

Heaven's Healing | Natural Remedies

1. How to Obtain Heaven's Healing

To Understand the Concepts of Healing, We First Need to Know:

Why Do We Get Sick?

The greatest cause of human suffering is ignorance on the subject of how to treat our bodies. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.

What Does This Mean?

1. Many people are unfamiliar with how to best take care of their body temples.
2. That the symptoms of disease (pain, fever, inflammation, etc.) are nature's effort to get better
3. That disease comes because we violate Yahuwah's laws.

How Can Symptoms of Disease Be Our Body's Effort to Recover?

Disease is not a negative condition which should be suppressed or "cured," but a self-defensive mechanism of the body in an effort to restore health. Pain is your body's way of telling you that something is wrong. Every acute disease is an effort of nature to cleanse and heal. When suppressed over time it can become more serious.

How Is Disease the Result of Violating Yahuwah's Laws?

Medicine suggests that we are victims to illness, attacked by a harmful organism or cursed by bad genes. In reality, illness most often is independent of uncontrollable factors. Disease often results of our own choices. Disease-causing organisms are scavengers. Bacteria, virus, or parasitic infection are not the primary cause of disease but rather the result. Even the father of the germ theory, Pasteur, began to understand the true relationship of germs to disease late in his life, when he stated: "The germ is nothing, the soil [the condition of the body] is everything," meaning that when the body is well-nourished and clean it is less likely to be affected by disease-causing agents.



"There are no specific diseases only specific disease conditions." — Florence Nightingale

Yahuwah has written physical laws with His own finger upon every nerve, every muscle, and every organ which has been entrusted to us. In His wisdom, He established these natural laws for the proper moderation of all aspects of our lives, including our appetites, passions, and dress. And what determines the condition of enjoying His blessing of bountiful health is obedience to every particular of His laws.

Yahuwah loves His creatures with a love that is both tender and strong. He has established the laws of nature; but His laws are not arbitrary exactions. Every "Thou shalt not," whether in physical or moral law, contains a promise. When obeyed blessings will attend our steps and when neglected we suffer the results. The transgression of the physical law is transgression of Yahuwah's law. As sin results from the transgression of the moral law, disease results from the transgression of the physical law.

Yahuwah is greatly dishonored by the way we treat our bodies, and He will not work a miracle to counteract a perverse violation of the laws of health. Yahuwah has made it a part of His plan that our reaping shall be according to our sowing (Galatians 6:7).

Disease is merely a departure from normal health. A careful conformity to the laws which Yahuwah has implanted in our being will yield health, and there will not be a breaking down of the constitution. Yahuwah, the Creator of our bodies, who has arranged every cell, nerve, sinew, and muscle, has pledged Himself to keep this machinery in healthful action if we obey His laws and cooperate with Him. "If thou wilt diligently hearken to the voice of the Yahuwah thy Eloah, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee... for I am Yahuwah that healeth thee" (Exodus 15:26, emphasis added).

When we realize that disease is the result of transgressing Yahuwah's physical laws, part of the remedy is found in identifying the cause (transgression). By removing this cause we are on the track to recovering health.

What Can I Do If I'm Sick?

"... and the cause which I knew not I searched out." —Job 29:16

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

Please Explain the Above

When the abuse of health is carried so far that sickness results, we can often do what no one else can do for ourselves:

- First, try to find out the cause. Reason with yourself, "What could I have done to become sick?" In the beginning reasoning from cause-to-effect may be challenging to determine, but with practice and conscious awareness it will become easier.
- Remove the cause; stop doing the things that made you sick.
- Assist the body's efforts to expel impurities by exercising faith in Yahuwah through the use of simple remedies that He has provided in nature.
- Do not try to get rid of these symptoms by adding the burden of poisonous medicines to your body, this only suppresses the condition.



Also, sometimes Yahuwah allows us to bring ourselves to the point of sickness or to a place where we at least realize we are weak and fallible, so that we will turn to Him for strength and wisdom.

"While health may not be everything, without your health, nothing else matters." —Royden Brown

How Can I Obtain Heaven's Healing?

"He sent his word, and healed them." —Psalm 107:20

Yahushua desires that humanity cooperates with divinity. What human power can do divine power is not summoned to do. Yahuwah does not dispense with human aid but rather strengthens us to cooperate with Him. "Even so faith, if it hath not works, is dead, being alone" (James 2:17).

There are many ways of practicing the healing art; but there is only one way that Heaven approves. Yahuwah's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. These remedies are within the reach of all, with but little expense.

When you act your part, you can trust Yahuwah to act His part. It is a safe proposition that after you have done all that is in your power to search out and put away the cause of disease, and it is found to be after all, that the cause is beyond all human effort to remove. Then, if the sole aim of your healing is the glory of Yahuwah and the keeping of [the commandments of Yahuwah](#), you may with perfect confidence and full assurance of faith ask Yahuwah to heal you. Still, while presenting your petition with earnestness, you should pray, "nevertheless not my will, but Thine, be done" (Luke 22:42). You do not know whether the blessing you desire will be for your best or not. Your prayer should include: "Father, if it is for Thy glory that my health be restored, I ask, in the name of [Yahushua](#). If it be not Thy will give me Thy grace to comfort and Thy presence to sustain me."

Eight Habits to Better Health

"The horse is prepared against the day of battle: but safety is of Yahuwah." —Proverb 21:31

What Is the Only Method of Obtaining Healing That Heaven Approves Of?

If a doctor you trusted informed you that to get better you only need to take eight different medications a day. And then he offered to give them to you for free, would you not at least try them? The likelihood is you would. Today, the Greatest Physician in the universe is offering you His remedies. Will you accept His offer?

Yahuwah often uses the simplest means to accomplish the greatest results. Goliath, the giant was killed by a small pebble. The power did not come from the pebble, but from David's faith and obedience to Yahuwah. Naaman, the leper was healed by washing in the river of Jordan, because by obeying he expressed trust and obedience to Yahuwah. "[Yahushua] . . . the same yesterday, and today, and forever," the only true Physician, is offering you today similar remedies to prevent illness and obtain His healing (Hebrews 13:8).

Yahuwah's way is superior to other solutions that the world provides because His remedies heal the root of the problem not just the symptoms; they are free; they work for all; and their side effects are desirable (more energy, greater endurance, sharper memory, clearer thinking, deeper sleep, younger-looking skin and perfect weight management).

What Are Heaven's Eight Remedies?

The things of nature are Yahuwah's blessings, provided to give health to the body, mind, and soul. They are given to the healthy to keep them healthy and to the sick to make them well.

2. THE SUN VITAMIN

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

Have you ever stopped to think how life could exist without sunlight? —Not a leaf or fruit could grow nor a flower bloom. The life of every created being is the more perfect the more the creature enjoys the influence of light. Let a plant or an animal be deprived of light, notwithstanding every nourishment, care, and cultivation, it will first lose its color, then its strength, then completely decay.

Yahuwah made man to live largely outdoors where the body could receive abundant sunshine. In fact, man was created and placed in the garden so that the



sun would shine upon his entire body.

When the ultraviolet B light of the sun strikes the skin's tiny oil glands (sterols) substances within them (ergosterols) are irradiated and transformed into vitamin D3 where blood cells then transport this vitamin to the rest of the body.

Vitamin D is unique in that it is the only vitamin that humans produce intrinsically (making it technically a hormone).

Receptors that respond to this vitamin have been found in almost every of human cell, from the brain to the bones. All of the sunlight's vitamin D's health-effects are not yet known, but it is clear that the vitamin is a nutrient capable of many things:

- Strengthens the immune system by increasing the number of white blood cells in the body, including the lymphocytes—the most powerful germ killers of white blood cells.
- Provides pain relief.
- Strengthens and steadies the heart.
- Elevates the mood. The association between darkness and depression is well documented. When neuroscientists keep rats in the dark for six weeks. The animals not only exhibit depressive behavior but also suffer from damage in brain regions known to be underactive in humans during depression.
- Improves mental function. One study revealed that after exposing participants to 20 minutes of bright white light in the morning, they became more alert. The brain images showed that regions of the brain involved with alertness and some cognitive processes became more active.
- Increases muscle tone promoting a leaner, stronger body.
- Encourages weight loss. Sunlight increases the body's metabolism (Resting Metabolic Rate) by stimulating thyroid gland function. It also stabilizes blood sugars thus helping to reduce food cravings.
- Lowers cholesterol by converting it under the skin into vitamin D. In turn, more cholesterol from the blood is sent to take its place. Two hours after a sunbath, an average of 13 percent reduction in human blood cholesterol takes place.
- Aids in calcium assimilation and strengthens bones and teeth. Dentists have observed that people living in cloudy areas, where there is not much sun, have worse dental decay than those who live in the tropics, where the sun beats down on them many hours a day.
- Increases the volume of oxygen in the blood. Sunlight increases the capacity of the blood to carry more oxygen and take it to the body tissues. Even a single exposure to ultraviolet light in the sun will greatly increase the oxygen content in your blood. Bronchial asthmatics, who can hardly breathe, are able to inhale freely after a sunbath.
- Inhibits cancer growth.
- Has an insulin-like effect—Stabilizing blood sugar. Simultaneously, sunlight helps to elevate blood sugar that is too low (hypoglycemics), while lowering blood sugar that is too high (diabetics).
- Prevents Type 1 diabetes, multiple sclerosis, and schizophrenia.
- Improves liver function—Helps the body to eliminate toxic chemicals and environmental pollutants.

- Balances hormones. Some scientists believe that sunlight reaches the pineal gland through the eyes and affects the pituitary gland (body's master gland), which controls the hormone production of the other endocrine glands in a beneficial way.
- Destroys germs within 10 minutes, including dangerous ones. It destroys germs on the skin by changing the natural body oil on the skin into bactericidal agents. Even vapor rising from this irradiated natural skin oils kill bacteria.
- Reverses jaundice.
- Slows down aging by improving the body's cleansing systems.

How Can I Enjoy the Benefits of Sunlight Without the Risk of Premature Skin Aging or Skin Cancer?

Start with 10-15 minutes exposure to the face, arms and legs, or the diseased area of the body daily under direct sunlight (not behind a window). Build up to 20-30 minutes daily. Avoid sun burning. Do not use sun block or suntan lotion, they have been proven to be carcinogenic. To avoid the risk of skin cancer, eliminate all animal fats and heated vegetable oils (this includes almost all commercial oils). Consume your fats as they are found in nature (raw nuts, raw seeds, avocado, olives, corn, etc.). Eat plenty of vegetables and fruits which are rich in antioxidants that will protect your skin.



How Soon Will the Body Absorb Vitamin D That is Made on the Skin?

