

the elements needed for building up the body. In this choice, appetite is not a safe guide. Often it demands food that impairs health and causes weakness instead of strength.

In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food (see Genesis 1:29, 3:18). So God provided grains, fruits, nuts, and vegetables as the best diet for us. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet.

Those who choose to go beyond God's chosen diet and who add flesh meats into their meals, are but eating

grains and vegetables second-hand; for the animal receives firsthand the greatest nutrition from these live foods. The life that was in the grains and vegetables has already been used up, and then from these we receive

what's left over by eating their flesh. So you can see that it would be much to our advantage to get the life-giving benefits directly from the natural food that God provided, and not second-hand!

Flesh was never the best food—even in Noah's time; but its use now is 10,000 fold more objectionable since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals, fowls, fish, etc., when living and know the quality of the meat they buy, prepare and then eat, they would turn from it with loathing. People are continually eating flesh that is filled with disease and cancerous germs. Thus cancer and other fatal diseases are communicated. This is one reason why many in the meat processing industry are vegetarians!

Besides flesh foods being harmful to our health, far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided, because it ferments in the stomach and thus produces alcohol. There have been cases where individuals have died of cirrhosis of the liver, a diseased condition wholly attributable to alcohol, yet they had never drunk liquor in their life. It was found that their diet consisted of a lot of ice-cream and other milk-and-sugar combined deserts.

It is also vital to health that we have regularity in eating. There should be a specified time for each meal, generally no more than three meals a day. At each meal let everyone eat what their system requires, and then eat nothing more until the next meal. There are many who eat at irregular intervals, or snack in-between meals, not because their bodies need food, but because they have not sufficient strength of will to resist inclination. If we would eat at regular times and only of food that is simple and nutritious, we would not feel so great weariness nor suffer so much from sickness.

In all cases, whether in our own lives or in our family, let us educate the conscience, enlist the will, supply good, wholesome food to eat, and the change from a bad diet to a good one will be made easier, and the demand for harmful articles of food will soon cease.

THE LAW OF WATER

Pure, soft water is indeed a gift of God! Water acts as a solvent, a medium of transportation, a temperature regulator, and a lubricant. More than 60% of our body is made up of water. Our blood, lungs, heart and kidneys are comprised of about 80% water. Our brain, heart, nerves, liver, and skin about 70%. So you can see that water plays a most important part in our health.

Not only this, but throughout each day we lose up to 80 oz of water, or the equivalent of 10 - 8 oz glasses (urination accounts for 44 oz; perspiration and respiration - 16 oz each; defecation - 4 oz). But we only gain back about 24 oz from the food we eat. So the amount of water we need to drink each day just to replenish the deficit of water is about 56 oz. Thus we each need to drink at least 7 - 8 oz glasses of water each day, and if we should not do so, then we will become dehydrated and suffer all kinds of problems, ranging from fatigue to poor digestion. And beyond 10% body dehydration can lead to death.

In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. Since impurities are constantly being thrown off from the body through the skin, its millions of pores are quickly clogged unless kept clean by bathing at least twice a week.

When God gave water to satisfy our thirst, He also used this precious gift to symbolize the importance of a spiritual life and relationship with Him. Jesus Christ is indeed the "living water", and His promise is to everyone that is thirsty: "If any man thirst, let him come unto me, and drink" John 7:37. As we need water to sustain our physical life, so each day we need Christ in our lives to re-create within us His likeness and character, and thus lead us to everlasting life.

THE LAW OF TRUST

In such a hectic world we live and work in, with all its pressures and deadlines, it can be very difficult to keep from getting tired, run-down, and stressed out. Stress is any situation or action that puts extra pressure or intensity upon you—whether physical or mental in nature. Some of the symptoms of stress upon the body is usually an increase in blood pressure, breathing, perspiration, and heart beat. But by far, worry is the most widely practiced of all the unnecessary stressful situations. And worry, in the great majority of all cases, is absolutely unnecessary!

The direct opposite of worry is trust. Trust means to have full confidence in something or in someone. And it is interesting that the Bible has quite a lot to say regarding trust. It states that we are not to place our trust in weapons or in wealth (Psalms 49:6-7), not in leaders (Psalms 146:3), not in men (Jeremiah 17:5), and not even in ourselves (Ezekiel 33:13). But yet these are the very things which the majority of people place their trust in today.

But where should we place our trust? "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the Lord for ever; for in the Lord Jehovah is everlasting strength." Isa 26:3-4. "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:5-6.

While it is quite natural for people to place their trust somewhere, how sad that so many place their trust in other areas except in the loving and trustworthy Saviour Jesus Christ. "Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us." Psalms 62:8.

Having trust in God, especially when we find ourselves afflicted by disease, can make all the difference—including in the amount of time involved in our recovery. And our Saviour is indeed concerned with our health!

