

God's Eight Laws of Health

OUR DESIGNER'S PLAN FOR GLOWING HEALTH.

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

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

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. Gen.1.29

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

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

1. NUTRITION
2. EXERCISE
3. WATER
4. SUNSHINE
5. TEMPERANCE
6. AIR
7. REST
8. TRUST IN GOD

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

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

- 1 It would have to have been available to all generations since creation
- 2 It could not be available only to people in the 20th century or only in developed countries.
- 3 It could not involve any high technology.
- 4 It would have to be able to be done at home.
- 5 It would have to be able to be understood by all, educated or not educated.
- 6 It must be 100% natural.
- 7 It must be Inexpensive so the poor could also use it.
- 8 It would cause absolutely no harm to the body.
- 9 It would not depend on torturing and death of myriads of God's creatures to develop it.
- 10 It would not require skilled personnel to administer it.
- 11 It would not use items so poisonous that a small error in dose is deadly.
- 12 It would be available to all; not just a privileged few.

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

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NUTRITION



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

Use no refined sugar; Aspartame or artificial sweeteners: replace with honey or dried fruits and use these lightly.

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

Use no deep fried foods.

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

Avoid 'hot' spices and vinegar.

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

Avoid micro waved, and irradiated produce.

A good rule is: "IF IT GROWS on plants, EAT IT; and EAT IT IN AS NATURAL A STATE AS POSSIBLE." The more man does with a food the less nutritional value it has left when he is finished.

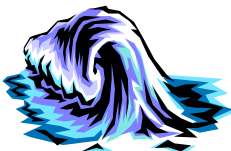
EXERCISE



Begin a program of walking; walk as far as is comfortable, gradually working up to 3 or 4 miles a day. Take a walking stick for stability. Work up to a minimum of 20-30 minutes at least every other day. If muscles are weak, every other day is better, as it takes 48 hrs. recovery time.

Can't go out? A rebounder, (mini trampoline) is good for some. Organic Gardening is also great exercise for health. (and the side effect is yummy vegetables.)

WATER



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

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

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



SUNSHINE

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



TEMPERANCE

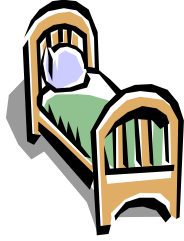
Temperance is not only concerned with drinking booze or smoking; good health requires moderation and wise choices in all aspects of life. Over-eating, over-playing, over-working, and over-indulgence of the marriage privilege can all contribute to poor health. Abstain from all harmful indulgences; Tobacco,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



AIR

Pure fresh air is very important to our well being. That means good air with lots of oxygen. Walking in forests and nature is great. Do some deep breathing exercises daily, this is very helpful in the morning. Even in winter have windows open a little and air rooms daily. Avoid smoke, chemicals, Room fresheners and aerosol sprays.

REST



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

TRUST IN GOD



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

Have you ever really read the Bible?

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

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

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

NUTRITION

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

Genesis 1:27

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

Genesis 2:17 Genesis 3:6;

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

Genesis 1:29, 30

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

Blood and Fat

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

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

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

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Leviticus 3:17

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

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

Leviticus 7:25-27

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

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

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

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

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

Revelation 21:4

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

Genesis 1:29

"And God said, 'Behold, I have given you every herb bearing seed...and every tree in the which is the fruit of a tree yielding seed; to you it shall be for meat (food)."

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

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

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

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

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

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

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

Protein

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

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

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

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

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

Calcium in Plant-Based Diets

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

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

Keeping your bones strong depends more on preventing the loss of calcium from your body than on boosting your calcium intake. Some cultures consume no dairy products and typically ingest only 175 to 475 milligrams of calcium per day. However, these people generally have low rates of osteoporosis. Many scientists believe exercise and other factors have more to do with osteoporosis than calcium intake does.

Calcium in the Body

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

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

Calcium needs change throughout life. Up until the age of 30 or so, we consume more calcium than we lose.

Adequate calcium intake during childhood and adolescence is especially important. Later, the body begins to slip into "negative calcium balance," and the bones start to lose more calcium than they take up. The loss of too much calcium can lead to soft bones or osteoporosis.

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

Reducing Calcium Loss

A number of factors affect calcium loss from the body:

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

Cooking without Eggs

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

Eggs are often used in baked products because of their binding and leavening properties. But smart cooks have found good substitutes for eggs. Try one of the following the next time you prepare a recipe that calls for eggs: If a recipe calls for just one or two eggs, you can often skip them. Add a couple of extra tablespoons of water for each egg eliminated to balance out the moisture content of the product.