When your skin is exposed to ultraviolet B radiation from the sun it converts a cholesterol derivative in your skin into vitamin D3. However, this vitamin that is formed is on the surface of your skin does not immediately penetrate into your bloodstream. It actually needs to be absorbed from the surface of your skin into your bloodstream. It takes up to forty-eight hours before you absorb the majority of the vitamin D. That is why ideally you should wash your body without using soap for two full days after sun exposure if you want all the vitamin D formed to be absorbed by your body.

3. ILLNESS ZAPPER

Our body's most important nutritional requirement is oxygen. Humans may live five to six weeks without food, a few days without water, but only a few minutes without air. Just as fire in a furnace cannot be kept up without enough air to supply the necessary amount of oxygen for the flames, so the fires of life in the body cannot be maintained without an abundance of oxygen in the body. The way we breathe, as well as the quality of the air we breath, can substantially affect how we look, feel, resist disease, and even how long we live.

Why Is it Important to Make Sure That I Am Breathing Correctly?

In order to have good blood, we must breathe well. Full, deep inspirations of pure air fill the lungs with oxygen; purify the blood, sending it—a life-giving current—to every part of the body. Good respiration soothes the nerves; stimulates the appetite; improves digestion; and induces sound, refreshing sleep.

Shallow breathing creates an insufficient supply of oxygen causing the blood to move sluggishly. The waste, poisonous matter, which should be thrown off in exhalations from the lungs, is retained and the blood becomes impure. Not only the lungs, but the stomach, liver and brain are affected. The skin becomes sallow and digestion is retarded. Oxygen deficiency in the cells is known to cause cancer. Experiments have shown that cancer cells cannot live in blood that is well oxygenated.

Does the Way I Stand or Sit Affect My Breathing?

Yes, practice how to sit and stand straight—head high, back straight. The lungs can expand properly only when a person sits and stands straight because otherwise the lung sacs that take in air are compressed.

How Can I Make Sure That I'm Getting Enough Air?

Most people have very shallow breathing, which means the lower portion of the lungs is filled with stale air. It is important to do deep breathing exercise daily (three times a day is best). Take a deep breath to full expansion, hold, then exhale slowly and completely, and hold that. Repeat this, say, twenty times. This helps the circulation and gets toxins out of the system.

One of the best ways to learn deep breathing (normal breathing) is to lie flat on one's back and place your hand on your stomach. As you breathe in deeply your hand should rise. Practice this until your abdominal muscles always automatically rise each time you breathe. This indicates that the entire lung is expanding, with emphasis on the lower portion of the lung and abdominal area.

Be outdoors as much as possible. Always exercise outdoors. In the home it is important to secure thorough ventilation and plenty of sunlight. Keep proper ventilation in mind wherever you are (home, work, school, etc.). Air must be in constant circulation to be kept free from poisons.

Breathe fresh air while sleeping, keep the windows open. Even on cold winter nights, it is better to double the blankets but always make sure there is a free circulation of fresh air in the bedroom. Air the bedrooms daily with the windows open. If you sleep in an ill-ventilated room you will awake feeling feverish and exhausted. This is because the vital air was excluded, and your entire body suffers in consequence.

The best air is at beaches, oceans, waterfalls, forests, during thunderstorms, and in sunshine; all these natural environments electrically charge oxygen molecules to negative ions which are health-giving. On the other hand, air from air conditioners is not the best, because it is positively ionized.

Avoid smog, second-hand smoke, insect sprays, and cleaning solutions. To give your skin an opportunity to breathe without impediments, wear natural clothing (100 percent cotton, linen, silk or wool). Avoid putting anything on your skin that is not edible because the body will readily absorb it. Before bathing, brush your skin with a stiff skin brush until it is rosy and warmed. Brush stroking towards the heart region, this will remove all the dead skin cells and stimulate the lymphatic system.

What if I Am Sick?

Air should not be regarded as an enemy, but a precious blessing. Many think that when they have a cold, they must exclude outside air, and increase the temperature of their room until it is excessively hot. The system becomes deranged and the pores closed by waste matter. And the internal organs suffer more or less inflammation, because the blood has been chilled back from the surface and thrown upon them. At this time, of all others, the lungs should not be deprived of pure, fresh air. If pure air is ever necessary, it is when any part of the system, as the lungs or stomach, is diseased.

Many families suffer with sore throats, lung disorders and liver complaints, brought upon them by their own course of action. They breathe the same air over and over again, until it becomes impregnated with poisonous impurities. Those who thus abuse their health must suffer disease.

Then, What Should I Do If the Air Is Too Cold?

Dress warmly but try not to wear too much. If you add clothing, let it be but little, and exercise, if possible, to regain the heat you need. If you positively cannot engage in active exercise, warm yourself by the heater; lower the room temperature as soon as you have regained your natural warmth. If those who can would engage in some active employment to take the mind off themselves, they would generally forget that they felt the chill, and would not receive harm. For invalids who have feeble lungs, nothing can be worse than an overheated atmosphere. The heated oppressed atmosphere deprives the vitality, benumbs the sensitive brain, and causes the lungs to shrink and the liver to become

inactive.

For healthy circulation special attention should be given to the extremities, that they may be as thoroughly clothed as the trunk of the body, where there is the greatest amount of heat. When the limbs are not as well dressed as the chest, blood is driven to the head, this may cause headaches or nosebleeds; a sense of fullness about the chest, producing coughs or palpitations of the heart, on account of too much blood in that locality; or indigestion because the stomach has too much blood.

What Can I Do if I Live in a City and the Air Is Impure?

It is not possible to enjoy the health Yahuwah wants to bless you with while you are breathing polluted and congested air. Your health is more important than where you live, that is why moving to the country would be a dramatic but wise priority. Until you move fill your bedroom, home, and work place with green plants, this will help to filter and clean the air.

4. NEGLECTED BATH

"Cleanse first that which is within ... that the outside ... may be clean also." —Matthew 23:26

Toxic waste builds up in the body when we do not drink enough water. The body of a newborn contains more than 80 percent water. The amount of water in the tissues lessens with advancing age. More than 60 percent of our body is made up of water.



Humans have lived 81 days without food, but they will die in 5 days without water. If you lose just 5 percent of the total amount of water in your body, you will start to hallucinate, become disoriented, and experience twitching muscles. If you lose 15 percent of your total water, your life is endangered. A loss greater than 15 percent of body fluids may result in death. Yet, the body has no water storage system to depend on in times of emergency.



The parts of the body that suffer most from dehydration are those without direct vascular circulation, such as the joint cartilages in fingers, knees, and vertebrae. Chronic pain is often an indicator of chronic dehydration. When any of your joints begin to signal aching pains that come and go, this may be a sign that your body is severely short of water. Often, though, the signs of water deficiency in joint cartilages are not recognized for what they indicate and painkillers are prescribed. This frequently results in a dependence on addictive medication, and permanent damage to cartilage separation of the joint bones.

According to Dr. Fereydoon Batmanghelidj, dehydration can cause disease. "Dry mouth is not the only sign of dehydration and waiting to get thirsty is wrong. Pain in the body is a crisis call of the body for water. Thirst should be prevented. When [the] body does not receive enough water and you have pain that, is a sign of dehydration."

Dr. Batmanghelidj also explains that, "Chronic pain of the body which cannot easily be explained as injuries or infection, should first and foremost be interpreted as signal of chronic water shortage in the area where the pain is registered. These pain signals should first be considered and excluded as primary indicators for dehydration of the body before any other complicated procedures are forced on the patient."

Physicians and chiropractors often find that weak muscle response, particularly if all the muscles are responding in the

same way, may be due to minor dehydration. One glass of drinking water sometimes overcomes this strange, total body weakness.

How Much Water Should I Drink and How Do I Know If I Am Drinking Enough Water?

Contrary to popular belief, thirst is not a good indication. By the time you are thirsty, it means your body has already lost



more than 3 percent of its water. If your urine is a strong yellow color, you are not drinking enough. Ideally, your urine should be almost colorless. Regular intake of water throughout the day is important because when a large amount of water is ingested, it is practically completely eliminated by the kidneys in the succeeding few hours. That is why, to meet your daily ration of water intake, a lot of water all at once is not the solution. Drinking one glass of water every waking hour or so throughout the day is best. When you are tired, just drinking a lot of plain, cold water will help revitalize you during sluggish periods of the day. You will need to drink even more than that if you sweat much or if the weather is hot. This will

increase your endurance. Carry your water supply with you and use it and no other liquid to quench your thirst.

A good estimate of the minimum amount of water one needs is to take your body weight in pounds and divide that number in half. That gives you the number of ounces of water per day that you need to drink.

Upon rising, to jump-start your day on the right track, make it a habit to drink two to four glasses of warm lemon water.

For each glass squeeze the juice of half a lemon. Lemon water is alkalizing and detoxifying.

If you are not having daily bowel movements (ideally one after each meal), you may need to up your water intake (also make sure you are getting daily exercising and eating plenty of fruit, vegetables and whole grains).

What is the Best Source of Drinking Water?

Pure spring water. Second choice, pure well water. If this is not possible, water that has gone through reverse osmosis or distillation is good. It would be wise to check the total dissolved solids (TDS) of any water source you drink to get an overall indicator of the water's purity. Never drink chlorinated water, it is a poison to your body, destroying your thyroid gland and healthy bacteria which is your immune systems first shield of defense. The greatest danger in chlorinated water are the byproducts when chlorine combines with organic material in the water. Some experts believe these byproducts to be over 10,000 times more toxic than the chlorine itself.

The Natural Resources Council performed a four-year study of over one hundred bottled water brands. This research pointed out that as much as 40 percent of bottled water came from a city water system, just like tap water. One third of the tested brands contained bacteria or other chemicals that exceeded the industry's own purity guidelines.

How About Bathing?

It is important to keep the pores of the skin open and clean by daily bathing. The average healthy person eliminates about one kilogram (two pounds) of waste material daily through the pores of the skin. People who engage in rigorous physical activity eliminate an even greater amount. The skin is considered to play the role of a third kidney. A burned victim who has had over 50 percent of the skin function destroyed, has a lower chance for survival, and his kidneys are placed under a terrific load because of the loss of eliminative assistance by the skin.

Whether in health, or illness, daily bathing should not be neglected. A neglect of cleanliness will induce disease. The multitude of pores, through which the body breathes, become clogged and filled with waste matter. The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from



impurities. Even feeble persons who are diseased need the advantages and blessings of bathing daily. Respiration is more free and easy if bathing is practiced. By it, the muscles become more flexible, the mind and body are alike invigorated, the intellect is made brighter, and every faculty becomes livelier. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system being weakened, it is strengthened.

Instead of increasing the liability of cold, a bath, properly taken, fortifies against cold, because the circulation is improved, and the uterine organs, which are more or less congested are relieved, for the blood is brought to the surface, and an easier and regular flow of the blood through all the blood vessels is obtained. It is better to end your bath or shower with at least 30 seconds of cold water. Ending with a cold shower strengthens the body whereas ending with warmer water weakens the body.

