

God's 8 Laws of Health are His Natural Remedies for Ultimate Health and for Restoring the Sick to Health

- 1 - Fresh Air
- 2 - Sunshine
- 3 - Abstemiousness
- 4 - Rest
- 5 - Exercise
- 6 - Water
- 7 - Nutrition
- 8 - Trust in God



Nutrition & The Body Temple

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

The human body is a very complex and intricate network of different but related parts, interconnected and working together – we are *"fearfully and wonderfully made."* (Psalm 139:14) God created mankind, He gave us a diet that would best supply our system with the best nutritional elements needed for the building, repairing and maintaining of our body. The food we eat is transformed into blood, which circulates the entire body, supplying life and strength to every cell, nerve, muscle, and tissue. A diet consisting of fruits, vegetables, legumes, nuts, seeds and whole grains — a whole food plant-based diet provides mankind with ultimate health and longevity. These foods, when prepared in a simple and natural manner, impart a strength, a power of endurance, and a vigour of intellect, that are not afforded by a more complex and stimulating animal-based diet.

Our very bodies are not our own, they belong to God who created them. We are not to eat and drink as we please, to gratify a perverted appetite, weakening our system and ultimately leading to sickness and disease making it impossible to render to God perfect service. We have a responsibility in keeping ourselves in health so that our body *"is the temple of the Holy Ghost...glorify God in your body, and in your spirit, which are God's."* (1 Corin. 6:19,20) We are to present our bodies *"a living sacrifice, holy, acceptable unto God."* (Romans 12:1) Our habits of eating and drinking should be to secure the preservation of physical, mental, and moral health – true principles of sanctification in the everyday life. It is our duty, to **God** and to **ourselves**, to do all that we can to prevent sickness and disease by healthful living, through diet and lifestyle. *"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."*

(1Corinth. 10:31)

Health is a major determining factor in the capacity to **understand** and **respond** to the Word of God. When the mind and body is kept healthy, our senses, our discernment and judgement is much sharper. Jesus healed people of their infirmities so they could better **understand His words**, and **walk** in the light of His truth.

*"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**."* (Genesis 1:29)
The word, "meat" mentioned in this scripture and many other scriptures in the Bible **does not** mean animal flesh. The word, "meat" originates from the Hebrew word, "oklah", which means **"food."**

"Through appetite Satan controls the whole being. Thousands who might have lived to honour God and bless humanity have gone down to the grave, physical, mental, and moral wrecks because they sacrificed their powers to self-indulgence. Those who gain eternal life must bring every appetite under the control of the Spirit of God. Then will they have power to run the race set before them." (ST March 19 1902)

1—Fresh Air

Oxygen is the most essential element for man and animals to sustain life. Fresh air invigorates the vital organs and aids the system in eliminating accumulated impurities. The 100 trillion cells in the body, and in the blood, are dependent upon oxygen. Fresh air brings life to the skin and has a decided influence on the mind. Clean, pure air contains negative ions which help the immune system fight disease.

Fresh air has many health benefits:

- Gives clarity to the mind, improves concentration and boosts learning abilities.
- Soothes nerves, gives a sense of happiness + well-being by altering brain levels of serotonin.
- Helps to circulate the blood throughout the system.
- Excites the appetite, renders better digestion and induces sound sleep.

When living in a closed non-ventilated house or bedroom, the body does not get sufficient daily amounts of fresh air, the mind becomes depressed and gloomy and every part of the body suffers. A **lack of fresh air** is a significant factor in the **cause** of numerous illnesses and acute diseases of which millions of people suffer today.

2—Sunshine

Every living thing in our world is dependent upon the sun. Sunshine is one of nature's most healing agents; it naturally calms the nerves. It destroys bacteria, and thus can help prevent or heal infections. It is important to frequently obtain the sunshine that our bodies need to maintain good health. Those who do not get a sufficient amount of sunshine experience adverse effects in health.

With proper sunshine exposure our body can make all the natural vitamin D it needs, simply by exposing our face, hands and as much of the body to the sun for 10 to 15 minutes a day, stopping well before our skin becomes slightly red. You may gradually increase your time to 20 to 30 minutes every couple of days. Our liver will store extra natural vitamin D to be released when needed. DO NOT GET A SUNBURN.

Benefits of moderate sunshine = sufficient Vitamin D:

- Reduces blood pressure and blood sugar.
- Increases red and white blood cells.
- Improves circulation and strengthens the immune system.
- Helps to eliminate toxins and other chemicals from the system and kills germs on our body.