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

- Use 1 heaping tablespoon of soy flour or cornstarch plus 2 table-spoons of water to replace each egg in a baked product.
- Use 1 ounce of mashed tofu in place of an egg.
- In muffins and cookies, half of a mashed banana can be used instead of an egg, although it will change the flavor of the recipe somewhat.
- For vegetarian loaves and burgers, use any of the following to bind ingredients together: tomato paste, mashed potato, moistened bread crumbs, or rolled oats.

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

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

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

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

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

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

VINEGAR, PEPPER & SPICES

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

FAT FACTS

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

What are the greatest risk factors in CHD?

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

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

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

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the time the fats and oils are digested, the elementary carbohydrates or proteins in the vegetables have begun to ferment.

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

Ecclesiastes 10:17

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

Psalms 103:2-5

"Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

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

Diet Facts in the U.S.

62% of Americans are overweight.

44 million Americans are considered clinically obese.

Over half the nation is dieting or has dieted.

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

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

Statistics on Diet and Disease

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

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

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

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

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Animal Disease Is On the Increase

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

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

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

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

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

In January 1993, contaminated hamburgers were the cause of the biggest outbreak ever of the deadly bacteria, E. Coli O157:H7. The outbreak killed four children and hospitalized 500 people. *The Spokesman Review*, January 23, 1993.

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

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

Animal Agriculture and Environmental Damage

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

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

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

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

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

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Livestock produces 158 million tons of waste per year, some of which contaminates underground water tables with nitrates. Animal waste and feed fertilizers account for 40% of the phosphorous released into American rivers, lakes and streams.

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

EXERCISE

AND the LORD God took the man (Adam), and put him into the garden of Eden to dress it and to keep it." Genesis 2:15.

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

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

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

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

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

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

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

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

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Leviticus 17:11

"The life of the flesh is in the blood." What is in the blood constitutes life; and if there is life in the blood, but bad circulation, the entire system cannot receive the life it needs. Each cell in the body requires nourishment and cleansing from its own wastes to be healthy. Nutrients are delivered to each cell through the blood stream, and, in turn, the wastes are picked up and deposited in the eliminating organs. Thus we can understand the statement, "Perfect health depends upon perfect circulation." (2T 531).

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

The very best exercise is walking briskly outdoors.

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

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

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

Cells need four essential things to live and function properly:

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

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

NUTRITION: Without nutrients they die in a few weeks;

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

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

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

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

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

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thee; and thou shalt eat the herb of the field; In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou [art], and unto dust shalt thou return."

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

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

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

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

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

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

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

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

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

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



WATER

Genesis 2:10

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

John 4:14

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

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

John 6:35

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

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

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

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

"The bath soothes the nerves. It promotes general perspiration, quickens the circulation, overcomes obstruction in the system, and acts beneficially on the kidneys and the urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion and instead of the system being weakened, it is strengthened...and a more easy and regular flow of the blood through all the blood vessels is obtained." -- Ellen G. White, *Counsels on Health*, p. 104

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

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

Exodus 19:10

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

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

Revelation 22:1

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

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

SOME OTHER SPIRITUAL LESSONS FROM WATER

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

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

If you have every sat beside a sparking, splashing stream, you have seen another spiritual lesson from water. When flowing over rocks and rough places, water sings joyously. So may we rejoice in tribulations, and as water surely wears away and smoothes rough and jagged rocks, so does Jesus' grace in our lives smooth the path we must travel with peace and joy.

When you are near flowing water in a falls or fountain, this singing, joyous water seeking the lowest place, imparts an invigorating, refreshing atmosphere to all around it. So the life of Jesus, and his true children filled with His Spirit, has a heavenly and refreshing effect on all around that do not harden their hearts to this blessing.

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

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

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

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

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

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

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

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

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

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

SUNSHINE

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

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

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

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

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

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

The ultraviolet rays are antiseptic and are capable of killing bacteria, viruses, fungi, yeasts, molds, and mites in air and water, and on surfaces. Even reflected light from north windows can destroy bacteria in the dust on window sills and floors. Since most window glass filters about 95 per cent of the ultraviolet rays, it would be well if they could be opened and the curtains pulled back for a period of time each day. Ultraviolet light also kills germs on our skin. This makes sunbathing a useful treatment for many skin diseases, such as diaper rash, athlete's foot, psoriasis, acne, boils, or impetigo.

