

Health Quotes n' Notes™

# God's Health HELPERS





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**God's Health**  
**HELPERS**

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**DISCLAIMER:** This booklet is intended to offer general information which is subject to change. We do not make any diagnosis or personal treatment suggestions. This information is not intended to diagnose, treat, or cure any disease. We urge you to learn about health so that you can make informed decisions to preserve or regain the vibrant good health you deserve.

# Foreword

This booklet was developed to give an overview of ways to help you have more abundant health and happiness. From what we should eliminate to what we need to include in our lives. Our family has made many changes over the years and continues to find ways to improve our lives. We have learnt to ‘slow down and smell the roses.’ We have not ‘arrived’ so to speak, in fact, we have many areas we need to work on, but we do long to share those things that have made our lives better. There is much we do not have power over; death, accidents, genetics, and so on, but these do not have to control our health and happiness. Even those who are crippled or disabled have found they control their happiness and so some degree, even their health.

Many times we don’t clearly see the things around us that effect our health. Most death and disease is directly related to lifestyle whether it be lack of exercise and poor diet, or toxins in the work environment. Even many colds and flu’s, which are external viruses and bacteria, can be avoided by building up a healthy immune system and practicing good hygiene.

When making changes in your lifestyle, research for your individual needs. Red flag words to watch out for are ‘always’, ‘never’, ‘impossible’, ‘genetics’, ‘can’t help’, and so on. Society is prone to over generalize as do some health professionals. You CAN affect your health even if you have poor genetics. There is no need to throw up your hands and say, “What good is it to try when my father, mother, brother, all died from heart disease.” It can be either delayed or avoided completely by good lifestyle choices. We have seen in our own lives that this is true. And there are thousands of testimonies, studies, and research articles to confirm it. Medical literature is proclaiming, lifestyle matters!

So what is lifestyle? Just about everything you have control over. This is the GOOD news. You can be in control of your health. Where you live, work, and play. What and when you drink and eat. Diet, exercise, sleep, work, play, water, habits, choices...all these have an impact on our health and happiness, so take control!

# Health ‘n Happiness Helpers

## **H**armony

Living in harmony with natural law, with yourself, and with others. Surrender & temperance.

## **E**xercise and Fresh air

Why, How, When, and Where. Exercise daily outdoors in the morning, to get fresh air. Hard work is just as good as jogging.

## **L**ots of Water

Lubricate the muscles, joints, and the brain. Drink ½ your body weight in ounces. Vital to prevent disease, as water is a cleanser. Water on the outside is needed too, baths, showers, and hydrotherapy.

## **P**roper Diet & Nutrition

Why, How, When, and What we eat. Eat whole foods at regular times with 5-6 hours between eating ANY food. Enjoy your food slowly, with little or no liquids at the meal. Eat like a King for breakfast, Noble for lunch, and a Popper for supper.

## **E**nvironment - Our homes and sunlight

What we surround ourselves with affects our attitude and health. Country living, fresh air, and sunlight.

## **R**est and Recreation

Daily and weekly. Recreation is needed to have time away from work and cares to have restoration of body and mind.

## **S**piritual Connection

A sunny attitude, benevolence, gratitude, Bible study, and prayer. Hope, faith, and love.

## **Harmony with natural law**

Natural law is immutable or unchangeable. If you jump off a cliff, you will fall. If you eat too many calories you will add stress to your body. Depending on your lifestyle and genetics that stress can manifest itself in many ways such as obesity, heart disease, etc. Laws are there to protect us. We need to put “law” before our own desires, thus you need to live in harmony with natural law. You may ‘feel’ like eating a huge bowl of ice cream every night, but natural law says you will have to burn those calories or they will be stored as fat.

One natural law important to health is temperance. Temperance is abstaining from harmful habits and balancing the good ones. We need to avoid and eliminate harmful things from our lives, character, and homes. Whether it be alcohol, cigarettes, caffeine, anger, bitterness, or something else, we need to avoid and eliminate that which harms our body or mind. Our frontal lobe is the part of the brain in which our moral and reasoning centre is located. We can function in part with a damaged or impaired frontal lobe, but our morality and will power are significantly compromised. This explains why people who have had a few drinks will do things they might not otherwise have done. We need to avoid things that impair our frontal lobe function. Drugs, illegal and some legal, alcohol, too much T.V., heavy rock music, new age music, poor diet, and head injuries, are the most common ways to damage the frontal lobe.

Living in harmony with the natural law of temperance, means more than just eliminating harmful habits. We need to have balance too. Too much work, too much sleep, too much play, is....well too much.

Balancing your cheque book. Yes, money is one of the greatest stresses for singles, couples, and families. Setting up a manageable budget and getting out of debt will do wonders for your health and happiness. Self-denial is a big portion of this. Do you really need that new car? How many towels does one need? Are you spending money on fancy or expensive when you could buy simple and on sale? Are you spending to feel better or because you are swept away by the advertising?

Balancing your time. Schedules should help you manage your life and help you achieve balance: "To every thing there is a season, and a time to every purpose under the heaven:" Eccl 3:1 "As far as possible, it is well to consider what is to be accomplished through the day. Make a memorandum of the different duties that await your attention, and set apart a certain time for the doing of each duty... Give yourself a number of minutes to do the work, and do not stop to read papers and books that take your eye, but say to yourself, No, I have just so many minutes in which to do my work, and I must accomplish my task in the given time." {Child Guidance pg. 125}

When you get up in the morning think about what you must accomplish for that day. Be realistic, now is NOT the time to be an

optimist! Have a small notepad to jot down the things that need to be done, and set yourself a time limit to do them. This will take some trial and error. Some of us are far too optimistic in what we can get done in a day, but in time you'll find out what you can and cannot get done. Do NOT get into the trap of self-imposed stress. These "deadlines" are just a tool to get the tasks done and prioritize them. Give each task (especially appointments) extra time to account for time loss. Time loss is a mysterious critter that eats up the minutes in your day. One species of this critter is "Just one more thing" - this one should be eliminated as much as possible. A time loss critter we don't have control over is "Unforeseen event". These can include a phone call, waiting for road construction, flat tire, forgetting something, long lineups, and a host of other events. A friend who is a massage therapist, schedules her patients 15 minutes apart to avoid pressure that can result from time loss. Many a road rage victim could be avoided by leaving in plenty of time to get to an appointment. And there is a bonus to scheduling in extra minutes. Those extra minutes give you an opportunity to catch up on reading. I bring a book (ipod, etc.) with me in my purse where ever I go. I have read several books in the past few years just by using my extra time in waiting for something or someone.

Living in harmony with natural law is a matter of eliminating the bad and balancing the good. We avoid that which is harmful and use good things in moderation. Work is a good thing. Over work, bad! Food is a good thing. Too much food, bad! Examine yourself, your lifestyle, and your family. What can you change to better your health?

