is destructive to the cells in the inner lining of the blood vessels.

ICE CREAM

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. (CD p.106.3)

Ice cream is cold at 32° F but the body is warm at 98.6° F therefore the stomach needs to heat up the cold item to body temperature before it can be digested, mean while, the food begins to ferment and cause bad blood.



Large quantities of milk and sugar eaten together are **injurious**. They impart **impurities to the system**. Animals from which milk is obtained are not always healthy as they may be diseased. A cow may be apparently well in the morning and die before night. Then she was diseased in the morning, and her milk was diseased, but you did not know it. The animal creation is diseased. Flesh meats are diseased. Could we know that animals were in perfect health, I would recommend that people eat flesh meats sooner than large quantities of milk and sugar. (CD p. 330.3)

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. (CD p. 331 art.536)

TOBACCO

The highly seasoned flesh meats and tea and coffee, which some mothers encourage their children to use, prepare the way for them to crave stronger stimulants, as tobacco.—Testimonies for the Church Vol. 3 p. 488.

LIFESTYLE

- Eating and drinking together causes food to ferment in the stomach; thus, producing as much as 32 oz of alcohol in the body. Have you ever wondered why Christians have beer bellies and they don't drink liquor?

The Optimal Guide to Health

– Proper Diet

- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten 5-6 hours apart.
- Even temperature is essential to good circulation. Clothing should cover the extremities (arms and legs) in cold weather. Clothing should not be too scanty and short. When clothing does not cover the arms and legs in cold weather, the blood rushes to protect the organs and causes a concentration of blood to the heart and the trunk area. This can interfere with digestion of food, if there is too much blood in the stomach area.
- If you feel you must have supper, then it should be a light a supper. For example, fresh fruit and whole wheat or other whole grain crackers can be eaten. However, this meal should be taken at least several hours before going to bed.
- To learn more on Nutrition, it is recommended that you read the book Counsels on Diet and Foods.

WATER



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



In health and in sickness, pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease. (CD p.419.1)

Water helps to purify and detoxify the body inside and outside.

- Water, the most plentiful substance in the body, makes up more than 60% of its total weight.

- Water protects the eyes from drying out; thus, preserving sight. Water makes the skin soft and pliable, keeping it from becoming cracked, dry, and shriveled.
- Without water, one could not breathe. Before oxygen can pass into or carbon dioxide out of the blood, they must first dissolve in a thin film of water that lines each air sac in the lungs and surrounds each tissue cell in the body.
- At least 8 glasses (64 oz) of water should be drunk each day. It is advised to drink 16oz - 32oz of warm water upon awakening on mornings, this will open the appetite and prepare the stomach for digestion, as well as cleanse the system from toxins and metabolic waste which was released at night during cellular repair. As a bonus, the warmth will cause expansion and lubrication of the intestines and give a nice bowel movement. The warmth will also expand the intestines and cause a nice bowel movement.
- Water should be taken 15 - 30 minutes before the meal and 2 hours after the meal. For those suffering with digestive problems, drink 30 minutes before a meal.
- Water aids with constipation and reduces the risk of cancer of the colon, bladder and urinary track.
- Please drink water until the urine is pale.
- The brain contains 85% water and it is essential for sufficient function. Drink water until urine is pale.
- Studies have shown that most people are constantly partially dehydrated; as a result, their brain is working considerably below its capacity and potential, in addition, lack of water can cause headaches and relief can come by drinking one glass of water every ten minutes for an hour.
- Many times when one feels hungry in between meals, it is because of a need for water. Simply drinking water will prevent you from snacking.

How does one drink water?

- One mouthful at a time as the cells will absorb and be properly hydrated.
- Gobbling down would increase the intraocular eye pressure and affect the eyes, and cause one to go to the bathroom too often.

At what temperature do you drink your water?

- It is best to drink water at room temperature.
- Cold water needs to be warmed up to body temperature before being absorbed.

- Warm water expands the intestines and signals the need for food, whereas cold water constricts the intestines and shuts down the desire for food.
- If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten. (CD p. 177.1)

Do you eat ice?

Craving ice can be a sign of iron deficiency and such person may also be anemic.