Should I Use Hydrotherapy (Water Treatments) When I Am Sick? How Effective Is Its Use?

Natural remedies combined with hydrotherapy are more effective in restoring health than all the drug medication in the world. The use of water is one of the most ancient remedies. As early as 400 BC Hippocrates, who is considered by modern medicine as the "Father of Medicine," treated the sick with hot and cold water.

Whenever there is disease there is some kind of disturbance in the circulation. This disturbance can be corrected by the application of water. Hot water relaxes and cold water stimulates. Together, they act as a universal pump to equalize blood circulation. When done properly, hydrotherapy can increase circulation by 400 percent. The red blood cells and white blood cells in the peripheral circulation can increase by 20-35 and 200-300 percent respectively.

Furthermore, it is through the skin that hydrotherapy produces its powerful physiologic actions, and the skin is intimately connected to every organ in the body via the nervous system and circulatory system. By changing the skin temperature with hot and cold water applications, nerve sensations will stimulate or sedate specific systems or organs. Take a hot shower for 3-5 minutes followed immediately by a cold shower for 30 seconds. Do this five times always ending with the cold. Try this daily for a month. Every treatment will extend and build on the benefits of the previous one. In critical cases hydrotherapy can be done twice a day directing the water treatment on the afflicted body part. You can also have a steam bath at home. Sit on a small stool, covered with a blanket, from the neck to the feet. Have someone place a basin of boiling water between your feet and replace the water with more hot water as it cools. Maintain this position for twenty minutes; end with a cold shower for 1-2 minutes.

5. GROWING YOUNGER

Wouldn't you like it if the doctor includes in one of the medications something that would:

- Give you all the energy you need for each day.
- Prevent premature aging by saturating all your cells with oxygen and nutrients.
- Assist your body's healing processes.
- Accelerate metabolism and digestion, so that you will be able to eat the same amount of food and yet lose weight, or eat more and enjoy a good digestion.
- Increase your concentration and improve your memory.

- Assist your eliminative organs in detoxification through the lungs, skin and intestines.
- Stimulate your glands to secrete more of the hormones you need to stay healthy.
- Put you in good spirits and make you feel happy.

Perfect health requires a perfect circulation. The more we exercise the better will be our circulation. It is not enough to nourish our bodies we need to exercise to make sure that the nourished blood circulates properly to reach our cells. Man used to have to do manual labor to live. Modern living has eliminated 90 percent of the motion and exercise our bodies require to function optimally.

"And Yahuwah took the man, and put him into the garden of Eden to dress it and to keep it." —Genesis 2:15

Our sedentary life has led to chronic oxygen starvation because the level of oxygen absorption is determined by the level of physical exertion. Our organs, muscles, brain, and nerves are now forced to struggle with their tasks in spite of a chronic undersupply of this most important nutrient. The results of this newly mechanized lifestyle, with pollution, are obvious: physical and mental deterioration and a growing number and intensity of degenerative diseases. Numerous studies suggest that physical fitness is the most powerful protector against premature morbidity, mortality and loss of functional independence.



"Many of the things we call biomarkers of aging might actually be biomarkers of inactivity." —Williams Evans Ph.D., The Human Nutrition Research Center on Aging

What Types of Exercises Should I Do?

If you are not used to physical exertion, brisk walking is minimum. Begin a program of walking as far as is comfortable, and gradually work up to five miles per day. Outdoor labor, in any useful activity, is an excellent source of exercise. You will gain the most benefit when you engage in a combination of four basic types of activity: aerobic exercise, strength training, flexibility and balance. Keep in mind that vigorous, demanding aerobic activity is more beneficial than easy, low intensity activity. Strength workouts should emphasize free weights and body-weight exercises. Flexibility should also emphasize stretches that counteract the forward-bent postures we all tend to be in throughout the day.

How Much Exercise Should I Get?

Exercise at least 30 minutes daily three to six times a week. In health, exercise will Exercise at least 30 minutes daily three to six times a week. Exercise is important even if you are sick. At this time although it is important to rest, make sure to walk, and do breathing exercises daily. If you are unable to exercise, use a trampoline or get a massage as it is a form of passive exercise. A whole range of motion exercises are beneficial.

If exercise is performed without the heart's being in it, it is simple drudgery, and the benefit which should result from exercise is not gained.

For those who do a lot of physical labor equivalent to exercise, exercising the mind is as important as physical exercise is to a sedentary lifestyle.

SECRET TO LONGEVITY

Two thousand centurions were studied—nothing was found in common with them other than the moderation in quantity of food. Observations on these centurions showed that, for attainment of long life, the amount of food was more critical than the type of food



that was consumed. The Bible speaks of true temperance in everything concerning life, not just food.

"And 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." —1 Corinthians 9:25

[The Bible](#) teaches that true temperance to dispense entirely with everything harmful, and to use judiciously that which is healthful. That means that a Yahushuaian is at liberty to enjoy moderately that which is most beneficial, but will completely avoid all that is harmful.

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of Yahuwah, and ye are not your own?" —1 Corinthians 6:19

The main cause of fatigue is improper diet, irregular meals, and a lack of physical exercise. Furthermore, irregular hours for eating and sleeping sap the brain forces. To have good health and be successful in reaching a high standard of Yahuwahliness, you must be temperate in all things.

True temperance does not only refer to eating and drinking. It touches all aspects in life: your work, your thoughts, your words, your sleep, your play, your socializing, etc.

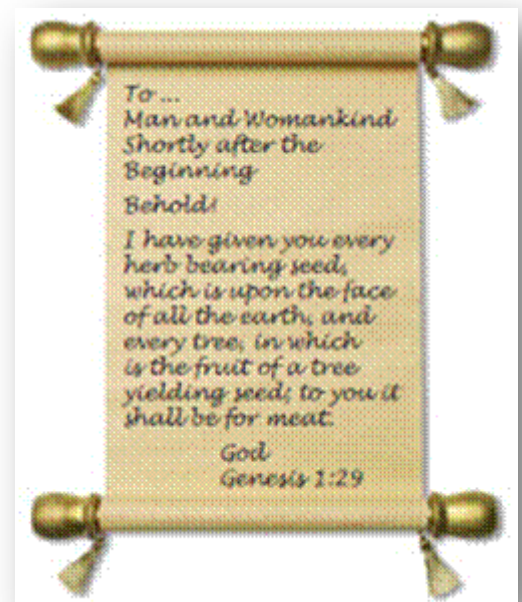
When it comes to diet, nothing should be put into the human system that will leave a baleful influence behind. "If any man defile the temple of Yahuwah, him shall Yahuwah destroy; for the temple of Yahuwah is holy, which temple ye are" (1 Corinthians 3:17). To take one's life instantly is no greater sin in the sight of heaven than to destroy it gradually, but surely.

Harmful substances to abstain from are all stimulants, which are deceptive because their temporary tonic effect only leaves the body weaker. These include the following:

- All drugs are poisonous to the body and leave pernicious after-effects.
- Tobacco dramatically increases your risk cancer, heart disease, and various lung diseases.
- Alcohol is a neurotoxin that poisons your brain and liver, and increases your risk of various preventable cancers.
- Substances that contain caffeine: sodas, coffee, tea, and chocolate. Caffeine causes depression, insomnia, anxiety, irritability, and elevated blood pressure. There are more than 1,000 chemicals in a cup of coffee; of these, only 26 have been tested, and half caused cancer in rats. Replace with water and herbal teas.
- Avoiding all animal meats (pork, beef, cow, fish, fowl, seafood, etc.). If ever meat eating was safe, it definitely is not safe now. The liability to take disease is increased tenfold by meat-eating. Cancers, tumors, and all inflammatory diseases are largely caused by meat-eating. Replace with green leafy vegetables, beans, peas, nuts and seeds.

Temperance Also Includes Avoiding the Following Harmful Ingredients:

- Cheese should never be introduced into the stomach as it is rotten milk that is unfit as food. Cheese contains pus, hormones,



antibiotics, harmful bacteria and cancer-causing substances. Replace with nut and seed butters. There are many delicious vegan cheese-substitute recipes, try them.

- Sugar is not a food but a poisonous chemical drug that is possibly as harmful as drugs, especially in the quantities consumed today. Dr. David Reuben, author of *Everything You Always Wanted to Know About Nutrition* says, "White sugar is a pure chemical extracted from plant sources, purer in fact than cocaine, which it resembles in many ways." Sugar is a thief because it drains your body of precious nutrients. Sugar suppresses the body's only defense against disease—the immune system, causes fermentation and clouds the brain. Replace refined sugars with moderate amounts of dried fruits, dates, natural honey, or molasses. But remember the free use of any form sugar even natural sweeteners tends to clog the system, and is frequently a cause of disease.
- Artificial sweeteners are even more harmful. Studies confirm that they cause cancer; increase your appetite and craving for sweets; and inhibit fat metabolism.
- All foods containing baking soda or baking powder (even if the aluminum has been removed). Baked goods made with such compounds are poisonous to the entire system and deplete the body of folic acid, thiamine, and vitamin C. After baking powder or soda has released its carbonic gases, compounds of Rochelle salts, tartaric acids, alum, lime, and ammonia are left behind in the baked products. Eat breads raised with yeast or unleavened bread. Yeast-leavened bread which is two or three days old is more healthful than new bread. Whole grain bread dried in the oven is one of the most wholesome articles of diet.
- Vinegar (pickles, ketchup, mayonnaise, mustard, salad dressing, etc.) contains acetic acid which is irritating to the digestive organs, weakens the heart, induces anemia and hemorrhages.
- Spices and spicy foods (herbs are fine); irritating peppers (black pepper, hot peppers, chili sauce, etc.). Unheated cayenne pepper can be used medicinally.
- Milk, dairy products, and eggs. These products cause a myriad of health problems including: allergies, childhood onset diabetes, constipation, ear infections, sinus congestion, skin problems, osteoporosis, asthma, arthritis and joint pains, irritable bowel syndrome, cancer and obesity.
- Fried foods, greasy foods and complicated dishes.

It is important to remember that overeating even of the healthiest food is detrimental to health; weakening the body and clouding the mind. Any food in excess becomes a poison. This is a form of intemperance just as surely as is smoking. Overeating has a worse effect upon the system than overworking. Many people of excellent natural ability do not accomplish half of what they might if they had been temperate in all things.

Be aware of "trigger" foods, these are foods that set you off course. Most common trigger foods are sugar/fat combinations (e.g. ice cream, cookies) and fat/salt combinations (e.g. nuts, potato chips). They sometimes include healthy foods. It is important to identify these foods and avoid them altogether.

As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through the firm denial of appetite and passion.

Periodic cleansing is beneficial for the body. This can vary from skipping a meal a day, fasting on freshly extracted juices, or eating only raw food. There are some who would gain more benefit by abstaining by from food for a day or two every

week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them.