## **Exercise**

Exercise is vital to health and happiness, thus volumes are written on the importance of exercise. It cannot be overstated how important exercise is to health both for prevention and treatment of disease including diabetes, heart disease, depression, stress, certain cancers, strokes, obesity, fibromyalgia, osteoporosis, osteoarthritis, and a host of others. Often we are weak and tired because we do not have proper physical activity. "Bind up the arm and permit it to remain useless, even for a few weeks, then free it from its bondage,

and you will discover that it is weaker than the one you have been using moderately during the same time. Inactivity produces the same effect upon the whole muscular system. The blood is not enabled to expel the impurities as it would if active circulation were induced by exercise... Judicious exercise would induce the blood to the surface, and thus relieve the internal organs. Brisk, yet not violent exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalized by the pure air, to the extremities.” {Counsels on Health pgs. 52-3} How we exercise is also important. “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... There is no exercise that can take the place of walking.” {3 Testimonies pg. 78} When and how much? Every day 30 to 60 min if possible and in the Morning. Morning exercise, is the best for several reasons.

1. You will get it done before the day crowds out your time.
2. It imparts energy to the system. (It can be more difficult to fall asleep if you exercise at night.)
3. Fresh air in the morning has additional benefits. Dr. Neil Nedley describes why morning air, which is negatively charged, is so good for us in the graphic below. (Used with permission from the book “Proof Positive”).

Here is more on exercise from our infosheet “Exercise” on the following three pages.

## **Lots of Water** (Adapted from our Infosheet “Water”)

### **Proper Diet & Nutrition**

***Nutrition: Why, How, When, and What we eat.*** When making changes use caution, common sense, and simple steps. Quick, impulsive changes often are dropped after the initial excitement has wane because the food is unappealing or lacking in balanced nutrition.

***Breakfast:*** This is the time to “fuel up” for the day. The habit of eating a spares breakfast and a large dinner has poor health consequences including weight gain and poor sleep. Eat the bulk of your calories



## HOW OFTEN, HOW LONG, & HOW HARD?

The minimum recommended by most health professionals is 30 minutes per day 3 times per week. Many will get benefits from as little as 15 minutes per day, 3 days per week.

But for maximum health and for the Depression Recovery Program<sup>1</sup>, you will need to get 30 to 60 minutes, 5 to 6 days per week. Remember gardening, wood chopping, raking leaves, brisk walking to the mail, all count as exercise. So if you live in the country it is easy to get your exercise in short order.

Intensity (how hard you exercise) is also an important consideration. If you dawdle along on your walk you will need to go a lot farther to receive benefit than if you went faster and got your heart rate up quicker, within moderation of course. Do not run as fast as you can until exhausted, just so you can speed things up. In fact, any activity that causes panting or heavy breathing can adversely affect your digestive system, kidneys, liver, and circulatory system, even causing heart attacks<sup>2</sup>. Never exercise past their target heart rate for an extended period of time.

Cardiac reserve, the measurement of the heart to work between the resting heart rate up to maximum output, varies in different individuals. The average is 4x, while an athlete can be up to 7x, and a person with a heart condition can have little or no reserve.<sup>3</sup> This is why it is especially important to check with your doctor on what you MHR and THR is if you have any medical condition.

## FIND YOUR PULSE

The basic pulse can be found on your wrist at the base of your thumb, it can be felt by using the pads of two fingers. Light, but firm, pressure should allow you to feel it well. Count your pulse for 10 seconds and times by 6. This will give you your HR. To find your resting heart rate, sit down and relax for 15 to 30 minutes before taking your pulse.

Caution... medications, especially beta blockers, can effect the heart rate giving you unreliable results. Talk to your doctor if you are on ANY medication.

RHR = Resting Heart Rate

MHR = Maximum Heart Rate

THR = Target Heart Rate

HR = Heart Rate

## BENEFITS OF EXERCISE

Exercise has so many benefits, here is just a sample of what it can do:

Improves circulation <sup>5</sup>

Strengthens the bones <sup>6</sup>

Improves HDL (good cholesterol) and strengthens the heart<sup>7</sup>

Boosts energy levels <sup>8</sup>

Stimulates the immune system <sup>9</sup>

Reduces stress & tension <sup>10</sup>

Improves concentration <sup>11</sup>

Helps relieve depression <sup>12</sup>

Improves overall health <sup>13</sup>

## WHAT KIND?

There are many forms of exercise that benefit your health. Walking is one of the best forms of exercise because it is easy to do, can be done any where, can be done outside in the fresh air and sunshine, and it is adjustable to meet different fitness levels. Hills, flats, quicker, carry weight, all can be used to adapt to your needs.

Gardening is another great way to get all the benefits of exercise and is great for character building as well. Shoveling snow, cross-country skiing, throwing hay bales, and so on are all good exercise. In fact, studies in Sweden have shown exercise combined with sunshine double the mitochondria, your cellular power plants, in about 28 weeks,<sup>14</sup> while studies in Germany show a double in the rate of increasing strength.<sup>16</sup>

Swimming is good exercise for those who have joint pain.

A well balanced exercise plan includes: moderate aerobics, strength training, and stretching.<sup>11</sup> A basic outline is:

- 5 minutes stretching,
- 5-10 minutes of warm up, you should be able to sing.
- 20-30 minutes of aerobic workout, preferably Intermittent Training (see below). You should be able to talk, but not sing.<sup>12</sup> If you are panting, then you are working too hard which is no longer healthy.<sup>13</sup>
- 5-10 minutes of cool down. Don't stop abruptly as this is hard on the heart.
- 5 - 10 minutes of stretching. It's important to stretch after your workout while the muscles are warm and pliable. This helps with flexibility and preventing injuries. I find it also helps prevent muscle pain.
- Do strength training 1-3 times per week in between IT or aerobic exercise. Advice varies from trainer to trainer on how much strength training. And don't forget if shoveling snow, pitching hay, or gardening is part of your routine you are combining your strength and aerobic workout..

One training plan, developed by Harold C. Mayer, MPH, called PULSE I.T.© uses discontinuous aerobic exercise. This discontinuous aerobic training is also called Intermittent Training or I.T. Intermittent Training has been found to help improve thyroid function<sup>14</sup> in addition to all the other health benefits of exercise. It is part of the Depression Recovery Program, by Dr. Nedley (see [www.drnedley.com](http://www.drnedley.com)), as well as STEPFAST, a health education program (see [www.stepfast.com](http://www.stepfast.com)).

## I.T. OVERVIEW

First read the box "Find Your Pulse". This explains how to find your pulse and the key to the abbreviations found in the following information. Basically, I.T. is taking some rest for every minute of exercise. Dr. Nedley explains Intermittent Training in relation to your target heart rate.<sup>15</sup> You will need your resting pulse and age to do the following formula.

Your target heart rate is found by:  $(220 - \text{age} - \text{RHR}) \times 0.4 + \text{RHR} = \text{THR}$  Example: 35 year old, with a resting heart rate of 70:  $(220 - 35 - 70) \times 0.4 + 70 = 116 \text{ THR}$ .