How many glasses of juice do you drink per day? What are some dangers of drinking too much juice?

- Juice is robbed of the essential fiber that is needed by the body.
- There is a need to be mindful of sugar intake as a result of drinking juice.
- One is more likely to eat and drink when using juice.

It would be wise not eat and drink at the same time, as the liquid dilutes the gastric juice then the food sits in the stomach and ferments thus causing indigestion or acid reflux and this does not make good blood.

- Soups are dangerous as too much liquid is destructive to the kidneys. Soups should be a stew not liquid.
- Liquid diets take longer to digest.
- The sourness in the stomach from fermented food comes through the mouth thus causing bad breath, this also causes defecated odor.
- Belching and bloatedness of stomach comes from indigestion.

Your stomach was not receiving that vigor that it should from your food. Taken in a liquid state, your food would not give healthful vigor or tone to the system. But when you change this habit, and eat more solids and less liquids, your stomach will feel disturbed. Notwithstanding this, you should not yield the point; you should educate your stomach to bear a more solid diet. (CD p.105.1)

TRUST IN DIVINE POWER



**Trust in the LORD with all thine heart; and lean not unto thine own understanding.
In all thy ways acknowledge him, and he shall direct thy paths. Proverbs 3:5, 6**



Spread every plan before God with fasting, and with the humbling of the soul before the Lord Jesus, and commit thy ways unto the Lord. The sure promise is, He will direct thy paths. He is infinite in resources. The Holy One of Israel, who calls the host of heaven by name, and holds the stars of heaven in position, has you individually in His keeping.... 2 Selected Messages p. 364

We teach from three perspectives:

1. THE BIBLE

The Bible is God's revelation to mankind, through His word we get to know more of His will.

2. INSPIRED WRITINGS

Any inspired writings that do not conflict with the word of God.

3. GOOD SCIENCE

Good science is that which harmonizes with the Bible and inspired writings.

Disease and Sickness occurs as a result from one of the following three causes:

- a. The violation of Natural Laws
- b. The violation of Spiritual Laws
- c. The Glory of God

Disease never comes without a cause. (MH p. 94)

What is a Definition for Disease?

Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. (MH p. 127)

What are The Laws of Health?

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. MH p. 127

Cause to be ascertained.

In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. (MH p. 127.1)

There are times when we think of treating the symptoms but the cause continues in the life. The illness may be relieved for a while but unless the cause is identified and eliminated recovery will not come.

Drugs and disease.

- a. Drugs never cure disease; they only change its form and location. . . . When drugs are introduced into the system, for a time they seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form. The disease which the drug was given to cure may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful, diseased joints, and sometimes in a more dangerous and deadly form. . . . Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts, and death follows.– (HL p. 243.3)
- b. If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavor to adjust the difficulties by adding a burden of **poisonous medicines**. (MH p. 235)
- c. People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system and work great harm at some later period. (MH p. 126.3)
- d. Patient appears to recover as a result of their use; this is because nature has sufficient vital force to expel the poison and correct the conditions that caused the disease - health is recovered in spite of the drug (PATH p. 36)

Use of Natural Remedies requires effort.

- a. The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and up building is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind. (MH p. 128)
- b. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind. (MH p. 127)
- c. Too little attention is generally given to the preservation of health.

- d. It is far better to prevent disease than to know how to treat it when contracted. (MH p. 128)
- e. 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. (MH p. 128)

Health is spiritual.

- a. To those who desire prayer for their restoration to health, it should be made plain that the violation of God's law, whether natural or spiritual, is sin, and that in order for them to receive His blessing, sin must be confessed and forsaken. (PATH p. 72)
- b. I saw that the reason why God did not hear the prayers of His servants for the sick among us more fully was that He could not be glorified in so doing while they were violating the laws of health. (CD p. 25 – 26) Did He hear the prayer? Yes, but He could not be glorified in doing so while they were violating the laws of health. We have a part to play in the healing. Prayer can be offered, but we need to heed to counsel. At times healing will not come if the Lord knows that the individual will not make changes to the cause that contributed to their illness.
- c. And I also saw that He designed the health reform and Health Institute to prepare the way for the prayer of faith to be fully answered. Faith and good works should go hand in hand in relieving the afflicted among us, and in fitting them to glorify God here, and to be saved at the coming of Christ. (CD p. 25)