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

Ultraviolet light converts cholesterol in the skin to vitamin D. This vitamin is essential for the proper handling of calcium in the body and thus in the prevention of rickets and adult

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osteomalacia. Vitamin D is also added to some of the food we eat. It might be possible to get too much of the vitamin this way; but not when we get it from sunlight, since the body makes only what we need. Getting out in the sun, therefore, is a good way to lower cholesterol levels in our bodies. If we expose six square inches of our skin to direct sunlight for one hour per day, we will obtain our minimum daily requirement for vitamin D.

Sunlight helps to regulate almost all our bodily processes. Starting from the top (our minds) and working down, sunlight has been shown to increase our sense of well-being and to improve sleep. Ultraviolet light coming into our eyes stimulates the pineal gland, which helps to regulate our activity cycles. It has been said, "Dark nights and bright days will help keep the hormones in the body functioning properly." In one experiment hyperactivity in school children was decreased when the classroom's fluorescent lights were changed to full spectrum lighting. Thyroid function may improve. Hormone imbalances tend to level out.

Resting heart rate, blood pressure, and respiration rates are all decreased after a sunbath. This result is especially true if any of them were high to begin with. Blood sugar levels can be stabilized. (Note: Diabetics must use extra caution in the sun, as they are at greater risk of permanent injury from sunburn.)

Sunlight stimulates the production of more red blood cells, increasing the oxygen content of the blood, and thus increasing muscular endurance. It also stimulates production of more white blood cells and enhances oxygen utilization, which helps the body maintain its defense against disease. While certain skin cancers are associated with exposure to sunlight, the incidence of some of the more serious internal cancers seems to decrease.

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

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

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

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

FATS, OILS, AND SUNSHINE

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You have no doubt heard the propaganda that sunshine is harmful and can cause cancer. Well it is partly true, but if our diets were free from unnatural fats, we would find cancer of the skin to be very rare indeed.

You see it is the action of the sun on all these TRANS fatty acids and hydrogenated fats in our skin that causes the mutations that lead to skin cancer.

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

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

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

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

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

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

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

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

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

When you've decided that you have had enough sun, the best sunscreen to wear is clothing. Creams or oils are not necessary when sunbathing. Clean, dry skin is best for sunbathing.

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Opaque ointments like zinc oxide are the best for total blockage to susceptible areas like the nose, and they do not wash off in water like other screens that usually need to be reapplied.

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

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

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

TEMPERANCE

Genesis 2:9

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

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

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

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

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

Romans 12:1, 2

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

1 Corinthians 6.19, 20

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

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

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

In the introductory scripture God gives us the principle of abstemiousness upon which the right to enjoy eternal life is based. Adam and Eve were created in the image of God and had no disposition toward selfish self-gratification and so would naturally practice self-control or temperance. They had no tendencies toward the extremes. They were to practice moderation in their free eating of every tree in the garden. But they were not to eat from one certain tree—the tree of the knowledge of good and evil.

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

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

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

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1. Abstemiousness is the moderate use of those things that are good, while abstaining from those things that are harmful.
2. This abstention requires self-control or temperance.
3. Temperance is a gift from God that comes to us only as we receive Christ.

Temperance, then, is required in order to build a lifestyle that is in balance physically, mentally, socially, and spiritually. After all, without self-control we could not put into practice the knowledge that we have. Unless we have the power to carry out all our good intentions, they are not of much use.

Once we have the power of God working in us, we can practice moderation in those things that are good. We will avoid extremes--the "over/unders."

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

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

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

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

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

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

Alcohol, tobacco, and caffeine, as commonly used (excluding rare medicinal usages), do no good whatsoever and have been proved to trigger many harmful side effects, depending on the pattern of use. Each one has its place to some degree in the lineup of prime suspects contributing to the epidemic of the degenerative disease--atherosclerosis, osteoporosis, cancer, hypertension, diabetes, obesity, and so on. They also play a role in violent behavior, accidents and fires. There is almost always some degree of dependence involved in their use. Aside from the physical harm done, this dependency is detrimental mentally and socially, as the user is subconsciously conditioned to use them as crutches. The development of important problem-solving skills and everyday coping skills is retarded to the extent that the chemical crutch is used as a substitute. All that the user need do to discover the extent of their dependency is to stop their use.