Man has "... no healing medicines." —Jeremiah 30:13

Drugs including the use of over-the-counter medications and prescription drugs should be avoided. Drugs are expensive, both in the outlay of means, and the effect produced upon the system. Drugs never cure; instead, they place in the system seeds which reap a very bitter harvest. Those who make it a practice of taking drugs, sin against their intelligence and endanger their whole after-life. Medicine has done more harm to our world, killing more than helping people. Drug therapy is preventable through simple diet and lifestyle changes. Nearly any infection can develop to the point that the use of antibiotics is a wise course of action. This, however, usually occurs only if the earliest signs of infection are ignored, or if the individual's vitality and immunity are so depressed by living in discord with natural law that the body is no longer capable of recovering.

In the April 2008 issue of the Harvard Health Letter, researchers explained how in many cases, the non-pharmacological approach can accomplish as much, or more, than pills.

In more recent years, a growing body of studies are showing that simple lifestyle changes such as diet and exercise are effective remedies for many ills. The following is a short list of examples that have been proven to be managed successfully without the use of medications:

1. Arthritis
2. Cholesterol
3. Cognitive decline
4. Depression
5. Diabetes
6. High blood pressure
7. Osteoporosis

The decision to use drugs or undergo surgery is better made as the last resort. All processes of disease have their origin long before drugs and surgeries are required. We abuse the body's ability to recover by ignoring and suppressing symptoms. If these symptoms had been addressed from the beginning there would have been no need for drugs, and in most cases, surgery.

Yahuwah requires us to be temperate in all things. Whatever injures the body lessens the physical energy, weakening the mental and moral powers. Every hurtful indulgence thus makes it more difficult to choose between right and wrong. Unless we practice true temperance, we will not, we cannot, be susceptible to the sanctifying influence of the truth. Erroneous eating and drinking habits result in erroneous thinking and acting. Unless we are free from the bondage of every bad habit, we cannot be true, obedient servants of Yahushua.

Whatever Yahushua asks us to renounce, He offers in its stead something better.

6. THE CREATOR'S MENU



"And Yahuwah said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." —Genesis 1:29 Awareness is increasing that surrounded, as we are, with increasing toxicity in our food and environment, eating a pure and healthful diet is more important than ever.

Yahuwah gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden was the food that the human body required. A benevolent Creator gave them evidences of His goodness and love in providing them with fruits, vegetables, grains, and nuts, and in causing to grow out of the ground every variety of trees for usefulness and beauty. It is only after sin that death entered and animals began to eat each other and man began to eat animals.

Yahuwah gave humanity no permission to eat animal food until after the flood. Everything had been destroyed upon which humans could subsist. Yahuwah permitted Noah to eat of the clean animals which he had taken with him into the ark. But animal food was not the healthiest article of food. Furthermore, Yahuwah had given definite commands that any meat that was to be eaten should be eaten without any fat or blood remaining (Leviticus 3:17). Notably, with the introduction of meat into the diet, the recorded lifespan of man drastically decreased after the flood. Successive generations after the flood degenerated more rapidly. The average length of life before the flood was 912 years, whilst after, only 350 years.

When Yahuwah brought the Israelites out of Egypt after 400 years of bondage, He gave them a vegan diet (Exodus 16:35). Yahuwah could have easily provided for them flesh instead of manna, but a restriction was placed upon them for their good. It was His purpose to supply them with food better suited to their needs than that to which they had become accustomed to in Egypt. The perverted appetite was to be educated into a healthier state, that they might enjoy the food originally provided for humanity—the fruits of the earth. It was for this reason that the Israelites were deprived, in a great measure, of animal food.

The animal flesh and dairy products eaten today are very different than those eaten originally. The animals are no longer raised in their natural environment or given the food nature designed for them to eat. Moreover, the world has never been this polluted and toxins are bio-accumulating in the animals. Today animals and their by-products no longer remain safe to eat.

Sometimes people stop eating meat but continue eating fish thinking that it is healthier. Sadly they are unaware that many times fish have higher levels of pesticides than meat. And that by eating nearly any fish you expose your body to high levels of mercury that can damage your brain, kidney and lungs. In fact the Food and Drug Administration advises pregnant women to avoid eating certain types of fish because the concentrations of mercury are just too high to be considered safe.



"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."
—Ann Wigmore

The largest and most comprehensive epidemiological study of nutrition ever conducted was The China Study by Dr. Colin Campbell. The New York Times termed it "the Grand Prix of epidemiology" and some in the medical establishment said another study like this could never be done. This mammoth epidemiological study confirmed that a plant-based diet is the best diet for promoting optimum long-term health.

When we look to the word of Yahuwah, the study of our Creator's plan for Adam and Eve provides insight to the lifestyle we were meant to live and the diet that we were created to eat. Yahuwah placed Adam and Eve in a garden and gave them a vegan diet (Genesis 1:29; 2:8). The further we divert from this diet and lifestyle the worse will be the repercussions.

"The three major killers in modern society—Coronary Heart Disease, Cancer and Strokes—can all be linked to what people eat and drink." Dr B. Hetzel, Chief of the CSIRO Division of Human Nutrition and Foundation, Professor of Social and Preventive Medicine, Monash University.

According to National Academy of Science, sixty percent of all cancers in women and forty percent in men are due to dietary and nutritional factors.

So What Should I Eat?

Eat plenty of vegetables and fruits; whole-grains; nuts and seeds; legumes, beans, and peas in as fresh a state as possible. Cultivate the habit of including plenty of dark green leafy vegetables which are an excellent source of minerals and, whenever possible include sea vegetables which are an excellent source of trace minerals. The body is like the soil if it is well mineralized it is less likely to suffer invasion. Avoid genetically modified foods.

Eating locally and according to the season is ideal. The finest source of nourishment for your body is eating fresh organic produce harvested straight from the garden. Commercial farming depletes the soil and is often not fresh by the time we eat it. Growing a garden is the best investment you can make for you and your loved ones' health. You can do this on the smallest plot of land, you can even grow a few things indoor.

Read ingredients on any package you purchase, choose the foods that are the least processed with the fewest additives. The ingredient-list should always be short.

Avoid foods that contain:

- Artificial colors, flavors and preservatives.
- Refined sugars.
- Hydrogenated oils, trans fats, and all heated oils (this includes most commercial vegetable oils). Even commercial vegetable oils are harmful for your health because they generate destructive free radicals that cause havoc in the body and take the place of more nutritious foods. Even oils that do not have trans fats often have an unhealthy ratio of omega-6 to omega-3 essential fats. The only safe oils to use are cold-pressed extra virgin oils that generally need to be refrigerated after opening. It is best to get your fats from the foods in their natural state: raw nuts and seeds, nut and seed butters, olives, avocados, corn, etc.
- Refined grains (white flour, white rice, pasta).

Cook in stainless steel, glass or ceramic. Avoid using the microwave or aluminum cookware.

"Therefore to him that knoweth to do good, and doeth it not, to him it is sin." —James 4:17

MEAL SUGGESTIONS



Breakfast can include: Cooked whole-grains (brown rice, whole-rolled oats, whole-wheat bread, buckwheat, barley, millet, quinoa, rye, sorghum, amaranth, cornmeal, etc); one or two kinds of fruit; raw nuts (almonds, Brazil nuts, walnuts, pecans, pistachios, macadamia, cashew, chestnuts, hazel nuts, peanuts,



etc); and/or raw seeds (sunflower, pumpkin, sesame, hemp, chia and ground flaxseeds, etc.).

Lunch can include: A whole-food starch (potatoes, sweet potatoes, brown rice, millet, yams, cassava, corn, squash, whole-grain pasta, whole-grain bread, etc). Make sure to prepare a hefty serving of dark green leafy vegetables, and other lightly steamed vegetables (whatever is in season). There are also a wide variety of beans and legumes you can include.

Make a large salad—this should fill at least half of your plate and should be the largest dish on the table. The salad can include shredded cabbage, lettuce, celery, grated carrots, cucumbers, radish, green peppers, tomatoes, onions, etc. Lemon juice, avocado, nut or seed butters, olive oil, and/or herbs of preference can constitute the salad dressing. The more colorful the vegetables, the better: the color comes from chemicals called antioxidants which are powerful free-radical scavengers.

Eat the easiest to digest foods first (e.g. salads), ending with the denser foods, because the first thing that is eaten is the first thing that gets digested.

If a third meal is still desired, it should be the lightest meal of the day and can consist of a freshly extracted vegetable juice, green fruit smoothie or some fruit with whole-grain toast.

When the brain is constantly taxed, and there is lack of physical exercise, even plain food should be eaten sparingly. A fruit diet for a few days often brings great relief to brain workers.



But Where Will I Get My Protein From?

It is generally agreed that adults need one gram of protein per kilogram of body weight. American Journal of Clinical Nutrition says we need two and a half percent of our daily calories from protein. This is virtually impossible to miss on a vegan diet if you are eating a balanced diet with enough calories. "Let me emphasize, it is difficult to design a reasonable experimental diet that provides an active adult with adequate calories that is deficient in protein." Dr. John Scharffenberg.

The China Study, referred to earlier, confirmed that plant protein intake was closely linked to greater height and body weight just as animal protein intake.

Furthermore, contrary to popular dogma, there are several vegetarian sources of complete sources of protein, such as, chickpeas, white beans, potatoes, buckwheat, amaranth, quinoa, raw spinach, hemp seeds, and some of the seaweeds and herbs. In addition, protein in the raw form is utilized twice as effectively as when cooked.

Where Will I Get My Calcium From?

From the same source cows get their calcium from—plants. These include dark green leafy vegetables, broccoli, beans, figs, sunflower seeds, sesame seeds and almonds. Interesting when you eat a plant-based diet your body requires less calcium than on an animal-based diet. Think of where the elephant or hippo get their calcium needs to build their big bones.

To make a delightful milk substitute you can blend one part soaked nuts (almonds or cashews) or seeds (sesame seeds) to four parts water. You can sweeten it by adding a few dates or some fruit while blending.

Is It Safe For Children to Grow On A Whole-Foods Plant-Based Diet?

It is not only safe but also abundantly healthful. Some basic knowledge of vegetarian nutrition is required to ensure that children receive the proper balance of nutrients. In their book, *The Vegetarian Way*, Virginia Messina, MPH, RD and Mark Messina, PhD state that it is not difficult to meet the nutritional needs of vegetarian children as long as they consume adequate calories and a variety of foods.

Also try to feed your children at home as much as possible, there is a world of difference between something

manufactured commercially and something homemade with love. Children who sit down and eat with their families generally will eat more variety and more nutrient dense foods.

HOW CAN I CHANGE MY EATING HABITS?