There was a lady who came down with Multiple Sclerosis (MS), she lost her ability to use her hands in doing simple everyday tasks. She was practicing the laws of health as much as possible, eating right, going to sleep early, drinking water, etc. Upon investigation, it turned out that she was not getting enough sunlight. Much of her time was spent indoors and because of a violation of this essential element, she was Vitamin D deficient which is one of the causes of MS. She prayed for help from the Lord. However, she got out in the sunlight, increased her vitamin D level and along with some other simple natural treatments, within a few months she was fully recovered.

The following quotations share key references on the Spiritual Component of Health.

Romans 12: 1, 2	God's expectation for our bodies
Proverbs 26:2	Nothing comes without a cause
John 5:1-15	The lame man at Bethesda Cause: It was the man's Sin that caused his sickness
John 9:1-7	The Blind Man Cause: The man was sick that the name of God be glorified
John 11:1-14	Lazarus's death Cause: For the glory of God
Numbers 12:1-15	Leadership and Backbiting Cause: Violation of Spiritual Law
Luke 5:12-25	The Paralytic Cause: Violation of Spiritual Law
Job 42:7	Examine Job's Case Cause: For the glory of God
2 Samuel 11 & 12	David's Adultery, Murder, the birth and death of Child Cause: Violation of Spiritual Law
2 Samuel 12:24	David's Deepest Repentance—despite error the blessings still came: God is still willing to forgive and restore

Do not worry

It will do us well not to worry about situations in our lives. 1 Peter 5:7 says Casting all your care upon him; for he careth for you. Place your concerns in God's care, and let him work things out for us.

The assurance of God's approval will promote physical health. It fortifies the soul against doubt, perplexity, and excessive grief, that so often sap the vital forces and induce nervous diseases of a most debilitating and distressing character.—*The Review and Herald, October 16, 1883.*

The exalting influence of the Spirit of God is the best restorative for the sick.—*Testimonies for the Church* 1:556.

Who brings about the healing?

The words spoken to Israel are true today of those who recover health of body or health of soul. **"I am the Lord that healeth thee."** Exodus 15:26

Jesus can limit the power of Satan. He is the physician in whom the sin-sick soul may trust to heal the maladies of the body as well as of the soul.—*Testimonies for the Church* 5:448.

I would come before the Lord with this petition: "Lord, we cannot read the heart of this sick one, but thou knowest whether it is for the good of his soul and for the glory of thy name to raise him to health. In thy great goodness, compassionate this case, and let healthy action take place in the system. The work must be entirely thine own. We have done all that human skill can do; now, Lord, we lay this case at thy feet, work as only God can work, and if it be for thy good and for thy glory, arrest the progress of disease and heal this sufferer."

... But after I have prayed earnestly for the sick, what then? Do I cease to do all I can for their recovery?—No, I work all the more earnestly, with much prayer that the Lord may bless the means which his own hand has provided; that he may give sanctified wisdom to co-operate with him in the recovery of the sick.—*Unpublished Testimonies*, March 11, 1892.

Exercise Faith

The strong desire for recovery leads to earnest prayer; and this is right. God is our refuge in sickness as in health.—*Testimonies for the Church* Vol. 5 p. 315.

Prayer will give the sick an abiding confidence.—*Testimonies for the Church* Vol. 5 p. 443.

God does not work miracles where he has provided means by which the work may be accomplished.—*The Review and Herald*, July 17, 1888.

Faith without intelligent works is dead, being alone. Faith in the healing power of God will not save unless it is combined with good works.—*Unpublished*

Testimonies, August 25, 1897.

We do not manifest a lack of faith when we ask God to bless His remedies. True faith will thank God for the knowledge of how to use these precious blessings in a way which will restore mental and physical vigor.