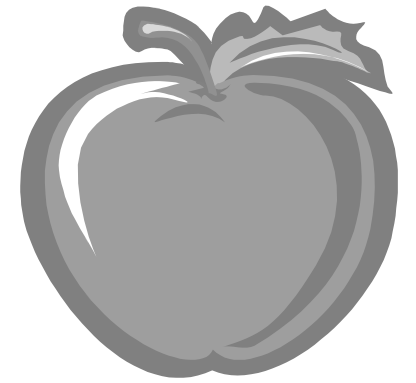
The desire of God for every human being is expressed in the words, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 2.

It is our loving heavenly Physician and compassionate Saviour who "forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with loving-kindness and tender mercies." Psalm 103:3-4. Please do not let another day go by without accepting Him as your Friend and Saviour!

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THESE LAWS RESTORE HEALTH!



Laws of Nature

We may give many causes for the suffering of disease in our world today, but the major cause is not following nature's laws. The laws of nature deal with every aspect of our lives; from our bodies, our diet, as well as our environment.

But what are these laws? The simple laws of nature are these: **Pure Air, Sunlight, Temperance, Rest, Exercise, Diet, Water, Trust.** These laws are nature's true remedies. So there are actually eight different laws of nature.

These natural laws can also be viewed as laws of health—or simple remedies which we can use to overcome sickness and disease and regain our health. Every person should have a knowledge of these remedial agencies and how to use and apply them, not just to themselves, but to others as well. Let us briefly examine each law of nature.

THE LAW OF AIR

Fresh pure air is an essential part of life. We can live for weeks without food, days without water, but only minutes without air. Every cell in our body requires oxygen in order to function, so you can understand that if the air we breath is not pure, then we force our body cells to function on this impure oxygen. In fact, The American Lung Association has declared that about 1/2 of all illnesses are either caused or aggravated by polluted air!

Fresh air is the free blessing of Heaven, calculated to electrify the whole system. Full, deep inspirations of pure air, not smog or smoke filled air, will fill the lungs with

oxygen, and help to purify the blood. Air imparts to the blood a bright color and then the heart sends this life-giving current to every part of the body. Thus the circulation of the blood should not be hindered by tight clothing or bands, or by insufficient clothing to protect our arms and legs from the cold. Whatever hinders the circulation forces the blood back to the vital organs, producing congestion. This can result in causing us headache, cough, palpitation of the heart, or indigestion.

A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect. It also induces sound, refreshing sleep. Yes, the benefits of fresh, pure air to our health cannot be underestimated.

THE LAW OF SUNLIGHT

Sunlight is one of nature's most healing agents. It is a very simple remedy to go outside and enjoy the rays of God's sunlight, or to open the curtains and beautify our homes, and gain the benefits from its presence.

Sunlight destroys bacteria, and thus can help prevent or heal infections. Sunlight has shown a positive effect on

the cardiovascular fitness and muscular endurance of college aged men when tested. Sunlight also showed a 30 – 40% decreased risk for breast cancer occurrence among women who were tested and who got at least 10-15 minutes of daily exposure. It also has been shown to reduce blood pressure; decrease excess cholesterol; increases red and white blood cells; improves circulation, and even aids in weight loss. And best of all, when unfiltered sunlight hits our skin, vitamin D is produced which is essential for calcium to be utilized by our system! So direct sunlight exposure in moderation, and without sun screen or tanning oils, is indeed essential for good health.

Just as sunlight is essential to health and we should not hide ourselves away from its healing rays, so may we look up to Jesus—the “Sun of righteousness” and not hide ourselves away from Him, because He comes to us “with healing in his wings” (Malachi 4:2). Jesus promises healing for every sin-sick soul. Many who are dwelling in the dark shadow of sin and death, need to realize that they have a hope for salvation if they would only turn their faces toward the Light of the world, for “in Him [is] life, and the life [is] the light of men” (John 1:4). Yes, Jesus Christ is “the true Light, which lighteth every man that cometh into the world (John 1:9), and if you will choose to open your heart each day to receive the healing beams

of His love and righteousness, you will indeed find the healing balm needed to change your life from bad to good.

As God has given you the sun—whose rays of light bring healing and warmth, so He has given you His Son Jesus—whose light of truth brings healing warmth to your souls. God gave you both the sun and Jesus to be a joy and blessing, as well as for health and long life; and for those who accept Jesus as their Saviour—a never ending life!

THE LAW OF TEMPERANCE

The best condition of health largely depends on temperance. Temperance means moderation and abstinence. Moderation is to be in all areas affecting our daily lives—whether in work, eating, drinking, thinking, etc., and abstinence is to be in all areas which are harmful to health.

Temperance in diet is rewarded with mental and moral vigor; it also aids in the control of the passions. Overeating is especially harmful to those who are sluggish in temperament; these should eat sparingly and take plenty of physical exercise. There are men and women of excellent natural ability who do not accomplish half what they might if they would exercise self-control in the denial of appetite.