Some people, because they have not yet experienced the endless variety of vegetables, fruits, grains, nuts, seeds and pulse available, may recoil at the idea of limiting their diet to only plant-based foods. What could be easier; changing what you put in your mouth or living a life plagued with fatigue, pain, and a debilitating (even life threatening) illness? With this perspective, any gustatory discipline is worthwhile.

Those who have been eating freely of meat, sweets, highly seasoned foods, and other processed and refined foods, cannot immediately relish a plain, wholesome, and nutritious diet. Their taste is so perverted that they have no appetite for a whole-foods plant-based diet.

Food should be chosen that will best supply the elements needed for building up the body. In this choice the appetite and customs of society is not a safe guide.

It may take time for your relish simple wholesome food but perseverance in a self-denying course of eating and drinking will soon result in you eating it with keener relish than the epicure enjoys his rich dainties. This paradox remains that the simpler and more natural your diet is, the more pleasurable your eating experience will be. If you desire to change your diet but can't you may find fasting most helpful in reformatting your taste buds, giving your stomach its needed rest and experiencing real hunger that can be satisfied with a wholesome diet.

In all cases, educate the conscience, enlist the will, supply good, wholesome food, and the change will be readily made, and the demand for flesh will soon cease.



"The full soul loatheth an honeycomb; but to the hungry soul every bitter thing is sweet." —Proverb 27:7

Put on the brakes, hold your appetite under strict charge, and then leave yourself in the hands of Yahuwah. Remember not to bring temptation in the home. Whenever possible, keep all animal products and junk foods out of the house.

"Make not provision for the flesh, to fulfil the lusts thereof" (Romans 13:14). Temporarily at least, if not permanently, minimize association with friends and family who encourage unhealthy eating. "He that walketh with wise men shall be wise: but a companion of fools shall be destroyed" (Proverb 13:20). If you know that a social event will tempt you, do not consider going until the changes you are making in your diet and lifestyle have become a well-established habit.

Many foods can be as strong an addiction as drugs. The walls of self-control and self-restriction should not in a single instance be weakened and broken down.



Keep meals simple. Enlist your family's cooperation. To start with, many favorite dishes can be changed to become health-giving dishes, and these can be eaten often. Dishes should be prepared that will invite the appetite, and will be pleasing to the sight. If your family is not vegan, do not cook two meals; serve meat or dairy products on the side as add-ons. Let your children participate in every phase of food preparation from gardening or grocery shopping, to actual cutting of vegetables or mixing of dough, to cooking and baking, giving them age-appropriate tasks.

Commend and encourage them for preparing the food and they will be more inclined to eat it. Also, while in the kitchen explain the benefits for why the family's diet is

changing.

If you fail to plan, you plan to fail!

... Sufficient unto the day is the evil thereof" (Matthew 6:34). Refrain from dramatic thoughts of doing this for good, think just for today, after a while you will be amazed at how many days you have finished just "one day at a time." Plan your meals and shopping list for three to four days or even a week ahead. This little extra planning saves time and energy. Cook for several days. Double recipes and freeze half the quantity (beans, soups, patties, and tomato sauces do excellent this way.) Do as much as the preparing beforehand so that when you need to cook at other times it is just assembling. Always make food easily available; leave pre-cut fruit and vegetables ready to eat in the fridge. Let fruit be placed on the kitchen counter in abundance. Keep your kitchen well-stocked with healthy, delicious food options.



When you change from a stimulating diet of meat eating to plant-based diet, you may experience a sense of weakness and a lack of vitality. Lower-quality food and drinks containing, meat, caffeine, sugar, spices, and excess salt, tend to be more stimulating than higher-quality foods. Consequently, the withdrawal of these stimulating foods produces a slower resting phase for the heart which registers in the mind as a decrease in energy. Just make sure to drink plenty of water, get enough rest and discard all empty calories (i.e. foods/drinks that contain refined sugar, commercial oil, white flour, white rice) and include plenty of nutrient-dense foods like green leafy vegetables; vegetables and fruits; raw nuts and seeds. And sooner than later you will be feeling better than you ever felt before.

Finally, if you believe you are just too busy to have a good breakfast or prepare healthy meals, commit to implementing this simple change just a few minutes every day. Put two parts fresh fruit and one part green leafy vegetables in your blender and blend to make a smoothie. This green smoothie is an excellent way to sneak in the most nutritious green leafy vegetables especially for those who do not like chewing salads. Spinach is a good choice to start with because it is bland tasting, but experiment with other leafy greens as well. If you feel your body digests this smoothie too quickly, add some avocado or few soaked nuts or seeds before blending. Drink it within 20 minutes to gain the most benefit. This green smoothie is excellent for overcoming fatigue, building immunity so you are less likely to get sick, eliminating food cravings, losing weight, and pleasing the finickiest eater.

THE ART OF EATING

To eat is a necessity, but to eat intelligently is an art. If not more important, just as important as what we eat, is how and when we eat. The following are the basic principles for healthy eating:

Chew More

It has been said that you must chew your drink and drink your food. The benefit derived from food does not depend so much on the quantity eaten, as on its thorough digestion. Moreover, the gratification of taste does not depend on the amount of food swallowed, as on the length of time it remains in the mouth. Digestion starts in the mouth; thorough chewing allows digestive enzymes in saliva to thoroughly mix with food, an essential first step for optimal digestion.



Those who wish to avoid indigestion or bloating, and those who realize their obligation to keep all their powers in a condition which will enable them to render the best service to Yahuwah, will do well to remember that if time to eat is limited, not to bolt down food, rather eat less, and chew slowly.

When excited, anxious, or in a hurry, it is better not to eat until we get rest or relief, because the vital powers, already severely taxed, cannot supply the necessary digestive fluids.

Chewing gum is unhealthful as it overworks the salivary glands and confuses the digestive system.

Bigger Breakfast

It is the custom of society to take a small breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day.



Eat at Regular Times

"To every thing there is a season, and a time to every purpose under the heaven." — Ecclesiastes 3:1

Having your meals the same time everyday regulates and controls the internal signals of satiety, appetite and hunger. You injure your health greatly by overeating and by eating at improper times. This diminishes the blood to the brain. The mind becomes confused, and you have not the proper control of yourself—"Feed me with food convenient for me: lest I be full, and deny Thee" (Proverb 30:8b, 9a).

In one research, test subjects were given regular meals for two weeks and then irregular meals for two weeks. Below are some of the advantages found when they ate at regular mealtimes versus irregular mealtimes:

- A lower energy intake for the day.
- More calories burned following their meal (thermogenesis).
- Lower total and LDL cholesterol levels.
- Lower peak insulin levels and lower overall insulin response.



All of these benefits can effortlessly help maintain a healthy weight, improve cholesterol levels, and improve insulin levels, which will have a positive impact on your overall health.

If we would form habits of regularity and order, we would improve in health, in mental attitude, in memory, and in disposition. It is our duty to observe strict rules in all our habits of life. This is for our own good, both physically and morally.



Five to Six Hours Between Meals

A second meal should never be eaten until the stomach has had time to recover from the labor of digesting the preceding meal. At least five or six hours should intervene between the meals; and most persons who give the plan a trial, will find that two meals a day are better than three.

Two Meals

"And the ravens brought him bread and flesh in the morning, and bread and flesh in the evening." —1 Kings 17:6

The practice of eating but two meals a day is generally found to be a benefit to health. Those who are changing from three meals a day to two, will at first be troubled more or less with faintness, especially about the time they have been in the habit of eating their third meal. But if they persevere for a short time, this faintness will disappear. Yet under some circumstances, some persons may require a third meal. If taken, this should be very light, and of food most easily digested.



Eat Only At Mealtimes

"Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!" —Ecclesiastes 10:17.

Snacking between meals destroys the healthful tone of the digestive organs, to the detriment of health and cheerfulness. One who cannot control his eating habits will not be able to control his feelings and temper. Three meals a day and nothing between meals—not even an apple—should be the utmost limit of indulgence. Those who go further violate nature's laws and will suffer the penalty.

Eat in Daylight

We are not nocturnal animals—at night our entire metabolism slows down and our body temperature drops. When we lie down, the reclining position causes the weight of the internal organs to press against the very large nerve trunks on each side of the spinal column and shuts off the mechanism that keeps the digestive system working.

Before retiring the stomach should have finished all its work of digestion so that it can join the rest of the body in enjoying its needed rest. But if you eat before you sleep, the digestive organs have to work through the night and sleep is often disturbed with unpleasant dreams, and in the morning you awake un-refreshed.

Many indulge in the pernicious habit of eating just before retiring. They may have taken their regular meals, yet because they feel a sense of faintness, they think they need supper. By indulging in this wrong practice, it becomes a habit, and they feel as though they could not sleep without food. In many cases this faintness comes because the digestive organs have been severely taxed through the day in disposing of the quantities of food forced upon them. These organs need a period of entire rest from labor, to recover their exhausted energies.

When it is a habit to eat before sleeping, the digestive organs lose their natural vigor, and the person finds himself a miserable dyspeptic. And not only does the transgression of nature's laws affect the transgressing one unfavorably, but others suffer more or less with him. Let anyone take a course that irritates him in any way, and see how quickly he manifests impatience!

If you feel that you must eat at night, take a drink of cold water or freshly extracted vegetable juice instead, and in the morning you will feel much better for not having eaten.



Vary Your Diet But Keep It Simple

"When thou sittest to eat with a ruler, consider diligently what is before thee. And put a knife to thy throat, if thou be a man given to appetite. Be not desirous of his dainties: for they are deceitful meat." —Proverb 23:1-3



There should not be many kinds of food at any one meal, but all meals should not be composed of the same kinds of food without variation. Food should be prepared with simplicity, yet with an attractiveness which will invite the appetite. The simpler our diet and the closer we eat food as it is found in nature, the better our digestion, assimilation and health will be. Every food requires a different digestive enzyme combination and mixing too many at one time causes a disturbance in the stomach and renders the digestion less efficient.

It is the variety and mixture of meat, vegetables, fruit, wines, tea, coffee, sweet cakes, and rich pies that ruin the stomach, and place human beings in a position where they become invalids. Dumb animals would never eat such a mixture as is often placed in the human stomach.



Do not have too great a variety at a meal; three or four dishes are a plenty. If your work is sedentary, take exercise every day, and at each meal eat only two or three kinds of simple food, taking no more of these than will satisfy the demands of hunger. It may be fashionable to have half a dozen courses or dishes at a meal, but the custom is ruinous to health. It is a fashion that sensible men and women should condemn, both by precept and

example.

Practice Good Food Combining



We should not think that it is of but little consequence what we eat as long as it is vegetarian. The

preparation of combining food to make it wholesome and delicious is a science that is to be received as wisdom from Yahuwah. All those who prepare food need to learn how to learn the science of good food combining or else the body may many times be unknowingly robbed of nutrition.