The body is to be carefully cared for, and in this the Lord demands the cooperation of the human agent. Man must become intelligent in regard to the treatment and use of brain, bone, and muscle. The very best experience we can gain is to know ourselves.—*Manuscript 65, 1899 (General Manuscript). 2 SM p. 296*

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 effort to prevent disease. When we do all we can on our part to have health, then we may 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 are taking a sure course to make themselves sick, by their careless inattention to the laws of health.—*How to Live p., 64.*

In praying for the sick, it is essential to have faith; for it is in accordance with the word of God.... Sometimes answers to our prayers come immediately, sometimes we have to wait patiently and continue earnestly to plead for the things we need. Our faith is illustrated by the case of the importunate solicitor for bread.... If our petitions are indited by the Lord, they will be answered.—*Ibid.*

We all desire an immediate answer to our prayers, and we are tempted to become discouraged if it does not come. Now my experience has taught me that this is a great mistake. The delay is for our special benefit.... Faith strengthens through continual exercise. This waiting does not mean that because we ask the Lord to heal, there is nothing for us to do. We are to make the very best use of the means which the Lord in his gracious goodness has provided for us in our very necessities....

The Optimal guide to Health
– Trust in Divine Power

Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy. We ask to be kept from the pestilence that walketh in darkness, that is stalking with such power through the world; we are then to cooperate with God, observing the laws of health and life. Having done all that we possibly can, we are to keep asking in faith for health and strength. We are to eat that food which will preserve the health of the body. God gives us no encouragement that He will do for us what we can do for ourselves. Natural laws are to be obeyed. We are not to fail of doing our part. God says to us, "Work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of his good pleasure" *Philippians 2:12, 13*.

We cannot disregard the laws of nature without disregarding the laws of God. We cannot expect the Lord to work a miracle for us while we neglect the simple remedies He has provided for our use, which, aptly and opportunely applied, will bring about a miraculous result.

Therefore, pray, believe, and work.—*Letter 66, 1901*.

CLEANLINESS



Thou shalt have a place also without the camp, whither thou shalt go forth abroad: And thou shalt have a paddle upon thy weapon; and it shall be, when thou wilt ease thyself abroad, thou shalt dig therewith, and shalt turn back and cover that which cometh from thee: Deuteronomy 23:12,13



In regard to cleanliness, God requires no less of his people now than he did of ancient Israel. A neglect of cleanliness will induce disease.—*How to Live*, p. 61.

There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are

remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means and in the effect produced upon the system. 2 *Selected Messages* p. 287.3

Cleanliness in the home

Many families suffer with sore throat, and lung diseases, and liver complaints, brought upon them by their own course of action. Their sleeping rooms are small, unfit to sleep in for one night, but they occupy the small apartments for weeks, and months, and years. They keep their windows and doors closed, fearing they would take cold if there was a crevice open to let in the air. They breathe the same air over and over, until it becomes impregnated with the poisonous impurities, and waste matter, thrown off from their bodies, through the lungs, and the pores of the skin. Such can test the matter, and be convinced of the unhealthy air in their close rooms, by entering them after they have remained a while in the open air. Then they can have some idea of the impurities they have conveyed to the blood, through the inhalations of the lungs. Those who thus abuse their health, must suffer with disease. All should regard light and air as among Heaven's most precious blessings. They should not shut out these blessings as though they were enemies.

Sleeping apartments should be large and so arranged as to have a circulation of air through them, day and night. Those who have excluded the air from their sleeping rooms, should commence to change their course immediately. They should let in air by degrees, and increase its circulation until they can bear it winter and summer, with no danger of taking cold. The lungs, in order to be healthy, must have pure air. 2 *Selected Messages* p. 463

Cleanliness outside the home

Filth is a breeder of disease.—*The Review and Herald*, February 4, 1896.

A neglect of cleanliness will induce disease.... Stubborn fevers and violent diseases have prevailed in neighborhoods and towns that had formerly been considered healthy, and some have died, while others have been left with broken constitutions to be crippled with disease for life. In many instances their

own yards contained the agent of destruction, which sent forth deadly poisons into the atmosphere, to be inhaled by the family and the neighborhood.—*How to Live*, p. 61.

Many suffer decayed vegetable matter to remain about their premises. They are not awake to the influence of these things. There is constantly arising from these decaying substances effluvium that is poisoning the air. By inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased. Disease of almost every description will be caused by inhaling the atmosphere affected by these decaying substances.—*Ibid*.