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Illegal drugs should be rejected for the same reasons. They carry the additional drawback of moral guilt and possible civil punishment. Even over-the-counter prescription drugs should be avoided. They always carry side effects, many times do not work as they should, and usually there are safer alternative remedies that could be used instead.

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

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

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

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

HOW TO OBTAIN DIVINE HELP OVER TOBACCO OR OTHER HARMFUL HABITS

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

10. Express your joy verbally; thank God for helping you to control your appetite (Philippians 4:4-7).

AIR

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

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

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

The Most essential element to sustain life is oxygen.

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

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

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

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

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

The inside of the lung resembles a sponge. All of these tiny pockets (about 300 million) provide over seventy square yards of surface area for the exchange of gases in and out of the blood stream. An adult breathes about 16 times per minute, taking in about one pint of air per breath. This intake adds up to about 2,000 gallons of air per day. During normal breathing this air

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travels at about 50 miles per hour, but during a sneeze or cough it can reach speeds of 750 miles per hour.

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

For the person who smokes, the dangers are listed on the cigarette packages themselves. Lung cancer, emphysema, and carbon monoxide poisoning are among them. With every puff of smoke the air passageways narrow, making it more difficult to breathe. The cilia are paralyzed, thus preventing them from doing their job of cleansing the lungs. Mucus-clogged and irritated air passageways are ripe for emphysema and bronchitis. Carbon monoxide reduces the oxygen-carrying capacity of the blood. Nicotine constricts the blood vessels, elevates the blood pressure and heart rate, and irritates the heart itself.

In pregnant women these poisons cross the placenta and harm the fetus. Cancer-producing tars blacken the lungs. Marijuana smoke has many of the same health-damaging effects, plus some that are unique. Its active ingredient, THC, stays in the body longer than any other drug. With continued use it builds up in the fatty tissues, especially in the brain and in the testes and ovaries.

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

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

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

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

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

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

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

Oxygen is the most crucial element for our survival. We can survive weeks without food, days without water; but only minutes without oxygen. Yet because of shallow breathing habits we can deny ourselves optimal levels of oxygen for better health. Early signs of insufficient oxygen are impaired judgment and memory, dulling of intellect, and a tendency to impatience and irritability.

Many people are forced to stoop or sit for much of the day. This usually makes for poor posture and causes many back problems. Maintaining good posture, taking stretch breaks often, and getting exercise whenever you can will help. Remember when walking, to visualize that string again supporting you from the top of your head and thus avoid walking with your neck thrust forward thus interfering with breathing. After all, even if your nose does get there first, nothing much will be done until the rest of you arrives.

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

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

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

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

REST

Matthew 11.28-30 Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.

Genesis 2:2

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

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

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

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

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

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

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

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

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Get adequate restful sleep. An early, light supper, well before bedtime and no eating before bed will help. A relaxing warm bath may help you unwind; avoid stressful and stimulating activities before bedtime. Regular times for going to bed and rising will also help. The best time to go to bed is between 8 and 10 PM. This sounds strange, because in our culture, it almost seems in bad taste to sleep. 100 years ago the *average* person got 9 or more hours sleep. Now it is more like 4 or 5. Exercise during the day also helps set the stage for restful sleep. Avoid using drugs for sleep as these are harmful and sleep thus attained is of little benefit to your body. Lack of restful sleep is for many the root of the 'enervation' that brings disease. For healing and cleansing to occur much rest and sleep is needed as these actions are done only while asleep.

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

TRUST in DIVINE POWER

Proverbs 3.5-8

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.

"And the rib, which the Lord God had taken from man, made He a woman, and brought her unto the man." Genesis 2:22

Who is the Great Physician?

Psalm 103:3

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

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

From whom does all healing come?

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

Proverbs 3:5, 8 *"Trust in the Lord with all thine heart, and lean not unto thine own understanding....it shall be health to thy navel, and marrow to thy bones."*

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What is His desire for your life?

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

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

Does He want our complete restoration?

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

Does a lack of trust create a negative influence?

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

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

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

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

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

"Keep your wants, your joys, your sorrows, your cares, and your fears before God.... 'The Lord is very pitiful and of tender mercy.' James 5:11. His heart of love is touched by our sorrows and even by our utterances of them.... Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy, cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. 'He healeth the broken in heart and bindeth up their wounds.' Psalm 147:3." -- Ellen G. White, Steps to Christ, p. 100

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

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

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

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

May we never forget:

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