- Have Fruit at Separate Meals from Vegetables

Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results and the mind is not clear because the

digestion is imperfect. If the digestion is feeble, the use of both together will often cause distress and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another.



- Have Fruit at the Beginning of a Meal

Fruit is especially recommended as a health-giving agency, but it should not be eaten after a full meal of other foods. Fruit digests quickly, and when eaten after a full meal it causes fermentation in the stomach.



- Eat More Live Food

To preserve health and increase strength, avoid cooking a lot as this has filled the world with chronic invalids. Food should be so simple that its preparation will not absorb the time. The food

which Yahuwah gave Adam in his sinless state is what is best for us as we seek to regain that sinless state.

Many nutrients are destroyed by cooking, that's why a diet rich in a variety of fresh raw vegetables, fruit, nuts, seeds and sprouts is best.

Drink Between Meals

Stop drinking about half an hour before a meal and wait about one hour after a meal. When food eaten is washed down by liquid, the saliva, gastric and intestinal juices are diluted thus digestion is weakened. To improve digestion by thickening the lining of the stomach, it is recommended to drink one to two glasses of tepid water half an hour before each meal.



•Avoid Salty Foods

Free use of salt imposes a great burden on the kidneys, increases risk of cancer, hardens the arteries, and impedes circulation.

Not Hot; Not Cold



Cold paralyzes the stomach. If food is cold, vitality must be drawn from the system to warm the food before digestion can take place. The colder the water, the greater the injury caused to the stomach. Cold liquids taken with meals will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again.

Heat debilitates the stomach and creates acidity. The stomach is greatly injured by a large quantity of hot food and hot drink. Thus the throat and digestive organs, and through them the other organs of the body, are enfeebled. The practice of eating food as hot as it can be swallowed, and especially of taking hot drinks with or after meals is an



active cause of constipation.

Enjoy Your Food

"O taste and see that Yahuwah is good: blessed is the man that trusteth in him." —Psalm 34:8



It is important that you relish what you eat. If you eat mechanically, your body will fail to receive proper nourishment. For food to be well digested, enzymes and digestive juices must be secreted in the right amount, at the right time. If you are not hungry, or are not enjoying the food, the digestive juices will not flow properly, thus the food will be poorly



digested. Assimilation is enhanced when we enjoy the meal. "Better is a dinner of herbs where love is, than a stalled ox and hatred therewith" (Proverb 15:17).

Ask Yahuwah's Blessings, Then Eat with a Grateful Heart

At mealtimes cast off care and anxious thought, eat slowly and with a cheerful heart filled with gratitude to Yahuwah for



all His blessings. The most desirable foods in the world may rot in the stomach of one who is mentally perturbed. The body-mind relationship cannot be separated. Depressing emotions interfere with your body's ability to assimilate nutrition.

Neurophysiologists have found that people who eat with a grateful heart experience more efficient and complete digestion than those who are distracted when they eat. Being thankful for the food increases gastro-intestinal mobility, digestive enzymes and acid production. Eating with a grateful heart does not only entail saying grace before the meal and then eating while watching TV, reading a magazine, or having an intense discussion with a companion. It means being grateful for your food one bite at a time.

Furthermore, your thoughts and feelings about what you eat are just as important as the food itself. If you are constantly worrying that the food you are eating will hurt you, then it most surely will, even if it is simple and healthful. Having asked Yahuwah to bless the food, believe that He has heard your prayer, and be at rest.

7. SECRETS OF REST

You have a deadline to finish. You decide to stifle the yawn and push through the night. Sure it is already late, but you drink some coffee and keep going. Your body, of course, is fighting you every step of the way. Whether you realize it or not, your brain has already started to check out for the night. After about 18 hours without sleep, your reaction time begins to slow from $\frac{1}{4}$ of a second to $\frac{1}{2}$ a second and then longer.



Who Can We Blame for Not Getting Enough Sleep?

It should be Thomas Edison. Before he invented the light bulb people slept an average of ten hours per night. Today the average is seven hours or less as we have learned to ignore the body's call for sleep. When we are thirsty; we drink. When we are hungry; we eat. But when we are tired; we often work abusing our bodies to the point of exhaustion. This is one of the greatest hindrances to recovery.

Rest is one of the most basic healers known to humanity. When we become sick, what is the thing we want most to do? To lie down. Nature will restore vigor and

strength during sleep hours, if her laws are not violated.

"... if he sleep, he shall do well." —John 11:12

Losing only three hours of sleep can cut the effectiveness of your immune system in half. Furthermore, the Institute of Medicine issued a report that confirmed definite links between sleep deprivation and increased risks of hypertension, diabetes, obesity, depression, heart attack, and stroke. A ground breaking 1999 study showed that after six days on only four hours of sleep, healthy volunteers fell into a pre-diabetic state. Sleep also gives the heart a chance to slow down, and those who sleep less than six hours a night have as much as a 66 percent greater prevalence of hypertension. How well we sleep can seriously alter the balance of hormones in our body. This can then disrupt our sleep/wake cycle (circadian rhythm). A disrupted circadian rhythm may influence cancer progression through shifts in hormones like melatonin, which the brain makes during sleep.

Nature will restore your vigor & strength when you sleep, if her laws are not violated.

Since the work of building up the body and mind takes place during the hours of rest, it is essential, especially in youth, that sleep should be regular and abundant. While sleeping, the brain continues to learn by deconstructing memory and connecting it to related things, resulting in faster and more accurate performance after a good night's sleep.

A good night's sleep can improve the memory by 30 percent. After a day's work the brain cell is exhausted; but after a good night's sleep it is refreshed and ready to resume its normal work. This can be demonstrated with the microscope. After work, the nerve cell is shrunken inside, and the little granules in its protoplasm disappear. After rest, they are again plump and the granules are restored.

A good night's sleep helps you control your appetite. Two hormones regulate your appetite: One tells you when you are hungry (ghrelin), the other tells you when you are full (leptin). When you do not get enough sleep there is a decrease in the production of the 'full' hormone and an increase in the production of the 'hungry' hormone encouraging you to eat more.

How Much Sleep Should I Get?

After following over one million participants for six years, the largest study on sleep duration and mortality found that those who slept about seven hours had the highest survival rate. Those who slept less than 4.5 hours had the worst. Nine hours of sleep or more each night was also associated with a higher mortality risk (Proverb 20:13). Experts tend to agree that the majority of people require about eight hours of sleep each night.



How Can I Sleep Better?

To sleep well, you need to work well. "The sleep of a laboring man is sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep" (Ecclesiastes 5:12). Idleness is the cause of many diseases. Rather than taking a harmful sleeping pill, make sure to do strenuous outdoor physical labor every day.

Abstain from all stimulants (caffeine, alcohol, tobacco, spicy foods). Avoid eating anything a couple hours before bedtime.

Regular times for going to bed and rising are very helpful. The best time to go to bed is between 8:00 PM and 9:00 PM. Deepest sleep is between 9:00 PM to 12:00 AM. The body, particularly the adrenals, recharges the most during 11:00 PM to 1:00 AM.

Make sure your eyes are exposed to sunlight every morning, this enhances melatonin-production. Sleep in complete darkness (cover your eyes so no light penetrates). Even a little light during the night can disrupt your circadian rhythm and your pineal gland's production of melatonin (your body's number one anti-aging hormone) and serotonin (your happiness hormone).

A relaxing soak in warm water will help you unwind after a stressful day. Have a cup or two of your preferred choice of a calming herbal tea.

Rest Embraces Much More Than a Good Night's Sleep



"Come ye yourselves apart ... and rest a while" (Mark 6:31). It is important to take time for rest, contemplation, and recreation (not for amusement). Recreation is re-creative; it refreshes the mind and the body enabling us to return with new vigor to the earnest work of life. Amusement, on the other hand, is sought for the sake of pleasure and is often carried to excess; it absorbs the energies that are required for useful work and thus proves a hindrance to life's true success.

Recreation is needful for those who are engaged in physical labor and is still more

essential for those whose labor is principally mental. Recreation that benefits those around you is most beneficial. Spending time outdoors in nature in some form of physical exercise is an excellent form of recreation (hiking, picnicking, swimming, etc.).

Watching TV is not a good source of recreation. An analysis of thirty-five different scientific studies has identified no fewer than fifteen negative health effects associated with watching long hours of television. Among these effects are heart trouble, cancer, diabetes, autism, Alzheimer's disease, eyesight damage, and sleeping difficulties.

The Sabbath

"There remaineth therefore a rest to the people of Yahuwah. For he that is entered into his rest, he also hath ceased from his own works, as Yahuwah did from his." —Hebrews 4:9, 10

Yahuwah designated a day for us to rest and consecrate to Him. After Yahuwah completed creation of the earth in six days, He rested to give us an example: "And on the seventh day Yahuwah ended his work which he had made; and he rested on the seventh day from all his work which he had made. And Yahuwah blessed the seventh day, and sanctified it: because that in it he had rested from all his work which Yahuwah created and made" (Genesis 2:2, 3).

Yahuwah could have accomplished creation with one word but He chose to employ six days to give us the Sabbath. [Sabbath](#) stands in advance of the other nine commandments because it is established by the example of the Lawgiver Himself.

"Six days shalt thou labour, and do all thy work: But the seventh day is the Sabbath of Yahuwah thy Elohim: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates." —Exodus 20:9, 10

Yahushua said: "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil. For verily I say unto you, till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled" (Matthew 5:17, 18).

Our health is blessed when we rest on Yahuwah's Sabbath day: "My son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee." (Proverb 3:1, 2). To enjoy perfect health we will be blessed to keep the day our Creator blessed and sanctified.

8. THE MOST IMPORTANT HABIT

"Trust in Yahuwah with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." —Proverb 3:5, 6

Your body was designed to deal with stress only in infrequent emergencies (fight-or-flight) by releasing hormones. You



were not created to cope with chronic stress on a daily basis. Every drop of these stress hormones unduly pumped in the body is a poison that gradually destroys your immune system. The continual release of these hormones raises your blood pressure and blood sugar increasing your risk of heart disease and diabetes. Stress is caused by fear and worry due to a lack of trust. If you would but realize that not a sigh that is breathed, not a pain that is felt, not a grief that pierces the soul, but the throb vibrates to your loving Heavenly Father's heart, you would never fail to trust Him knowing that everything that comes your way is permitted by Him for your good. You may be as weak as was the woman who touched the hem of Yahushua's garment; but if you feel your dependence upon Him

and come to Him trusting in faith, He will respond as quickly as He did to that touch of faith. The hour of man's necessity is Yahuwah's opportunity.

The hour of man's necessity is Yahuwah's opportunity.