Now, add 5 to your THR and exercise until you reach this heart rate. Once you have achieved this rate you "rest" (slow down) until your pulse is  $\text{THR} - 5$ . So in our previous example, the person will exercise until HR is 121, then 'rest' until the HR is 111. There are machines that let you know when to change the pace.

There are other ways to do I.T. exercise, such as 30 seconds of exercise, 30 seconds of rest. Progressing to 50 seconds of exercise and 10 second of rest.<sup>16</sup> Other methods do 20 seconds of exercise, 10 second of rest, and repeat for 30 to 45 minutes. Still others do several minutes of exercise with several minutes of rest.<sup>17</sup>

Simply stated - work, rest, work, rest, etc. Sounds like farming, walking on uneven terrain & gardening. In fact these activities are health benefit producing because in addition to being a form of I.T. exercise they are also outside in the fresh country air.

## PRECAUTIONS

**General Pain and Fatigue:** While exercise takes effort, it should not be painful. Sore muscles should not continue over 3 days.

**Chest pain & Shortness of breath:** If chest pain or shortness of breath occurs during exercise, stop, and see your doctor.

**Water, Water, Water:** The very best fluid is water. Sweating happens imperceptibly, so don't wait until you're thirsty.

**Medical Conditions:** There are some conditions which limit exercise. Consult your doctor.

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## WHAT'S YOUR EXCUSE?

**Too tired?** Exercise is energizing. When you exercise in the morning, you can think clearer and often will have energy well into the evening.

**No money?** Many exercises are free, and the costs of the others far out weigh the health loss if you don't get out and go.

**Not motivated?** Look into all the benefits of exercise that you are missing. Get a partner to help keep you motivated.

**Bad weather?** There is no bad weather, only bad clothing. Dress up, warm up, or workout inside.

**No Time?** Just a few minutes a day sprinkled in will help your health. There will be plenty of time in a nursing home or the extended care unit, if exercise is not a priority in your life.

*Disclaimer: This handout is intended to offer general information. Some material may not be suited for every reader. Readers are strongly encouraged to consult with a medical doctor before starting any exercise program.*

## Amazing Molecule

Truly the most amazing molecule of life is water. Two hydrogen atoms and one oxygen bound by polar covalent bond. With a pH of 7, it is neither acidic or alkaline, but neutral.<sup>1</sup> Water freezes at 0°C, boils at 100°C, and weighs 1 kg for every liter. While we can go weeks without food, months without love, years without doctors, we can only go days without water. It is second only to the air we breathe. We are about 60 to 80% water, the brain is about 85% water. A few things water does (not a complete list):

- Aids red blood cells in collecting O<sub>2</sub>.<sup>2</sup>
- It is used in every cell, every body function, every muscle, and every joint.<sup>3</sup>
- Needed to make neurotransmitters - like serotonin.<sup>4</sup>
- Needed to make hormones - like melatonin.<sup>5</sup>
- Water helps with sleep.<sup>6</sup>
- Prevents toxin & waste build up.<sup>7</sup>
- Aids in weight loss by helping with appetite control (often we interpret thirst for hunger), prevents water retention, and decreases fat deposits themselves.<sup>8</sup>
- Increases the ability of the immune system - even helping reduce some cancers.<sup>9</sup>
- Needed for memory & brain function.<sup>10</sup>
- Needed to keep blood at proper viscosity which can help reduce risk of: stroke, heart disease, hypertension, and diabetes.<sup>11</sup> (Women who drink 5+ glasses of water/day are 41% less likely to die from

a heart attack.<sup>12</sup>)

- Helps to dilute the bile in the gall bladder, thus reducing the risk of gall bladder diseases.<sup>13</sup>
- Helps to reduce risk of kidney stones.<sup>14</sup>
- Aids in the elimination system.<sup>15</sup>
- Aids in lubricating the body. Dehydration causes fatigue, headaches<sup>16</sup> (the body robs the brain to eliminate toxins), dry skin, mental dullness, and much more.
- It helps keep the body fluids at homeostasis. When the composition or volume of these fluids change, even by a little, disease sets in.<sup>17</sup>

Pop, coffee, tea, wine, or beer cannot do these functions. But they are mostly water aren't they? While that may seem logical, it is not necessarily right. In fact these substances which contain caffeine or alcohol are diuretics.<sup>18</sup>

In other words they deplete water from the body. In addition they are loaded with calories, chemicals, and sugar which leads to weight gain and blood sugar upsets.<sup>19</sup>

For every cup of soda, beer, or coffee you need an additional cup of water.<sup>20</sup> Because they contain chemicals, good and bad, the body must filter them out before using the water, putting more work on the digestive system including the liver.

### HOW MUCH?

Just a small 2% loss of body weight in fluid will cause difficulty

## ***Needed for Life, Needed for Health.***

breathing and muscle fatigue. With a 4% loss, there is extreme fatigue and light-headedness. Over 6-8% loss can result in death.<sup>21</sup> So, how much do you need? Well a good rule of thumb is about half your body weight in ounces.

<sup>22</sup> For example: If you are 120lbs that is 60oz or just under 8 cups. If you are 200lbs that is 100oz or just over 12 cups, check with your doctor as needed. For those using metric - The formula is your weight in Kg x 34 = ml needed per day.

Remember, you will need more if you're nursing a baby, running a marathon, or sunbathing on the beach. When drinking copious amounts of water be sure you do not deplete your electrolytes. More common with athletes or in the summer, but can happen to anyone.

### **KIND OF WATER?**

What about what kind of water. First of all, any water is better than none. There is bottled, spring, distilled, well, reverse osmosis, chlorinated, and so on. The best water is the one that is as natural as you can get, filtered (charcoal or ceramic) for bacteria and other critters. Chlorinated water is linked to cancer in the bladder, breast, colon, and rectum.<sup>23</sup> Chlorine can be removed with a charcoal filter or left overnight in an open jug.<sup>24</sup> Fluoride also has its problems, so reverse osmosis in this case is a good choice.<sup>25</sup>

Temperature of water is important too. Cool or warm water doesn't shock the system like ice cold water. Very warm water first thing in the morning helps the circulation, as well as the elimination, to get going.

### **GETTING ENOUGH?**

Many of us know we need water. Many of us know how much water we need. And yet many people simply don't get enough. So, here are a few tips. When you first wake up in the morning, drink 2 cups of warm water. You can add a little lemon juice to the water, my husband enjoys this. Then fill a water bottle with the amount of water you need for the day. KEEP it by your side. You may even need to write reminders out - Drink at 9:00am, 11:00am, 3:00pm, etc.

Quit drinking water 30 minutes before eating and wait at least 1 hour after. You may need even longer if you have any problems with digestion.

<sup>26</sup> When you're hungry between meals, drink water; when you have a head ache, drink water; when you are tired, drink water; when you are feeling depressed, drink water. As you hydrate you will find your body will thank you with energy, vitality, and life.



