

Radiant *Living*



Simple Steps to **Health** and Happiness

JERRY'S NEW BEGINNING



Fifty-two year old Jerry Forester* was elated as he stepped off the scales. One hundred pounds were gone. He could hardly contain his delight.

He thought back to just one year ago. His weight had been ranging between two hundred eighty-five and three hundred pounds. He was taking as many as three shots of insulin plus three other medications each day to control his diabetes and high blood pressure. He was experiencing panic attacks, chronic insomnia, and just walking was extremely difficult. His job suffered as his performance decreased, and he dreaded the thought of losing his livelihood. The future seemed uncertain, and he feared for his life. He knew he needed help, but what could he do?

Over the years Jerry had tried many approaches to remedy his condition, only to be sorely disappointed. Then Jerry learned about a lifestyle center in a nearby state that promised to help him regain control of his health. Eagerly he enrolled in their seventeen day live-in program. The kind doctors and helpful staff evaluated his condition and tailored a plan specifically for him.

On his first walk he shuffled about 250 feet downhill before he stopped to rest on a convenient bench for about 20 minutes while he regained his breath for the return trip.

Day by day he improved. As he regained strength, his doctors gradually lowered his medications. By the end of the session Jerry was walking more than a mile at a time and enjoying a new sense of freedom. One shot of insulin per day was sufficient. His blood pressure was down, and he was sleeping like a baby.

Jerry carefully followed the new lifestyle program at home. Now, two years later, his blood sugar is under control, he is totally off all medication, and he feels wonderful. He lectures and travels extensively and recently he received a job promotion.

In the pages of this magazine you will discover God's wonderful plan for health. Come join this exciting adventure that leads to a truly radiant life. ♣

* The name has been changed to protect privacy.

Health is a treasure. Of all our possessions it is the most precious. Wealth, learning, and honor are dearly purchased at the loss of vigor and health. None of these can secure happiness if health is lacking.

It is possible to be as vital and alive at 61 as at 16. We can arise each morning with renewed vigor and strength, bubbling over with enthusiasm and energy. We can enjoy each day to its fullest. This is not done with a magic potion or some will-o'-the-wisp fountain of youth, but is possible through carefully applying the simple basic principles that we will be studying. As you come to understand them more clearly, the challenge will be to decide how to put them to work effectively. Each discovery becomes a key that opens a treasure chest full of the riches of life.

Some people think that health is like a game of chance—that “when your number comes up” you will die. Others conceive of length of life as preordained—“when the finger of Fate points at you” life is over. But science demonstrates, and the Bible teaches, that *no* finger of Fate points at us. If I contract lung cancer as the result of smoking cigarettes I can’t blame it on Fate—inhaling the 29-plus poisons in cigarette smoke killed me. If I indulge often in fat-rich foods, it’s **FAT** not **FATE** that clogged my arteries.

We live in an orderly universe that is subject to the law of cause and effect. If you throw a stone off a cliff the law of gravity will make it fall. If you stand in the rain you will get wet. When the key is turned in the ignition the car will start. If it does not, there is a reason. This law is also true of our health. It is sometimes hard to see the cause and effect relationship between the laws of health and the consequences of disregarding them, simply because the effects are not immediate. But the day of reckoning will come. The decisions and actions of today have a serious impact on the

Radiant Health

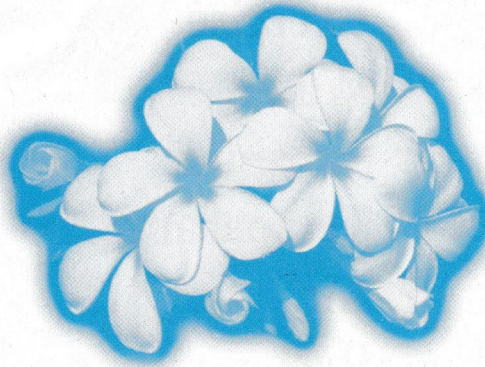
future. Even smoking two packs of cigarettes a day doesn’t cause lung cancer or emphysema in one week. Too often this lack of *immediate* effects causes us to conclude that there are *no* effects, and we end up living for today at the expense of tomorrow.

The more scientific evidence that comes in, the more indication there is that we bring many of our diseases upon ourselves. To a large degree sickness and disease are caused by poor health habits. We could live much longer if our lifestyles did not lead to life-shortening illnesses. We now know that heart disease, cancer, and stroke are largely preventable. Habits such as smoking, drinking, and overindulging in high-fat high-cholesterol foods bring us to the grave before our time.

“Whatsoever a man soweth that shall he also reap.” (Galatians 6:7).

Learn to cooperate with your body. It has been endowed with the capacity to resist dis-

ease, and does it well when not hindered by unhealthy lifestyle habits. Practice what is good, and avoid what is harmful; give your body every advantage in its endeavor to stay healthy and well.