Some wish that an exact rule could be prescribed for their diet. They overeat, and then regret it, and so they keep thinking about what they eat and drink. But one person cannot lay down an exact rule for another. Everyone should use reason and self-control, and then act from principle.

We should be careful not to take upon ourselves burdens that others can and should bear. We should encourage a cheerful, hopeful, peaceful frame of mind for our health depends upon our so doing. The work that God requires us to do will not prevent our caring for our health. The more perfect our health, the more perfect will be our labor. When we overtax our strength and become exhausted, we are liable to catch a cold, and at such times there is danger of disease assuming a dangerous form. We must not presumptuously leave the care of ourselves with God, when He has placed that responsibility upon us.

With Adam and Eve, intemperate desire resulted in the loss of Eden. Temperance in all things has more to do with our restoration to Eden than many realize. Anything that lessens our physical health enfeebles our mind, and makes it less capable of discriminating between right and wrong. We become less capable of choosing the good, and have less strength of will to do that which we know to be right.

Pointing to the self-denial practiced by the contestants in the ancient Greek games, the apostle Paul writes: "Every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: but I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." 1

Corinthians 9:25-27.

THE LAW OF REST

After a hard day at work, what can be sweeter than to rest your head on a soft pillow and sleep? 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. Instead of providing energy for work, the body systems repair any damage done during the day, replenishing the energy used and rejuvenating the system. Nature will restore our vigor and strength while we sleep if her laws are not violated. We cannot cheat on sleep for very long without sacrificing health.

Those who make great exertions to accomplish just so much work in a given time, and continue to labor when their judgment tells them they should rest, are never gainers. They are living on borrowed capital. They are expending the vital force which they will need at a future time. And when the energy they have so recklessly used is demanded, they fail for want of it. It would be best to go to bed between 9-10 pm, because every hour of sleep gained before midnight is worth two hours of sleep after midnight.

Just as physical rest is necessary to be healthy, and without it we would soon die, so spiritual rest is just as essential for our well-being, and without it we will just as surely die—but an eternal death. And only God alone can provide us this spiritual rest.

True spiritual rest is a rest from the guilt pressed upon us by our sins. It is through Jesus Christ that you can be set free from this pressing guilt and escape the bondage of sin.

“Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?...For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord.” Romans 6:16, 23.

Our Saviour's words, "Come unto Me...and I will give you rest" (Matthew 11:28), are a prescription for the healing of physical, mental, and spiritual ills. Though men have brought suffering upon themselves by their own wrongdoing, Christ regards them with pity. In Him they may find help. He will do great things for those who rest in Him.

As God rested the seventh day after creating this world (see Genesis 2:2-3), so the same seventh day Sabbath is a weekly reminder for us today that Jesus is our Creator, as well as our Redeemer and Saviour from sin. On the holy Sabbath hours of each Saturday, Jesus personally invites you to separate yourself from all earthly activities and cares so that you might enter into this special rest with Him. “For he (God) spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works....There remaineth therefore a rest (Sabbath) to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. Let us labour therefore

to enter into that rest, lest any man fall after the same example of unbelief.” Hebrews 4:4, 9-11.

THE LAW OF EXERCISE

Daily exercise has been shown to be an excellent way to slow down the effect of aging on the body, and to enhance the quality of life. The best form of exercise is walking, because all the organs of the body are brought into use. There is no exercise that can take the place of it. Walking one or more miles each day greatly improves the circulation of the blood. The action of the heart becomes more perfect, and with regular exercise of 10-15 minutes each day for six days of every week the heart will be strengthened to pump more volume of blood per beat, thus allowing it to rest longer between beats—which increases life. This activity also lessens the time it takes for the poisons and toxins to be eliminated from our system.

Nearly 1/3 of all impurities in our system are eliminated through the skin, and exercise allows the pores to open and discharge the impurities in the sweat. The lungs expand and strengthen and can throw off more poisonous gasses. With the increase of oxygen, the whole body system gains new vitality and becomes invigorated to overcome bad health.

Exercise is also important to digestion. It can also help in preventing disease, such as cancer, high blood pressure, and high cholesterol. Also our immune system is strengthened and enhanced by daily exercise. The lymphatic system is aided in the circulation of the lymph fluid from 5 to 15 times during vigorous exercise.

Exercise is free. As we partake of it, let us remember to give glory and praise to our Creator for the gift of life which He has given to each one. Those who do not take time to exercise will have to take time for illness! So let us, by all means, establish a regular time for walking or other forms of exercising, and thus aid our body in regaining or maintaining health. That way we can not only live longer, but can also be free from sickness and pain which will increase our happiness.

THE LAW OF GOOD NUTRITION

Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body from every movement we make, and this tissue breakdown is repaired from the food we eat. Thus it is in our best interest to choose to eat only those foods that best supply



WALKING
is the best
EXERCISE