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and fat at breakfast and lunch.

***Regularity of meals and snacking:*** Regularity in eating is also often overlooked. There should be a set time for meals. The body prepares for meals and irregularity can cause digestive and blood sugar problems.

***Eat slowly:*** Chew slowly and allow saliva to mix with your food. If your time is limited, eat less instead of gulping your food down. The benefit derived from food is dependant on the length of time it remains in the mouth, where the saliva can aid in digestion. Saliva starts the digestive process and where there are enzymes in the mouth designed for breaking down starch. When dogs "wolf" down their food they can digest it, because meat has no starch. This could also be a contributing factor in the growing number of people with perceived carbohydrate intolerance. The afflicted person simply needs to chew their food!

***What to eat:*** Foods low in saturated fat, refined ingredients, processed foods, transfatty acids, or cholesterol but high in phytochemicals,

fibre, vitamins, minerals, antioxidants, and other nutrients are the best. “Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.” {Counsels on Diet & Foods pg. 363} In order to make a good blood, we must eat the right kind of food, prepared in the right way.

***Should be attractive and tasty:*** Food should taste good, but look good as well. The visual site of delicious food stimulates the body to create saliva and digestive juices. It is important that we enjoy the food we eat. If not, we eat mechanically, and fail to be as nourished as we would be if we take pleasure in the meal. Also important is avoiding negative thoughts, stress, and worry to envelop your mind while eating. These disrupt digestion.

***Light or no evening meal:*** “The practice of eating but two meals a day is generally found a benefit to health; yet under some circumstances persons may require a third meal. This should, however, if taken at all, be very light, and of food most easily digested. ‘Crackers’--the English biscuit--or zwieback, and fruit, or cereal coffee, are the foods best suited for the evening meal.” {Ministry of Healing pg. 321}

Here’s our infosheet on “Basic Nutrition”



## INTRODUCTION

The basic nutrients are carbohydrates, proteins, fats, and micro-nutrients. Each of these groups have subcategories, i.e. carbohydrates which include starch, sugar, and fiber.

The foods we eat have some or all of the different groups, i.e. pinto beans have some carbohydrates, lots of protein, and some fat.

## CARBOHYDRATES

Carbohydrates are the main source of energy for our bodies. Yes, contrary to all the fad diets, we need to eat foods high in carbohydrates. There are refined carbs, such as white sugar and white flour, simple carbohydrates such as apples, and complex carbohydrates such as brown rice. We need both simple and complex carbohydrates, but we do not need refined. Refined carbs usually have the fiber removed, which is hard on blood sugar levels.

We need energy and we need calories, but you know what happens if we eat too many calories? The body stores it as fat, and when too much fat is stored we get overweight. Thus, carbs turn to fat if we eat too much for our activity level.

There are three forms of carbohydrates: sugar, starch, and fiber. We should get about 55 to 70% of our calories from carbohydrates.

Sugar comes in many types. There are natural sugars God put in the fruit and vegetables. And there are other sugars that are added to food, mostly refined, and lacking micro-nutrients.

Without fiber, sugar is very hard on our system, causing the blood sugar levels to raise sharply and interferes with our immune system.

Starch is where we get most of our energy from. Our body turns starch into sugar. Starch provides long lasting energy because of the longer digestive period. It is also important to note, starches start being digested in our mouth. Saliva is vital for proper digestion of starches. Potatoes, pasta, and rice have lots of starch.

There are two kinds of fiber - insoluble and soluble. We need both. Insoluble fiber is what makes us feel full. When we eat foods without much fiber we can eat a lot more calories and thus gain weight quickly. Both insoluble and soluble fiber helps to slow down the digestion of sugar; but speeds up digestion of other nutrients thus preventing decay; and helps get rid of the waste. Soluble fiber is particularly good at lowering cholesterol out of the blood stream.

## PROTEIN

The building blocks for the body. Our body is made mostly of protein, in the form of amino acids. Our body makes protein so we don't need to eat lots of it, but we do need a moderate amount, about 2 to 3 servings, or about 10% of our calories from protein. Beans, nuts, seeds, tofu, veggie meats, soy cheese, and so on all have lots of protein.

Often we get too much protein if we eat the "all America diet." Animal protein has some big drawbacks on our health. Too much saturated fat, too much cholesterol, hard to digest causing acidity problems and much more. Not to mention all the disease and hormones now prevalent in animals raised for food. Many doctors now recommend a diet free from animal products.

## FAT

Fat, good or bad which is it? The fat in plant foods is good, just like God designed them. We need Omega-3, found in flax seeds and walnuts, for good brain health and Omega-6 found in olives and avocados for other benefits. But saturated fat, such as in chicken or beef, is not helpful to our bodies. It adds calories without adding benefits. Trans fat is another bad fat that is especially harmful, they are NOT found in foods naturally. They are created by high temperature and chemical processes, such as in hydrogenated foods. Excess fat is a major factor in heart disease. Without limiting animal products it is very difficult to avoid too much fat. We should aim for 15 to 25% of our calories in fat.



## ESSENTIALS

If we eat a variety fruits and vegetables we will get most of the vitamins and minerals we need. But there are some we should be extra careful about such as vitamin D which doesn't come from plant foods. (And is VERY limited in animal products.) The best way to get Vitamin D is to get sunshine. Calcium is also a very important mineral we should be sure to get enough of. Calcium is found in tofu, almonds, sesame seeds, and green leafy vegetables. *(We talk more about Calcium and Vit D in our Calcium Info Sheet.)*

### DAILY NUTRITIONAL NEEDS

#### Essentials:

Calcium rich foods like almonds & sesame seeds.

Omega-3 foods like flax seeds. Plus, sunshine for your vit D and 6 to 8 glasses of water per day.

Grains & Starches - 6 to 8 servings

Fruits - 3 to 4 servings

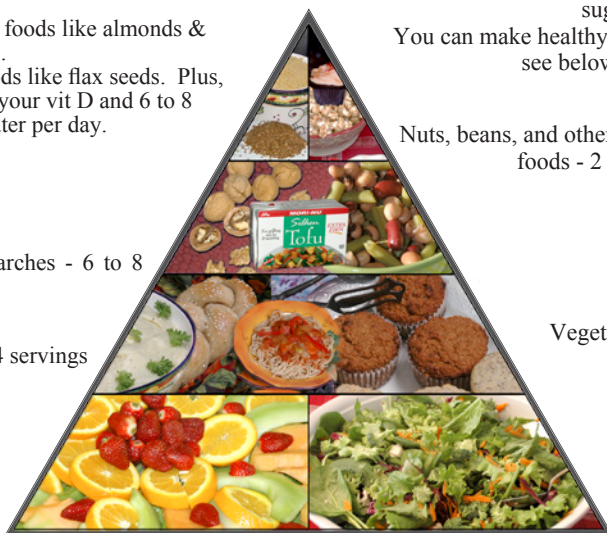
#### Non-Essentials:

Cookies, desserts, or other high sugar/fat foods.