Unless one has a healthy diet, sunshine will have negative effects on the skin. Sunbathing and using sun-screen or tanning oils is dangerous to those who consume a diet high in cholesterol, meat, dairy, eggs, fat, processed food and junk food. If you are eating these foods and getting too much sunlight on your skin, your risk of developing skin cancer is much greater.

3—Abstemiousness

*"And every man that striveth for the mastery is **temperate in all things.**"* (1 Corinth. 9:25)

Abstemiousness means **temperance**. Temperance is self-discipline, which is **self-control**. True temperance teaches us to dispense entirely with everything harmful and to use judiciously only that which is healthful. Temperance is a fruit of the Spirit of which God would have us **develop** in all areas of our lives, including eating, drinking, sleeping, dress, work habits, recreation, and study time. Practicing temperance rewards us with mental and moral vigour, resulting in godly balance.

*"**Temperance in all things** is necessary to health and the development and growth of a good Christian character."* (CH p.38)

Avoid everything that is harmful to the body, taken internally or used externally. Avoid eating animal protein and fat found in all animal-based foods (meat, eggs and dairy). Animal protein is the cause of nearly all diseases and cancers known to mankind. Do not eat between meals, allow **4-6 hours** to elapse between meals to allow the food to fully digest.

Coffee, tea, chocolate and soda drinks contain caffeine, an **addictive drug** which raises cholesterol and taxes the adrenal glands. This stimulant causes the body to excrete calcium in the urine, contributing to calcium loss in the bones; it stimulates and irritates the nerves, brain and heart; a short-lived energy to the entire system. Women who consume coffee triple their risk of hip fracture.

*"What influence does overeating have upon the stomach? It becomes debilitated, the digestive organs are weakened, and disease, with all its train of evils, is brought on as the result. If persons were diseased before, they thus **increase** the difficulties upon them, and **lessen** their vitality every day they live."* (2T p.364)

4—Rest

Rest is the **replenisher**. The proper quantity and quality of sleep is vital to a healthful lifestyle. When we sleep, the activity of our body changes gears. Certain areas of our brain switch off, while other areas turn on, reorganizing the recent information gathered. During a day of work and activity, toxins build up in our system which cannot immediately be thrown off. Sleep gives the body time to expel these toxins and wastes, and to heal and repair the natural forces that have been used, abused and damaged during the day; replenishing the energy used and rejuvenating the system. Nature will restore our vigour and strength while we sleep **if natures' laws are not violated**. We cannot cheat on sleep for very long without sacrificing health. Be regular in obtaining your sleep, retiring at the **same time** at night and rising at the **same time** each morning.

One hour of sleep **before midnight** is more beneficial to the body to do its building and repairing than 2 hours of sleep **after midnight**.

When we lie down to sleep at night, the stomach should have all its digesting work done, so that it may have rest, along with the other organs of the body. The work of digestion should not be carried on through any period of the sleeping hours. If we eat before going to bed, **digestion** takes the place of **restoration**, and the body will become weakened, sick and diseased.

"The sleep of a laboring man is sweet." (Ecclesiastes 5:12)

5—Exercise

Regular exercise accompanied with a healthy plant based diet improves your health and reduces the risk of developing almost all diseases. Exercise provides a powerful increase of oxygen to the body and can have immediate and long-term health benefits and will improve your quality of life. To maintain health and reduce your risk of illness, a minimum of 30 minutes of moderate-intense exercise is required daily.

“Without physical exercise no one can have a sound constitution and vigorous health; and the discipline of well-regulated labor is no less essential to the securing of a strong, active mind and a noble character.” (CT p.307)

The benefits of walking daily:

- Uses almost all of the bodys’ 206 bones, almost all 604 muscles and all the organs.
- You get fresh air and sunshine, and have a more positive attitude to handle stress.
- Strengthens the lungs, heart, blood vessels and endocrine system.
- Lowers blood cholesterol and blood pressure, helps to tone muscles and manage your weight.
- Have stronger bones, muscles and joints and lower the risk of osteoporosis.
- The body recovers quicker from sickness or disease, improves digestion and you sleep better.

Walking is one of the simplest and best exercises, and is inexpensive! Walking **out-doors** in the open air at a brisk pace to raise your heart-beat comfortably for the duration of your walk, is most beneficial. Walking is the best remedy for the diseased body.