If you would walk without fear, you must know that the hand of Yahushua holds your own firmly. And you can only know this by searching the Word of the living Yahuwah and obeying His word. Take time to pray, and as you pray, believe that Yahuwah hears you. Mix your prayers with faith. You may not at all times feel the immediate answer; but it is then that your faith is tried. You are proved to see whether you will trust in Yahuwah, whether you do have a living and abiding faith. "Faithful is He that calleth you, who also will do it" (1 Thessalonians 5:24). Walk the narrow plank of faith. Do not to trust in your faith, but in all the promises of Yahuwah. Trust Yahuwah in darkness. That is the time to have faith. Don't be governed by your feelings. Don't put your trust in man.

"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." —Matthew 11:28-30, emphasis added

"With men it is impossible, but not with Yahuwah: for with Yahuwah all things are possible." —Mark 10:27

"Behold, I am Yahuwah, the Elohim of all flesh: is there anything too hard for me?" —Jeremiah 32:27

Yahushua said: "If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you." —John 15:7 emphasis added

"And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight." —1 John 3:22

"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." —Isaiah 26:3

"He maketh the storm a calm, so that the waves thereof are still." —Psalm 107:29

Healing Cannot Take Place Without Yahuwah

It is Yahuwah's healing power that runs through all nature. If a tree is cut, a bone broken or finger wounded, nature begins at once to repair the injury. Even before the need exists, the healing agencies are in readiness to accomplish their work of restoration.

When any part of the body sustains injury, a healing process at once begins; nature's agencies are set at work to restore soundness. But the power working through these agencies is the power of Yahuwah working to keep us alive, to build up and restore us. All life-giving power is from Him. When one recovers from disease, it is Yahuwah who restores him. Sickness, suffering, and death are all works of an antagonistic power.

Summary of 8 Habits for Better Health:

- | | | |
|----------------------------|----------------------|---------------------|
| 1. Trust in Yahuwah | 4. Water | 7. Nutrition |
| 2. Sunlight | 5. Exercise | 8. Rest |
| 3. Air | 6. Temperance | |

Most Effective Neglected Agency for Combating Disease

At this point, it would be futile to stop here without addressing the power of your mind for the restoration and health. The thoughts in the mind need to be controlled, for they have a most powerful influence upon the health and are the most effective agency for combating disease. The electric power of the brain, promoted by mental activity, vitalizes the whole system, and thus is the most invaluable aid in resisting disease.

To array someone's mind against sickness, is the supreme art of medicine. Inspire in a person courage and purpose, and the mind-power will cast out disease. Willpower is another name for life force. Men with great willpower resist and combat disease. The imagination often misleads, and when indulged, brings severe forms of disease upon the afflicted. Sickness of the mind prevails everywhere. Nine tenths of the diseases from which we suffer have their foundation here. Ninety percent of illnesses are mentally triggered—mostly due to stress and guilt.

9. Eight Mental Steps to Better Health

What Is the Best Medicine for Diseased Bodies and Minds?

1. FORGIVING

One cannot experience the full blessing of health without having first experienced Yahuwah's forgiveness. Remember that sin is the first cause of disease because if sin had not existed neither would have disease. The burden of guilt, with its unrest and unsatisfied desires, is the foundation of many maladies.

In the Bible, the paralytic found in Yahushua healing for both the soul and the body. The spiritual healing preceded the physical restoration. This lesson should not be overlooked; forgiveness is connected with physical healing. There is inexpressible peace and joy and rest in the consciousness of sins forgiven. There are today thousands suffering from physical disease, who, like the paralytic, are longing for the message, "Thy sins are forgiven." They can find no relief until they come to the Healer of the soul. The peace which He alone can give imparts vigor to the mind, and health to the body.

Yahuwah promises that "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." (1 John 1:9). "Return unto Yahuwah thy Elohim; for thou hast fallen by thine iniquity. Take with you words, and turn to Yahuwah; say unto him, Take away all iniquity, and receive us graciously." Yahuwah answers, "I will heal their backsliding, I will love them freely; for mine anger is turned away from him" (Hosea 14:1, 2, 4). What can make a heart so light, what can spread so much sunshine through the soul, as the sense of sins forgiven? The peace of Yahushua is life and health.

"An unforgiving heart cannot be healed."

However, if we expect our prayers to be heard when we come to ask mercy and blessing from Yahuwah, we must forgive others in the same manner and to the same extent as we hope to be forgiven. How can we pray, "Forgive us our debts, as we forgive our debtors," and yet indulge an unforgiving spirit? (Matthew 6:12). We shall need to have the love of Yahushua, that we may not cherish an unforgiving spirit. An unforgiving heart cannot be healed. It is the love of Yahuwah that draws us unto Him, and that love cannot touch our hearts without creating love for our brethren.

2. A CLEAR CONSCIENCE

"My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh." —Proverb 4:20-22

There is a close association between the physical being and the soul. When a human being is in harmony with Yahuwah few problems of the physical body are unsolvable. With His help nothing is impossible.

There is health in obedience to Yahuwah's law. The consciousness of right-doing is the best medicine for sick bodies and minds. The special blessing of Yahuwah resting upon the receiver is health and strength. A person whose mind is quiet and satisfied in Yahuwah is on the pathway to health.

"My son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee... It shall be health to thy navel, and marrow to thy bones." (Proverb 3:1, 2, 8). This is a powerful promise, as here Yahuwah promises that if we obey Him He will bless us with excellent digestion "health to thy navel" and a strong immunity "marrow to thy bones" (the immune system cells are formed in the bone marrow). Interestingly, these are the two main factors needed for good health.

A clear conscience combined with cheerfulness are better than drugs as effective agents in restoring health.

3. A HAPPY HEART

"The joy of Yahuwah is your strength." —Nehemiah 8:10

There is a physiological truth—truth that we need to consider—in the scripture: "A merry rejoicing heart doeth good like a medicine" (Proverb 17:22, emphasis added).

Our thoughts are the food that our brains feed on. As we can eat foods that steal from our bodies, like sugar; we can also think thoughts that steal from our bodies, like anger.

We can choose what we think, and in doing so, we choose between health and disease.

Redford Williams, M.D., author of the book *Anger Kills*, wrote: "Getting angry is like taking a small dose of some slow-acting poison every day of your life." Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life-forces and to invite decay and death.



In his book, *Anatomy of an Illness*, Norman Cousins describes his recovery from ankylosing spondylitis, a disease of "unknown etiology" with a survival chance of one in 500. In a desperate bid to survive, Cousins rejected his drug therapy, hired a projector and amused himself watching old comedy movies. He was following a hunch he had acquired from reading Dr. Hans Selye's book *The Stress of Life*, and his changed state of mind, helped by laughter, improved diet and his own determination, was the turning point from which he recovered full health in a few months.

It has been said that a hearty laugh a day may keep the doctor away. Laughter has innumerable benefits. It increases blood flow as much as a 15- to 30-minute workout. It proves a potent anti-stress factor, decreases asthmatic attacks, increases stamina, relieves arthritic pain, and promotes good sleep. Also, since the serotonin levels go up after laughter, it is an effective antidote for depression. Studies have shown that even breastfed babies with eczema experience milder symptoms if their mothers laugh hours before feeding them.

"All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast." —Proverb 15:15

How Can I Be Happy When I Don't Feel Happy?

Cheerfulness is created by considering the great blessings we enjoy as children of Yahuwah. We can also gain happiness through the pleasure of blessing others.

What Thoughts Should I Think of to Promote Health of Body and of Soul?

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." —Philippians 4:8

But I Feel Dominated by Negative Thoughts ...

You may close every door to negative thoughts by lifting the soul into the presence of Yahuwah through sincere prayer whilst claiming this promise in faith: "Casting down imaginations, and every high thing that exalteth itself against the knowledge of Yahuwah, and bringing into captivity every thought to the obedience of Yahushua" (2 Corinthians 10:5).

4. GRATITUDE



"Be careful for nothing [be anxious about nothing]; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto Yahuwah." — Philippians 4:6

Life is a "Gift of Yahuwah." Ecclesiastes 3:13

Every blessing comes from Yahuwah's bountiful hand and nothing tends to promote health of body and of soul more than a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings—as much as it is a duty to pray.

"In everything give thanks: for this is the will of Yahuwah in Yahushua concerning you" (1 Thessalonians 5:18). This command is an assurance that even the things which appear to be against us will work for our good. "All things work together for good to them that love Yahuwah, to them who are the called according to his purpose" (Romans 8:28). Yahuwah would not bid us be thankful for that which would do us harm.

Many do not leave their cases with Yahuwah; they encourage weakness and disease by worrying about themselves. If those would cease repining and rise above depression and gloom, their recovery would be more certain. They should remember with gratitude how long they enjoyed the blessing of health; and should this precious boon be restored to them, they should not forget that they are under renewed obligations to their Creator. When the ten lepers were healed, only one returned to find Yahushua and give Him glory. Let us not be like the ungrateful nine whose hearts were untouched by the mercy of Yahuwah.

What Will Happen When I Start to Praise Yahuwah?

Yahuwah desires us to make mention of His goodness and tell of His power. He is honored by the expression of praise and thanksgiving. He says, "Whoso offereth praise glorifieth Me" (Psalm 50:23). Yahuwah desires that the whole life of His people should be a life of praise. Thus His way is made "known upon earth," His "saving health among all nations" (Psalm 67:2).

"Delight thyself also in Yahuwah; and he shall give thee the desires of thine heart." —Psalm 37:4, emphasis added

5. THE POWER OF PRAYER

Do not be stressed; instead take your problems to Yahuwah in prayer. Keep your wants, your joys, your sorrows, your cares, and your fears before your Father in heaven. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. "Yahuwah is very pitiful, and of tender mercy" (James 5:11). His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe. Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in



our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy or cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. "He healeth the broken in heart, and bindeth up their wounds" (Psalm 147:3)

The relation between Yahuwah and each soul is as distinct and full as though there were not another soul upon the earth to share His watch-care, not another soul for whom He gave His beloved Son.

Yahushua promises: "And all things, whatsoever ye shall ask in prayer, believing, ye shall receive" (Matthew 21:22). He also says: "If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you" (John 15:7). "The prayer of faith shall save the sick, and Yahuwah shall raise him up; and if he have committed sins, they shall be forgiven him" (James 5:15).

Unceasing prayer is the unbroken union of the soul with Yahuwah, so that life from Yahuwah flows into our life; and from our life, purity and holiness flow back to Yahuwah. There is no time or place in which it is inappropriate to offer up a petition to Yahuwah. Perseverance in prayer has been made a condition of receiving.

He who numbers the hairs of your head is not indifferent to the wants of His children.

Without Believing in the Power of Prayer, How Can I Know Prayer Really Works?