If a house be built where water settles around it, remaining for a time and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result.—*How to Live*, p. 64.

Shade-trees and shrubbery too close and dense around a house are unhealthful; for they prevent a free circulation of air, and prevent the rays of the sun from shining through sufficiently. In consequence of this a dampness gathers in the house. Especially in wet seasons the sleeping-rooms become damp, and those who sleep in the beds are troubled with rheumatism, neuralgia, and lung complaints, which generally end in consumption. Numerous shade-trees cast off many leaves, which, if not immediately removed, decay, and poison the atmosphere. A yard, beautiful with scattering trees, and some shrubbery at a proper distance from the house, has a happy, cheerful influence upon the family, and if well taken care of, will prove no injury to health.—*How to Live*, 64.

Body Hygiene

Strict habits of cleanliness should be observed. Many, while well, will not take the trouble to keep in a healthy condition. They neglect personal cleanliness, and are not careful to keep their clothing pure. Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter. If the clothing worn is not often washed, and frequently aired, it becomes filthy with impurities which are thrown off from the body by sensible and insensible perspiration. And if the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs.—*How to Live*,

p. 60.

Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter.—*How to Live*, p. 60.

The burden of labor is thrown upon the liver, lungs, kidneys, etc., and these internal organs are compelled to do the work of the skin.—*Testimonies for the Church* p. 2:524.

The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities.—*Testimonies for the Church* p. 3:70.

You have not given your body a chance to breathe. The pores of the skin, or the little mouths through which the body breathes, have become closed, and the system has been filled with impurities.—*Testimonies for the Church* p. 3:74.

If the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs.—*How to Live*, p. 60.

Many are ignorantly injuring their health and endangering their lives by using cosmetics... When they become heated, ... the poison is absorbed by the pores of the skin, and is thrown into the blood. Many lives have been sacrificed by this means alone.—*The Health Reformer*, October 1, 1871.

Bathing frees the skin from the accumulation of impurities, which are constantly collecting, and keeps the skin moist and supple.—*Testimonies for the Church* p. 3:70.

Frequent bathing is very beneficial, especially at night just before retiring, or upon rising in the morning. It will take but a few moments to give the children a bath, and to rub them until their bodies are in a glow. This brings the blood to the surface, relieving the brain.—*Christian Temperance and Bible Hygiene*, p. 141.

Bathe frequently in pure soft water, followed by gentle rubbing.—*How to Live*, p. 54.

PURITY OF LIFE



Blessed are the pure in heart: for they shall see God. Matthew 5:8



Control of the mind

Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here.... The religion of Christ, so far from being the cause of insanity, is one of its most effectual remedies; for it is a potent soother of the nerves.—*Testimonies for the Church Vol. 5 p. 443.*

A contented mind, a cheerful spirit, is health to the body and strength to the soul. Nothing is so fruitful a cause of disease as depression, gloominess, and sadness.—*Testimonies for the Church Vol. 1 p. 702.*

In such cases of affliction where Satan has control of the mind, before engaging in prayer there should be the closest self-examination to discover if there are not sins which need to be repented of, confessed, and forsaken. Deep humility of soul before God is necessary, and firm, humble reliance upon the blood of Christ alone. Fasting and prayer will accomplish nothing while the heart is estranged

from God by a wrong course of action.—*Testimonies for the Church* Vol. 2 p. 146.

If we regard iniquity in our hearts, the Lord will not hear us.... When we come to him, we should pray that we may enter into and accomplish his purpose, and that our desires and interests may be lost in his.—*Testimonies for the Church* Vol. 2 p. 148.

The influence of the Spirit of God is the very best medicine for disease. Heaven is all health; the more deeply heavenly influences are realized, the more sure will be the recovery of the believing invalid.—*Christian Temperance and Bible Hygiene*, p. 13.

A sore, sick heart, a discouraged mind, needs mild treatment; and it is through tender sympathy that this class of minds can be healed. The physician should first gain their confidence, and then point them to the all-healing Physician. If their minds can be directed to the Burden-Bearer, and they can have faith that he will have an interest in them, the cure of their diseased bodies and minds will be sure.—*Testimonies for the Church* Vol. 3 p. 184.