6—Water

Clean, pure water is indispensable in the daily task of keeping our bodies in health or in recovering health when it is lost. Drinking water is the **best liquid** possible to cleanse the tissues from the constant bombardment of toxins, germs, viruses, chemicals and other pollutants; no other liquid can do this task. The body requires water constantly because it loses at least ten cups of water every day. The food we eat provides two to four cups of water, so we need to drink at least eight glasses each day to replace the difference. Drink water when you are thirsty, and when you don't feel thirsty to keep the tissues and cells **hydrated** throughout the day. If the body is not provided adequate water it becomes dehydrated and causes the blood to thicken, increasing the risk of many diseases. Dehydration can mimic hypoglycemia, causing headaches, tiredness, and fainting spells. **Drink your water!**

Caffeine and **alcohol** are both diuretics which harm the body and cause it to lose water and flush it out through the urine; thus the entire body suffers for want of water. You need to drink an extra glass of water for every caffeinated, alcoholic or high-sugar beverage you drink. Avoid these beverages!

7—Nutrition

*"Out of the **ground** made the Lord God to grow every tree that is pleasant to the sight and **good for food.**" (Genesis 2:9)*

Proper nutrition is vital to good health. Food that is devitalized cannot supply the body with essential vitamins and minerals it requires. A healthy diet of fresh, organic plant-based foods grown in **rich soil** consisting of a variety of fresh fruits and vegetables, along with whole grains, legumes, nuts and seeds are found all the essential vitamins, minerals, water, carbohydrates, calcium, protein, fats, and fiber to make good blood and enjoy health.

God's original diet to our first parents **did not** include flesh meat. It is contrary to His plan to take the life of any of His creatures in order to supply us with food. God does not want us to subsist upon the flesh of dead animals. He desires to bring us back to **His original plan, His original diet** as was in the garden of Eden.

Food is to be our medicine. Plant-based foods are good medicine that can prevent, reverse, and cure disease. Flesh meat, dairy, eggs and processed foods are bad medicine and will make the body sick and diseased. Animal-based foods cannot make good blood in our systems. If we stop eating the bad food and start eating the good food, a wonderful healing process takes place within our body, because the body was designed to heal itself.

"The moral evils of a flesh diet are not less marked than are the physical ills. Flesh food is injurious to health, and whatever affects the body has a corresponding effect on the mind and soul." (MH P.176)

*"**Disease** in animals is so rapidly increasing...People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated. The tissues of the swine swarm with **parasites**...Swine are scavengers, and this is the only use they were intended to serve. **Never**, under any circumstances, was their flesh to be eaten by human beings...It is the meat they have eaten which has poisoned their blood and caused their suffering. Many die of diseases wholly due to meat eating." (MH p.313-315)*

*"Those who have received instruction regarding the evils of the use of flesh foods, tea and coffee, and rich and unhealthful food preparations, and who are determined to make a covenant with God by sacrifice, **will not** continue to indulge their appetite for food that they know to be unhealthful. God demands that the appetites be cleansed, and that self-denial be practised in regard to those things which are not good. This is a work that will have to be done **before** His people can stand before Him a perfected people." (9T p.153)*

8—Trust in God

There is an inexpressible peace that comes to one who has learned to trust in God and to lay all things in His hands. Jesus says, *"Come unto Me...and I will give you rest."* (Matthew 11:28) Rest from sorrow, rest from fear, rest from insecurity, rest from all your troubles and heartache. God is our Heavenly Father, our Saviour, and our Great Physician. We must trust Him and resign ourselves to do His will, and endeavour 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 or understand His wisdom in certain events, but it is on these occasions that we especially have to trust His will and have faith that He is working things out to His glory. When we are obedient to **His Ten Commandment Law** and **His Eight Laws of Health**, we shall enjoy a closer walk with Him.

Many ask God for health and healing, expecting Him to keep them from sickness and disease when there is no particular effort on their part. God will not work a miracle to keep us from sickness and disease if we have no care for ourselves or if we choose to live and eat and drink as we please. When, however, we do all that we can on our part to obey God, we may have confidence that God will cooperate with us in keeping our bodies in health, and we can experience peace, happiness and health.

"Courage, hope, faith, sympathy, love, promote **health** and prolong life. A contented mind, a cheerful spirit, is **health** to the body and **strength** to the soul. "A merry [rejoicing] heart doeth good like a medicine." (CH p.344, Proverbs 17:22.)