You can make healthy alternatives, see below for recipes.

Nuts, beans, and other protein rich foods - 2 to 3 servings

Vegetables - 3 to 5 servings



### PRACTICAL APPLICATION

Serving sizes: Each diet, program, and government has their own definition of a serving size. A good rule of thumb to follow is: The size of your closed fist equals one to two servings. If it is a light food - like salad your fist is one serving. If it is dense or rich, like nuts, it is two servings. And if prepackaged, consult the label. Thus one small apple for a petite lady is one serving, while a large apple for that Air Force buddy is more appropriate.

#### BASIC MEAL:

1. Eat plenty of fresh fruits and vegetables, 3 to 5 servings each, pick one kind per meal. I.e. 2 apples and 1 banana for breakfast, and a large salad with carrot sticks for lunch. The body digests food much better if you keep fruit and veggies in separate meals. Change the variety each day to incorporate all the nutrients you need.

2. Add your 2 to 3 servings of grains and starches, again don't live on wheat and potatoes. Try quinoa, rice, millet, rye, buckwheat, kamut, tapioca, etc.

3. Then add your protein rich food such as a handful of nuts, topped off with ground flax on your salad to get those omega 3's.

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## **Environment**

***Simplify your home and life:*** Make the home simple and attractive. Reduce clutter, it will take less time to clean. When our belongings are organized, our minds are relieved of a burden and time is gained that would be lost looking for something. We have a rule of thumb in our home that for every new item we bring into the home, we recycle or throw out an old one. This includes toys, cloths, and other household items. After birthdays or Christmas we make it a fun time to go through our old things. And sometimes we even keep an old favourite item and give away the new one. Determine what is essential in your home. What is taking up your time? Your space? Can it be discarded? Can you combine tasks or events to save time? Make a place for every item in your home and determine when not in use it will be kept there. Organize! Our homes also need to be given a thorough check. What can you eliminate or change in your home to make it healthier? Decaying and dying plants in and around the home, old carpets, etc. Sponges are nasty for holding germs, change them frequently or better yet use dish cloths you can throw in the washing machine. Don't forget to vacuum and clean mattresses, children's toys, and so on. And as an added bonus, the simpler and neater the home, the easier it is on the mind. Yes, you can think better in an environment that is clean and harmonious.

***Nature, Outdoor life, and Country living:*** "Nature is God's physician. The pure air, the glad sunshine, the flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving, life-giving. Physicians and nurses should encourage their patients to be much in the open air. Outdoor life is the only remedy that many invalids need. It has a wonderful power to heal diseases caused by the excitements and excesses of fashionable life, a life that weakens and destroys the powers of body, mind, and soul." {Ministry of Healing pgs. 263-4}

If you cannot secure a home in the country, then try to visit a park or plan a vacation to the mountains or oceans all are important. Bring books on nature into the home to read and encourage a love of nature, to refresh the mind, since we live in such a busy and artificial society.

***Sunshine:*** So many are becoming fearful of the sun, when it has life giving properties. It is true the protective layer in the atmosphere is deteriorating so care is important, but some sun is needful not only for vitamin D, but for serotonin production and killing germs. For vit D, the darker your skin the longer the exposure to the sun is needed. "There are but few who realize that, in order to enjoy health and cheerfulness, they must have an abundance of sunlight, pure air, and physical exercise. We pity little children who are

kept confined indoors when the sun is shining gloriously without. Clothe your boys and girls comfortably and properly... Then let them go out and exercise in the open air, and live to enjoy health and happiness.... No room in the house should be considered furnished and adorned without the cheering, enlivening light and sunshine, which are Heaven's own free gift to man... Exercise and a free abundant use of the air and sunlight--blessings which Heaven has freely bestowed upon all--would give life and strength.” {My Life Today pg. 138}

***Vitamin D:*** Like B12 vitamin D is not found in abundance in vegetarian foods, or any foods for that matter (there is some in eggs and in supplemented foods). But unlike B12 most doctors and scientists agree we can get it from the sun. You need 20 min per day in the summer and at least 30 to 90 minutes per day in the winter with your arms and face exposed. The best times are from 11am to 4pm, avoiding scorching times for those in hotter climates. Stay out longer if you have dark skin, wearing too many cloths, or if you live further north, over 30° latitude. UVB is the best rays to produce D, which is reduced in the winter and at higher latitudes. An easy test - if you can't get a tan, there is not enough sun (yes, you can tan in the winter, just not as quickly or as dark).

You'll get the added benefits of fresh air, so why not combine it with some exercise! What about when it's really cold outside? Doctors recommend supplementing and some even recommend tanning booths in short amounts (be sure it is emitting UVB).

## **Rest & Recreation (Adapted from “Rest” infosheet)**

## **THERE ARE SEVERAL FORMS OF REST: SLEEP, QUIET TIME, ETC. (TV DOESN'T COUNT)**

**YEARLY - RECREATE** Yearly or monthly we need some recreation time to completely rid ourselves of the daily grind, the bills, the hassles. This rest is a time to debrief your mind.

**WEEKLY - REVIVE** The weekly cycle is a quandary to evolutionists. It has no bearing on astronomy and yet for centuries societies have followed it. In fact, when France tried a 10 day work week, it cause all kinds of problems. We need a break from our jobs, school, chores, and other daily grinds that go on and on. One journalist from the National Geographic study on longevity said they felt the Sabbath the way the Seventh-Day Adventist keep it, is one of the keys to a long healthy life.

**DAILY - RELAX & REJUVENATE** We need a few moments each day to meditate and just slow down. This is more for the mind than for the body's health, but even still it is important. Prayer time is an essential part of this process. And of course we need sleep every night to let the body rebuild and restore.

**THE IMPORTANCE OF SLEEP** Rest during sleep enables your body to repair cells, process information from the day, and improve the immune system. Our cognitive function is significantly reduced well we do not get enough sleep. In fact, the body will manually start to shut down if you try to not sleep in as little as 17 hours. This "shut down" is similar to drinking alcohol. Seventeen hours is the equivalent to 2 glasses of wine. How many of us health minded Christian would not get drunk, and yet we will rob our bodies of sleep and create the same effect.

The American Cancer Society found that there is a higher chance of death in individuals who sleep less than 7 hours per night (studies vary from 10% to 30%). There is even a reduced longevity for those who sleep over 9 hours per night. (There is still discussion on whether there is an underlying issue that causes more sleep or whether the act of sleeping is a factor in and of itself.)

**GETTING ENOUGH** We all know how important sleep is so we are sure to get enough right? Well, first of all what is enough? The National Sleep Institute says too much can be just a bad (or a sign something is wrong, as mentioned before) as too little. The recommend amount is 7 to 8 hours for adults, 9 for teenagers, 10 to 11 hours for 6 to 12 year-olds, and more for younger children. And believe it or not the hours before midnight are worth twice as much to your body.