Nature, unhindered, does her work wisely and well. Those who persevere in obedience to her laws will reap the rewards in health of mind and body. 

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Radiant Living

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The information given in this magazine is intended to help adults make informed decisions about their health. It is not designed to replace medical diagnoses or treatment. If you suspect that you have a medical problem, we urge you to seek competent medical help.

STEPS TO RADIANT LIVING

We want to feel alive and energetic, look forward to each new day, and enjoy optimum health. To accomplish this, each of us must assume responsibility in an intelligent way for our own well-being; yet, we do not have the years of training and experience it takes to be a physician. What can we do to take charge of our health?

Is there a simple plan that can be followed by those interested in vibrant health and wellness? Yes, there is! The Weimar Institute in California has developed a conditioning program built on eight basic concepts proven to decrease your risk of disease, and strengthen your body. These principles provide the foundation for dealing with any health condition successfully. Weimar created the acronym NEWSTART® to make them easier to remember. NEWSTART® stands for:

Nutrition
Exercise
Water
Sunshine
Temperance
Air
Rest
Trust In God.

Applied individually, each health principle is very effective; but combined, the benefits are multiplied beyond what each one by itself could do.

NEW START Nutrition

How would you like to enjoy tasty satisfying meals, normalize your weight, and enhance your health all at the same time? It's possible! There is a wide variety of delicious foods that are both healthful and appetizing.

Food is vital to our health. It provides the building blocks for growth and repair, and fuel for energy. It is a key element in the length and quality of life. Poor diet contributes to weight gain, heart disease, cancer, and a host of other diseases.

Understanding Food

The food we eat is composed of a variety of nutrients. Its basic caloric components are carbohydrates, proteins, and fats.

Carbohydrates. These are the primary source of energy for every action and process in the body.

Carbohydrates come in two forms: sugar and starch. Sugars are digested quickly and—unless fiber is present to slow things down—enter the blood stream as glucose within minutes. Starches provide energy for a longer period of time because they must be changed to sugar during the digestive process. They should constitute the largest percentage of the diet, but be careful of the source. When foods are refined the fiber is removed. This results in a denser concentration of calories, making it easier to eat more than you can use. These excess calories are converted to fat and stored.

Whole grains, potatoes, beans, vegetables,

and fruits are all excellent sources of carbohydrates.

Protein. Your body is built largely of protein. It is the most important component of muscles, blood, skin, bones, nails, hair, and the internal organs.

It is necessary for the growth, maintenance, and repair of the body.

Protein takes longer to digest than starch. It is broken down in the digestive system into amino acids which the body then uses to build its own proteins. Ideally it should make up about 8 percent of the diet.¹ Excess protein is changed to uric acid and eliminated, or converted to glucose and used for fuel.

Good sources of protein include seeds and nuts, whole grains, legumes (beans and peas), dark green leafy vegetables, and potatoes.

Fat. These fatty acids are necessary for the proper performance of the body. They help to absorb certain vitamins, make food taste good, and give a feeling of satisfaction after you have finished eating. They also regulate many body processes such as normal cell growth, nerve functions, and immune system response.

However, moderation is important. Fat is the most difficult nutrient for the digestive

FOOD COMPOSITION

	(in percent of calories)			(amount per 100grams)	
	protein	fat	carb	fiber	chol
MEAT					
Bacon, cured, cooked	22%	78%	0%	0 g	85 mg
Chicken, whole, roasted	45%	55%	0%	0 g	94 mg
DAIRY					
Milk, skim	40%	4%	56%	0 g	2 mg
Cheese, cheddar	25%	74%	1%	0 g	105 mg
NUTS					
Almonds, dried	13%	75%	13%	11 g	0 mg
Walnuts, dried	9%	81%	11%	5 g	0 mg
LEGUMES					
Lentils, cooked	30%	3%	67%	8 g	0 mg
Pinto beans, cooked	24%	3%	73%	8.5 g	0 mg
GRAINS					
Rice, brown, cooked	9%	7%	84%	2 g	0 mg
Wheat, whole grain	16%	5%	79%	12 g	0 mg
VEGETABLES					
Potato, baked	11%	1%	88%	2.5 g	0 mg
Broccoli, cooked	34%	9%	57%	3 g	0 mg
FRUITS					
Bananas	5%	2%	93%	2.5 g	0 mg
Oranges	8%	4%	88%	2.5 g	0 mg

system to handle, and takes four to five hours to leave the stomach. It should comprise no more than 25 percent of the diet.² Excess fat is simply stored to be used as a backup source of fuel.

High fat foods include meat and dairy products, nuts, and "free fats"—refined fats, such as oils and margarines. Low fat foods include beans, grains, vegetables, and fruit.

Fiber. While technically a carbohydrate, fiber contributes no nutrients. It fills you up, thus limiting calorie intake. It slows down the digestion of sugar, and speeds up the time it takes food to digest, which keeps it from decaying before it is eliminated. Fiber also binds with cholesterol and removes it from circulation. Unrefined plant foods contain enough fiber to properly regulate digestion.