Larry Dossey, M.D., in his book *Healing Words*, described "one of the best kept secrets in medical science: benefits of prayer." Dr. Dossey defines prayerfulness as "a feeling of love, compassion and empathy toward another," and he explains that prayer is "a powerful and legitimate (if often overlooked) method of healing." Dossey uses an impressive array of evidence to show that prayer can have a positive effect on health. A 1988 study conducted in San Francisco investigated the effect of prayer on the cardiovascular health of 393 coronary-care patients. Unknown to the patients involved, one group was prayed for and the other was not. At the end of the ten-month study, the prayed-for group was five times less likely to require antibiotics and three times less likely to develop a condition in which the lungs get filled with fluid.

In the October 2001 issue of *Journal of Reproductive Health*, researchers at Columbia University—expressing great surprise at their own profound findings—announced that when complete strangers prayed for women who went to a fertility clinic, the women had twice the pregnancy rate as women for whom prayers were not offered.

"... but the word preached did not profit them, not being mixed with faith in them that heard it." —Hebrews 4:2

6. LOVING OTHERS

THE GOLDEN RULE:

Scientists put groups of rabbits in cages, fed them high-cholesterol foods for several months, and then tested them. For the most part, the results were not surprising. Because of their poor diet, the rabbits had greatly elevated cholesterol in their veins and arteries. All of them but the ones in the lower cage. The researchers wondered why only these rabbits were not affected by the poor diet? The researchers checked further and found that one of the female lab attendants had taken a liking to the rabbits in this cage.



After recording research information about the rabbits, she would give them personal attentions, taking them out of the cage, snuggling, petting, and playing with them. She did this every day.

The researchers thought this was fascinating and decided to implement the "love" variable on a broader scale. This time

they put three groups of rabbits (A, B, and C) in three separate cages and fed them fatty foods. Every day they took group A out of their cage and played with them for a period of time, hugging, snuggling, and petting them. Then group B they touched only once in a while, and group C they never touched at all.

When the experiment was over and the researchers tested all three groups, they found that group C had a high build up of cholesterol, group B had a little less build up of cholesterol, and—not surprisingly—group A had significantly less cholesterol build up. The only variable was how much attention and loving care the rabbits in the groups received.

One basic truth seemed to emerge from the research: Although the rabbits ate the same unhealthy food, those that were given attention and love developed more effective ways to handle the bad food they were eating. In other words, there was a significant link between love and physical health.

The love which Yahushua diffuses through the whole being is a vitalizing power. Every vital part—the brain, the heart, and the nerves—is touched with healing. By it the highest energies of the being are roused to activity. It frees the soul from the guilt, sorrow, anxiety and care, which crush the life forces. With it comes serenity and composure. It implants in the soul health-giving joy that nothing earthly can destroy.

As we receive the love of Yahushua and experience the rich gifts of His grace we become debtors (Romans 1:14) and are called to impart to others that which we have received.

"Giving love is a powerful healer."

When you love others, your immune system is energized to fight against the disease. Love changes the chemical pathways of the brain strengthening your body's resistance.

There Is Someone I Just Cannot Love, What Can I Do?

There are many ways to develop appreciation and love for a person but one of the most effective ways is to include the person in your intercession at the throne of grace. It is difficult to dislike someone for whom you are praying for.

Yahuwah changes your heart as you pray for that person. Try it!

Also it is important to accept the person for what he is rather than for what he is not. We miss much if we fail to look for the good qualities and strengths which each person possesses.

7. SAMARITAN WORK

"Is not this the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily." —

Isaiah 58:6-8

A man journeying on a winter's day through deep drifts of snow became benumbed by the cold, which was almost imperceptibly freezing his vital powers. He was nearly chilled to death, and was about to give up the struggle for life when he heard the moans of a fellow-traveler, who was also perishing with cold. His sympathy was aroused, and he determined to rescue him. He chafed the ice-cold limbs of the unfortunate man, and after considerable effort raised him to his feet. As the sufferer could not stand, he bore him in sympathizing arms through the very drifts he had thought he could never get through alone.

When he had carried his fellow-traveler to a place of safety, the truth flashed home to him that in saving his neighbor he had also saved himself. His earnest efforts to help another had quickened the blood that was freezing in his own veins, and sent a healthy warmth to the extremities of his body.



In helping others we ourselves receive help.

Doing good is an excellent remedy for disease. The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves and quickens the circulation of the blood and induces mental and physical health.

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 Yahuwah is a healing power, and those who are abundant in benefiting others will realize that wondrous blessing in both heart and life.

An aimless life is a living death.

One of the surest hindrances to the recovery of the sick is the centering of attention upon themselves. Many invalids feel that everyone should give them sympathy and help, when what they need is to have their attention turned away from themselves and to think of and care for others.

Yahuwah imparts His blessings to us that we may impart to others. When we ask Him for our daily bread, He looks into our hearts to see if we will share the same with those who are more needy than ourselves.

The widow and the fatherless have the strongest claims upon our tender sympathy (James 1:27). They are the objects of Yahuwah's special care. They are lent to Yahushua'ians in trust for Yahuwah. To love and to labor is the sum of living, and yet how many think they live who neither labor nor love.

8. SWEET WORDS

"Pleasant words are as an honeycomb, sweet to the soul, and health to the bones." —Proverb 16:24

What Is the Importance of Sweet Words?

In their book *Food and Love*, Gary Smalley and Rex Russell compiled the following research that was most revealing:

Medical research has studied the effect of chronic quarrelling on a person's health and have found that couples and roommates who frequently quarrel tend to have more illnesses than do the people in amicable relationships. Those who have constant fights suffer a weakening of their immune systems and are generally less healthy than those who react amicably with friends and family. A study of students at Yale University discovered that roommates who disliked each other had far more colds and flues and visits to physicians than did roommates who liked each other—and the greater the dislike—the higher the number of illnesses.



"There is that speaketh like the piercings of a sword: but the tongue of the wise is health." —Proverb 12:18

Researchers of Ohio State University Medical Center brought 90 couples into a lab and asked them to resolve an issue of disagreement; continuous blood monitoring for 24 hours revealed that couples who had high levels of hostility displayed significant deterioration on eight measures of the immune system.

Researchers at Cambridge University in England found that couples who had constant quarrels were 13 times as likely to develop a serious illness as couples who rarely fought.

"A man's belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled. Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof." —Proverb 18:20, 21

How Can I Make Sure That My Words Are a Good Influence?

If your thoughts are right, then yours words will be right. It is best for every soul to closely investigate what mental food

we serve our brains to chew on. Slanderous speeches, is a form of cannibalism, will not be spoken by those who are feeding on that which is the Bread of Life. When one gives place to an angry spirit, he is just as intoxicated as a drunkard.

"Getting angry is like taking a small dose of some slow-acting poison every day of your life." —Redford Williams, M.D., Anger Kills

10. Let's Get Practical

HOW TO CHANGE?

Address Your Health or It Will Address You

In 2006, in Beijing, a 35-year-old Chinese man, wanted by police on gun charges, surrendered himself after hiding in a cave constructed at the back of his house for eight years. After eight years, in spite of the possibility of a death sentence, the man finally gave himself up to police after no longer being able to cope with the "psychological pressure."

The harvest of our lifestyle habits inevitably reaps itself in the condition of our health. If we choose not to change bad habits, we are as the man hiding in the cave pretending to be free when really in bondage to the inevitable.

Delay is the worst enemy for reform. It is essential to examine where you fail, and then commence the work of reform earnestly without delay one small step at a time. Make an effort to carefully preserve the remaining strength of your vital force, by lifting off every transgression of Yahuwah's physical and moral laws. The timing of your reform will tell in favor of your success; delay and neglect will only make it more difficult.

Ask For the Grace of Yahuwah

The most profound and long-lasting changes in our behavior come as we look to Yahuwah for help. Never are we to lose sight of Him. "Without Me," Yahushua says, "you can do nothing." Remember this (John 15:5). When you know Yahushua personally, the Holy Spirit of Yahuwah will dwell in your heart. As such you will have a source of strength and power to make great changes in your life.

If you are conscious of an area in your life that needs to change, talk to Yahuwah about it and commit the change you desire to make to Him. When you depend on His strength and not your own, He will never fail you.

If you are sick and want to recover, the change must be dramatic and complete. Ask in faith for the strength of character needed to make the reform and Yahuwah will give you the power to will and to do. The Word teaches us, "I can do all things through Yahushua which strengtheneth me." (Philippians 4:13).

We need to learn that the [blessings of obedience](#), in their fullness, can be ours only as we receive the grace of Yahushua. It is His grace that gives us power to obey the laws of Yahuwah. It is this that enables us to break the bondage of evil habits. This is the only power that can make us and keep us steadfast in the right path.

Yahuwah in His wisdom has created human beings with all the potential to grow and change. The greatest thing any person can do to improve his habits is to submit himself to his Creator. As he does this he will begin to grow into the likeness of Yahushua Himself who kept all His Father's moral and physical health laws.

Adopt the Right Mindset

"For as he thinketh in his heart, so is he." —Proverb 23:7

What you think, say, see, smell, feel and taste is all dependent on how you choose to think of it in your mind. If you determine by the grace of Yahuwah to love health reform you will love it. If you approach it with skepticism and dislike, it will feel, look, smell, and taste to a great extent according to what you think.

Good Health Is a Habit, Not an Event

An "all or nothing" mentality is the way to defeat. If you are unable to do everything all at once or always, do not fret, you don't need to overwhelm yourself. Simply adapt one change at a time, once you get used to it, quickly get started on another good habit.

Every step you take towards health will do you good. If you slip, do not quit. It is what you do most of the time that counts. It is not the odd times but the habitual tendency that determines good health.

One of the differences between people and animals is the way they acquire behavior patterns. Animals follow instinct. This knowledge and behavior is inherited. In contrast, although tendencies are inherited, humans follow learnt behavior. Most of what we do, we do because we learnt it somewhere. Habits are convenient, since once we establish them, we don't have to deliberate about everything we do.

The good news is, once you follow a healthy lifestyle for long enough, it will become a rewarding habit to help keep you on track with much less effort and planning. Consistency is key, and the more often you engage in the habit, the stronger yet easier it becomes.

"If we did all the things we are capable of doing, we would literally astound ourselves." —Thomas A. Edison

We cannot be too often reminded that health does not depend on chance. It is a result of obedience to Yahuwah's laws. Obedience to these laws is by no means a restriction of liberty, it really is an inestimable blessing that frees us from all fear of illness.

You are to "look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal" (2 Corinthians 4:18). The exchange you make in the denial of selfish desires and inclinations is an exchange of the worthless and transitory for the precious and enduring. This is not sacrifice, but infinite gain.

"I beseech you therefore, brethren, by the mercies of Yahuwah, that ye present your bodies a living sacrifice, holy, acceptable unto Yahuwah, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of Yahuwah." —Romans 12:1, 2, emphasis added

We have taken out from the original article all pagan names and titles of the Father and Son, and have replaced them with the [original given names](#). Furthermore, we have restored in the Scriptures quoted the original names of the Father and Son, as they were originally written by the inspired writers of the Bible. -WLC Team