### **FIVE STEPS FOR A GOOD NIGHT'S SLEEP:**

1. **Good preparations:** Avoid eating at least 2 to 3 hours before bed, avoid caffeine entirely, and have a little quiet time before going to the bedroom to unwind before you even lie down. Don't use the bed for reading, watching TV, etc. Watch out for stimulating foods at lunch, chocolate, coffee, etc.
2. **Go to bed at a regular time each night, preferably before 9pm.**
3. **Sleep in a dark, quiet room (especially important for shift workers), on a comfortable bed.**
4. **If you wake in the middle of the night, lie as still as possible in one spot and count your blessings or deep breathe. Tossing and turning will only make things worse. If you wake within 1 hour of your normal rising time, it is usually better to just get up. Don't try to get in that last hour.**
5. **Get up at the same time each morning, even if you went to bed late!**

What about age old tips for getting sleep? Didn't your grandma say have a glass of milk before bed? Some people may find the milk relaxing, but the body has to digest the food thus not getting proper rest. Not to mention more bathroom trips.

It has also been found that going to bed at the same time each night is VERY important, not only for your circadian rhythm, but to help you sleep well. But just as important as going to bed on time, is waking up at a regular time. In fact studies show it is vital for you to get up at the same time every day, including weekends, even if you go to bed late. You can't just make up lost sleep by sleeping in. Many people have trouble falling a sleep or staying asleep because of this alone.

#### ***BREAKING THE BAD PATTERNS***

Need help to break bad bedtime habits like not falling asleep until midnight or waking several times during the night? Try this effective program.

1. First night, go to bed when you are tired.
2. Get up as soon as you wake, or at your alarm time (5 to 7am is best), even if you only got 2 hours sleep!
3. Next night try to go to bed by your bedtime and get up as soon as you wake or your alarm time. You may have to repeat until you sleep through the night.

Resources for help: The National Sleep Foundation [www.sleepfoundation.org](http://www.sleepfoundation.org) or (202) 347-3471.

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## ***GETTING SLEEP - QUICK TIPS***

**MUSIC:** Music helps increase melatonin, which is directly linked to having a good nights rest. So sing during the day and sleep sweet at night. You need to participate in the music, sing or play with it.

**MODERATE EXERCISE:** Strenuous exercise will stimulate the body and keep it active, however a light walk can reduce stress and help aid sleep.

**MOTIONLESS:** Sleep experts recommend you lying a still as possible while trying to fall asleep.

**MAKE UP:** Don't go to bed angry. Make amends with those who you've had conflicts with, and when you can't, give it to God.

**MAKE-OVER:** An orderly room can have a calming effect and make it more pleasant to be in the room even with your eyes closed.

**MEDITATION:** Relax, de-stress, with Christian Meditation - prayer. Prayer has been shown to lower blood pressure and decrease stress.

**MINIMIZE FOOD:** Don't eat a heavy meal a few hours before bed. It disrupts sleep to have your digestive tract working at night.

**MARGINAL LIGHT:** Keep your room as dark as possible. Not only does it help keep your eyes closed and give your body the sense of "time to go to bed," but it helps with melatonin production - good for tomorrows sleep.

**MATTRESS:** You may need a new one. If it is too soggy or too hard your body roams around trying to get comfortable.

**MANAGEMENT:** Stay on schedule. Re-program your circadian rhythm by staying on schedule and getting bright sunlight or use a light box.

**MONOTONOUS:** Don't read, watch TV, or talk in bed. This is not the time for stimulating the mind. Sleep experts suggest only sleep in your bed to train your brain this is what you are here to do.

## **Spiritual Connection**

Happiness, cheerfulness, and contentment all promote health. So how can I be happy? First, examine your life. What needs to be changed to aid in your mental and physical health? Second, you need a desire to change. It takes small individual choices over a lifetime. Third, implement a life changing plan starting with appreciating what God has blessed you with, even if you feel that isn't much. Look to what you have, not what you think you lack. Self pity is a vile enemy of happiness. Here are a few ways to get started cultivating happiness.

***Look on the bright side:*** "...if we look on the bright side of things, we shall find enough to make us cheerful and happy. If we give smiles, they will be returned to us; if we speak pleasant, cheerful words, they will be spoken to us again... Heaven is all joy; and if we gather to our souls the joys of heaven and, as far as possible, express them in our words and deportment, we shall be more pleasing to our heavenly Father than if we were gloomy and sad. It is the duty of everyone to cultivate cheerfulness instead of brooding over sorrow and troubles. {Adventist Home pg. 430}

***ABC's of thinking:*** When negative thoughts come to us we don't have to keep thinking them. We can choose what to think about. We can't choose what happens to us, but we can choose how we react to it. Here are the ABC's to thinking.

A - Action and Activity - something happens or a thought comes to mind.

B - Belief and Basics - what you believe forms the basis for your feelings.

C - Consequences and Conscience - there are consequences, good or bad, to your belief and you need to listen to your conscience about your thoughts.

D - Decide and Disagree or Determine - decide if you find what you believed was right or wrong, and disagree with that thought if it is wrong.

What does that all mean? Let's use a dog story as an example.

A - Action and Activity - something happens or a thought takes action in your mind. You are riding your bike and a dog runs out from a neighbors driveway, you begin to make thoughts about what is going to happen. This is the 'action'.

B - Belief and Basis - what you believe forms the basis for your feelings. Your beliefs are made up of the things you choose to believe combined with how you remember things that have happened to you in the past. So the dog comes toward you and you remember the last experience with a

dog, or stories (real or imagined) about other people's experiences with dogs, or you make up a 'what if', and you form a belief for what will happen in this situation. Perhaps you believe the dog will or might bite you. The basis (or reason) for that belief is the thoughts (memories or imaginations) about dogs and bikes.

C - Consequences and Conscience - there are consequences, good or bad, to your beliefs and you need to listen to your conscience. The consequences can be physical, mental, spiritual, or a combination of all three. Let's continue with our dog and bike story. Now because you believe the dog might bite you, you become afraid. You see the dog did not make you afraid, it was your belief he might bite you that made you afraid. So the consequence of your own thought is fear.

D - Decide and Disagree or Determine - if you find what you believed was wrong, you need to disagree with that thought. If the thought was correct, then determine to what to do in that situation. Is the dog really going to hurt you? Here is where you take control of your thoughts. You start really thinking about the situation. The dog is friendly and wagging his tail. You've met him before when you visited the neighbor so you don't need to be afraid. Now you need to disagree with your first thought about the dog. Determine to do what is right and pray for strength. You might say "Hi, Rover, I'm just riding to the park today. You better stay home." Can you think of other ways to deal with this problem?