A person whose mind is quiet and satisfied in God is in the pathway to health.—*The Review and Herald*, 1880, No. 11.

Cheerfulness and a clear conscience are better than drugs, and will be an effective agent in your restoration to health.—*The Health Reformer*, June 1, 1871.

Reach out to others

You who are suffering with poor health, there is a remedy for you. If thou clothe the naked, and bring the poor that are cast out to thy house, and deal thy bread to the hungry, "then shall thy light break forth as the morning, and thine health shall spring forth speedily." Doing good is an excellent remedy for disease.—*Testimonies for the Church* Vol. 2 p. 29.

The consciousness of right-doing is the best medicine for diseased bodies and minds. He who is at peace with God has secured the most important requisite to health. The blessing of the Lord is life to the receiver.—*The Signs of the Times*, June 15, 1882.

The condition of the mind has much to do with the health of the physical system.

The Optimal Guide to Health

— Purity of Life

If the mind is free and happy, under a consciousness of right-doing and a sense of to others, it will create a cheerfulness that will react upon the whole system, causing a freer circulation of the blood and a toning up of the entire body.—*Testimonies for the Church Vol. 4 p. 60.*

Doing good is a work that benefits both giver and receiver. If you forget self in your interest for others, you gain a victory over your infirmities. The satisfaction you will realize in doing good will aid you greatly in the recovery of the healthy tone of the imagination. The pleasure of doing good animates the mind and vibrates through the whole body.—*Testimonies for the Church Vol. 2 p. 534.*

The blessing of God is a healer; and those who are abundant in benefiting others, will realize that wondrous blessing in their hearts and lives.—*Testimonies for the Church Vol. 4 p. 60.*

DEVOTIONAL RECOMMENDATION

MORNING DEVOTION

Start with prayer

Sing a few hymns

Read a devotional book / Bible

Read the conflict of the ages series

1. Patriarchs and Prophets

2. Prophets and Kings

3. Desire of Ages

4. Acts of Apostles

5. Great Controversy

God Cares series

1. Daniel

2. Revelation

Close with a word of prayer

PS: please read the scriptures when studying the conflict of the ages.

EVENING DEVOTION

Start with prayer

Sing a few hymns

Do your lesson study

Study health message

1. Pathways / Ministry of Healing

2. Counsels on Diet and Foods

3. Counsels on Health

4. Temperance

5. Health books

6. Close with a word of prayer

DAILY SCHEDULE

As creatures of habit, the body amazingly responds to schedule and routine more than we are aware of. When it comes to achieving optimal health and disease reversal, it is best to put order to our lives and work along with nature towards achieving that goal.

The following is a suggested daily schedule that should be followed every day without exception. It has worked well with many individuals and helps to make life simple and less complicated.

Time to get up: _____	Time for lunch: _____
Time for morning devotion: _____	Time for digestive walk: _____
Time for exercise: _____	Time for Supper: _____
Time for food preparation: _____	Time for digestive walk: _____
Time for breakfast: _____	Time for evening devotion: _____
Time for digestion walk: _____	Time for rest: _____

The aim should be to spend one hour each morning in meditation and prayer. This should be followed by exercise for one hour.

Some individuals may have difficulty to exercise at this time; therefore, it may be done later in the day.

One hour should be set for breakfast for example; 7:00am to 8:00am. Do start within that timeframe and eat until you are finished. A 15 minutes digestive walk should follow each meal.

Meals should be five to six hours apart so if your breakfast was at 7:00am, the lunch should be between 1:00pm to 2:00pm. Supper is usually skipped as it may be too close to the previous meal and hinder the digestive process or too close to bedtime when it would be best to have the last meal several hours before bedtime. If you feel hungry and wish to skip supper, a drink of cold water will help to arrest the digestive process. However, if you must eat something, fruit or dried bread with a fruit spread will be easily digested.

The Optimal Guide to Health

For more details on selecting meal items, see our book on Menu Planning and Food Combinations Made Easy.

As the day begins, so shall it end, therefore, close the day in meditation and do refer to the Devotional Recommendation on section of this book for suggested reading recommendations.