But what if the dog looks angry and your thoughts maybe right, there is something to fear? What then? Determine to give it all to God. Ask Him for protection, get out of the situation, and talk to someone. Don't let the fear sit inside you! You are still in control of how you think even if you can't control the circumstances. You may not be able to prevent the dog from coming out, but you can control how you treat your neighbor after or if you will be afraid of all dogs after this.

You see you can make your thoughts take a U-turn, you start out happy in Jesus, temptation or problems or trials come and you can turn your thoughts back to Jesus. Turn your thoughts right around into positive, right thoughts.

***The twelve pit falls of thought:*** How do you know if what your thinking is right or wrong? Here are ten cognitive distortions to watch out for:

1. All or Nothing thinking (All or nothing, not looking at the whole situation. You notice the dog running out toward you but you don't see the



neighbor on the porch. Or ALL dogs have the ability to bite so they most likely will.)

2. Overgeneralization - Take one event or story and use it to analyze all other events. ie: Using one bad dog story/event as the basis for what all dogs will do.

3. Negative Mental Filter - Only remembering negative examples/stories. Ie: I know LOTS of bad dog stories, can't think of one time a dog liked me.

4. Disqualifying the Positive - Not thinking about the positive. Ie: The only time a dog was nice to me, my mom was there, so he had to be nice.

5. Mind Reading/Fortune Teller Error - We think we know what someone else is thinking and we predict the outcome. ie: That dog is looking at me with fire in his eyes, he WANTS to bite me. If I ride down that street that dog will come out because he is out to get me.

6. Magnifying the Negative (or dwelling on). Ie: I know LOTS of bad dog stories. OR The dog barked and if he bites me and I might die!)

7. Emotional Reasoning - Emotions override logic and faith. Watch for feel, etc. Ie: I am scared so the dog must be bad or I wouldn't be scared. I know God can help me, but I don't think he will because I don't feel worth it.

8. "Shoulds and musts" - Demanding others/world give you your way. Ie: Dogs should not run out of the driveway. Dog must always be quiet and friendly.

10. Blaming of others or self. Ie: If the neighbors would tie up the dog, I wouldn't be scared of riding my bike. If dad would have bought me a faster bike, I would just fly past that dog, and he couldn't hurt me.) If I could just ride faster... (adapted from 10 distortions by Aaron Beck - see wikipedia).

Other issues: Over-burdened (Surrender your will to God's will, self is a major burden.) Under-fed (Not studying your Bible will leave you underfed. You need to know God's principles and the strength found in God's word. There are many promises in the Bible. Start memorizing one today! Under-estimating Value (The value of oneself or others - "I can't". I can't ride past, I'm too scared. I'm not worth protecting or saving (nobody cares if I get hurt). That dog is not worth anything, they should get ride of him.) Under-tolerating (Low tolerance to anything you don't like. I don't like being bothered, even if he is no threat. I don't like being even a little scared, EVER!)

**Gratitude:** "A merry heart doeth good like a medicine." Proverbs 17:22 Research shows gratitude increases the immune systems ability to fight disease. Harvard studies also show people who have an attitude of gratitude also have a much happier and healthier life.



***Volunteer work, Living for others:*** Our happiness depends upon love, sympathy, and courtesy to one another. Little attentions added together make up the sum of life's happiness. "Life is chiefly made up, not of great sacrifices and wonderful achievements, but of little things. It is oftenest through the little things which seem so unworthy of notice that great good or evil is brought into our lives... Temper the natural impetuosity of your nature with meekness and gentleness... Cultivate the habit of speaking well of others. Dwell upon the good qualities of those with whom you associate, and see as little as possible of their errors and failings. When tempted to complain of what someone has said or done, praise something in that person's life or character. {Ministry of Healing pg. 490-2} "If the mind is free and happy, from a consciousness of right-doing and a sense of satisfaction in causing happiness to others, it creates a cheerfulness that will react upon the whole system, causing a freer circulation of the blood, and a toning up of the entire body. The blessing of God is a healing power, and those who are abundant in benefiting others will realize that wondrous blessing in both heart and life." {CTBH pg. 13}

***Religion:*** The a fundamental step in health and happiness is learning about God's love for us. For those of you who are unsure there is a God or a personal God, please keep an open mind. Feel free to contact us for information on Creation from a scientific perspective and the amazing prophecies of the Bible that have been fulfilled after it's writing, adding proof the Bible can be trusted. "True religion brings man into harmony with the laws of God, physical, mental, and moral. It teaches self-control, serenity, temperance... Faith in God's love and overruling providence lightens the burdens of anxiety and care. It fills the heart with joy and contentment in the highest or the lowliest lot. Religion tends directly to promote health, to lengthen life, and to heighten our enjoyment of all its blessings. It opens to the soul a never-failing fountain of happiness... {CE pg. 68}

***Hope, faith, & Prayer:*** How do I know God even exists? Books have been written on the subject containing vast amounts of evidence on creation and the flood. Video's have been produced by scientists world wide testifying they have disregarded the theory of evolution because the evidence for evolution is conflicting, while the evidence for creation is more consistent. We can't prove creation happened because it wasn't video taped, there are no eye witnesses, and we can reproduce it in a lab. The same is true of evolution. (Some have tried the lab thing, but no one's got millions of years in their back pocket.) The truth is origins of the species is history, not science so it takes faith. We all know it takes faith to believe in something we can see and prove. Some have faith in custom and tradition, some have

faith in new ideas, some have faith in science, and some have faith in the Bible. But if we desire the truth, faith must not be based on emotion or tradition but on evidence and logic interpreted by an unbiased view and a desire for truth no matter what the cost.

Is there evidence God exists? Yes, the first evidence is in the hearts of those who love Him. Testimonies of changed lives are one of the most solid pieces of evidence God does exist. The second is the Bible. Yes, the Bible. The historical content is sound. The prophecies written before Christ, have and are being filled. These are evidence for God's existence. There is also evidence in science. There are hundreds of scientist convinced creation is the only explanation that most accurately interprets the evidence found.

Another evidence is faith in God is logical from a philosophical perspective: If there is no God and you do not believe, you gain nothing. If there is a God and you do not believe, you loose eternal life. If there is a God and you do believe, you gain everything. You win while you live, by having happiness, peace, and strength. And you win after you die, in that you will live again in newness of life without sin and scar in a glorious land.

So whether it is absolute logic, scientific evidence, historical, or a personal experience, God has provided plenty of evidence. If you would like to learn more, please contact us.

How do I hope in something I cannot see? How do you know the wind is there? Can you see it? No, of course not, but you can see the effects of it. Get to know God. Read the Bible, fellowship with believers, pray and talk to God as you would a best friend. These bring hope. Learn the effects of grace, faith, and hope. Even if you don't "feel" like you have hope, you can trust in God by choice for faith and feeling are not the same.

Hope is a great foundation for health and happiness. Hope . . .

***In God:*** "Why art thou cast down, O my soul? and *why* art thou disquieted in me? hope thou in God: for I shall yet praise him *for* the help of his countenance." **Psalms 42:5**

***In Christ second coming:*** "Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ;" **Titus 2:13**

***Comes through the Bible:*** "Thou *art* my hiding place and my shield: I hope in thy word." **Psalms 119:114**

***Comes through grace:*** "Now our Lord Jesus Christ himself, and God, even our Father, which hath loved us, and hath given *us* everlasting consolation and good hope through grace," **2Th 2:16**

***Comes through the Holy Spirit:*** “Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.” **Rom 15:13**

***Brings salvation:*** “For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for?” **Rom 8:24**

***Leads to obedience:*** “That they might set their hope in God, and not forget the works of God, but keep his commandments:” **Ps 78:7**

***Leads to happiness:*** “Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God.” **Pro 10:28** “The hope of the righteous shall be gladness.” **Psalms 146:5**

***Leads to healing.*** “And a certain woman, which had an issue of blood twelve years, And had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse, When she had heard of Jesus, came in the press behind, and touched his garment. For she said, If I may touch but his clothes, I shall be whole. And straightway the fountain of her blood was dried up; and she felt in *her* body that she was healed of that plague. And Jesus, immediately knowing in himself that virtue had gone out of him... And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.” **Mark 5:25-34**

In this story we see hope and faith were essential to her healing. Hope lead her to find Christ, hope gave her motivation to touch him, and hope opened the door to the life-giving current from Christ.

“You remember the story of the woman who was healed by touching Christ’s garment when in the midst of a dense throng. Her disease was such that no earthly physician’s power could help her. She saw Jesus healing the sick, and hope sprang up in her heart. She thought she would wait her opportunity, and when she got within reach of the Saviour, she put forth her finger and touched the hem of his garment; and immediately she was made whole. In this experience there was a lesson that Christ desired to impress on the throng about him. Humanity had connected with divinity, and the blessing had been received. Christ came to the earth to bring divinity to humanity. We need that divinity; young and old need it. If you do not know anything about this power, I beseech you for Christ’s sake to seek for it. Endeavor to live a consistent life. Take hold of Christ by living, active faith. Come to him just as you are, helpless and dependent, and say, ‘Lord, I believe; help thou mine unbelief.’ Help me to study thy life, thy self-denial and self-sacrifice; help me to become a Christian

in every sense of the word.” {GCB May 30, 1909 par. 25}

Healing comes from God, not herbs, drugs, or methods. There are natural remedies and medications that aid healing and help with symptoms, but the power to heal and restore comes from God.

“Through the agencies of nature, God is working, day by day, hour by hour...to keep us alive, to build up and restore us. When any part of the body sustains injury, a healing process is at once begun; nature’s agencies are set at work to restore soundness. But the power working through these agencies is the power of God...When one recovers from disease, it is God who restores him. Sickness, suffering, and death are work of an antagonistic power. Satan is the destroyer; God is the restorer. The words spoken to Israel are true today of those who recover health of body or health of soul. ‘I am the Lord that healeth thee.’ **Ex 15:26**. The desire of God for every human being is expressed in the words, ‘I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.’ **3 Jn 2** ...Let it be made plain that the way of God’s commandments is the way of life...Every ‘Thou shalt not,’ whether in physical or in moral law, implies a promise. If we obey it, blessing will attend our steps. God never forces us to do right, but He seeks to save us from the evil and lead us to the good. Let attention be called to the laws that were taught to Israel. God...made known to them the laws relating to both physical and spiritual well-being; and on condition of obedience He assured them, ‘The Lord will take away from thee all sickness.’ **Deut 7:15**. ...In His written word and in the great book of nature He has revealed the principles of life. It is our work to obtain a knowledge of these principles, and by obedience to co-operate with Him in restoring health to the body as well as to the soul. Men need to learn that the blessings of obedience, in their fullness, can be theirs only as they receive the grace of Christ. It is His grace that gives man power to obey the laws of God. It is this that enables him to break the bondage of evil habit...When the gospel is received in its purity and power, it is a cure for the maladies that originated in sin. The Sun of Righteousness arises, ‘with healing in His wings.’ **Mal 4:2**. Not all this world bestows can heal a broken heart, or impart peace of mind, or remove care, or banish disease. Fame, genius, talent--all are powerless to gladden the sorrowful heart or to restore the wasted life. The life of God in the soul is man’s only hope. The love which Christ diffuses through the whole being is a vitalizing power. Every vital part--the brain, the heart, the nerves--it touches with healing. By it the highest energies of the being are roused to activity. It frees the soul from the guilt and sorrow, the anxiety and care, that crush the life forces. With it come serenity and composure. It implants in the soul, joy that nothing earthly can destroy,--joy in the Holy Spirit,--health-giving, life-giving

joy. Our Saviour's words, 'Come unto Me,...and I will give you rest' **Mt 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, He regards them with pity. In Him they may find help." {MH 112-5}

Surrender to all known choices.

***Be willing to surrender your plans:*** "Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, "Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee." This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate." {SC 70}

Surrender all you have to God, it is His anyway. Give Him your life, money, children, home, and time. Surrender removes most stress, you don't need to worry about what is not yours. Surrender knowing God wants you to be healthy and happy.

### ***Summary***

"So closely is health related to our happiness, that we cannot have the latter without the former. A practical knowledge of the science of human life is necessary in order to glorify God in our bodies." {Counsels on Health pg. 38} "The harmonious, healthy action of all the powers of body and mind results in happiness; the more elevated and refined the powers, the more pure and unalloyed the happiness ...The mind should dwell upon themes relating to our eternal interests. This will be conducive to health of body and mind." {Counsels on Health pg. 50}

"Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings--as much a duty as it is to pray... Often your mind may be clouded because of pain. Then do not try to think. You know that Jesus loves you. He understands your weakness. You may do His will by simply resting in His arms. It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. While words express thoughts, it is also true that thoughts follow words. If we would give more expression to our faith, rejoice more in the blessings that we know we have,--the great mercy and love of God,--we should have more faith and greater joy. No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God.

Even on earth we may have joy as a wellspring, never failing, because fed by the streams that flow from the throne of God. Then let us educate our hearts and lips to speak the praise of God for His matchless love. Let us educate our souls to be hopeful and to abide in the light shining from the cross of Calvary...‘Let the peace of God rule in your hearts;... and be ye thankful.’ Col 3:15. ...Have we not reason to be thankful every moment, thankful even when there are apparent difficulties in our pathway? Let praise and thanksgiving be expressed in song. When tempted, instead of giving utterance to our feelings, let us by faith lift up a song of thanksgiving to God.” {Ministry of Healing pgs. 251-3}

Booklets and informational sheets are available for each of the topics discussed here and many more on character and the Christian walk. Call or write for a free catalogue. Or visit us online at: [www.HigherPath.ca](http://www.HigherPath.ca)

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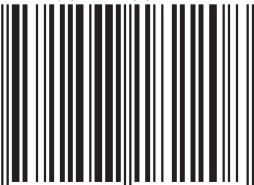
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