Micronutrients. Vitamins, minerals, and other micronutrients are substances the body needs in small amounts to work properly and stay healthy. It has been proven that a diet of pure carbohydrates, protein, and fat without the micronutrients will result in death. When foods are refined, the majority of both vitamins and minerals are removed. For instance, when wheat is refined to make white flour, twenty-four vitamins and minerals are lost; when it is "enriched" five of the lost micronutrients are replaced.

Phytochemicals. Literally "plant chemicals," these are substances found in plants that, among other benefits, lower the risk of cancer. Most work by either blocking carcinogens from affecting the cells or by suppressing malignant cells. Phytochemicals are usually destroyed when foods are refined.

A Diet of Excess

Most of the diseases that plague our society today, including heart disease, hypertension, cancer, osteoporosis, and diabetes, are closely connected to our dietary habits. The typical American meal is high in fat, protein, and refined carbohydrates, such as sugar and white flour, and low in unrefined carbohydrates, such as natural fruits, whole grains, and vegetables.

In the last hundred years the incidence of heart disease and stroke has risen from 15 percent to 45 percent of all causes of death. The occurrence of cancer has risen from 6 percent to 25 percent. This rise in disease is directly related to diet. In countries where people do not have access to a western diet there is a much lower incidence of these diseases.

Americans are dying from a diet of excess: too much fat, too much protein, too much cholesterol, too much sugar, and too much salt. We eat too many calories and we eat too often.

Fat. Most people don't realize that they are consuming an average of 37 percent of their daily calories [food energy] as fat. This is much more than the body can properly handle. Excess fat has been identified as the most damaging element of the western diet and is a major contributor to heart disease, cancer, and diabetes.

Protein. For many years there has been an emphasis in nutritional science on getting enough protein. However, research shows that this emphasis has been misplaced. Rather than most people getting too little protein, Westerners eat two to three times more than they need. The respected nutritional scientist Dr. Mark Messina, formerly of the National Cancer Institute's Diet and Cancer branch, sums it up. He says, "When people eat several servings of grains, beans, and vegetables through-

Salt. We eat 10-20 times more salt than is needed. It contributes prominently to high blood pressure, heart failure, and kidney disease. The body needs only about one tenth of a teaspoon ($\frac{1}{2}$ gram) of salt a day. However, that drastic a change is unrealistic for most people. A more reasonable goal is to cut back from two to four teaspoons (10-20 grams) a day to one teaspoon (5 grams) per day.

Sugar. Devoid of fiber and nutrients, refined sugars are empty calories that account for up to 20 percent of many people's daily caloric intake. They produce a quick rise in blood sugar and energy. This causes the body to overreact and flood the system with insulin, which drops the blood sugar too fast and too far, causing low blood sugar and an energy dip, often accompanied by a feeling of faintness and hunger. Jumping through the day from "sugar highs" to "sugar blues" is a way of life for many people.

Empty caloric foods. Many beverages such as soda pop, beer, sweetened coffee and tea, and other drinks are loaded with calories. These, along with high-sugar high-fat snacks, not only add thousands of unnecessary calories, but take the place of nutritional food, leaving you overcaloried and undernourished.

The original diet intended for man consisted of grains, fruits, nuts, and vegetables. (See *Gen.1:29; 3:18*). Prepared as simply as possible, they are the most healthful and nourishing foods available. They give longevity, strength, endurance, intellectual acuity, and freedom from disease.

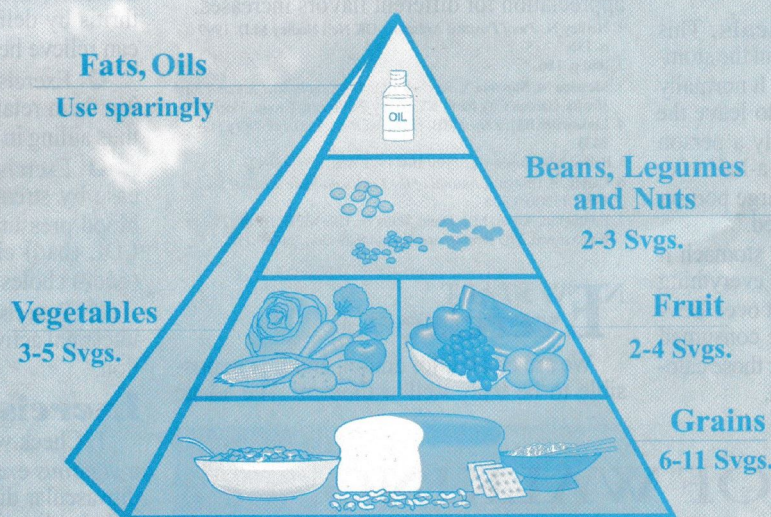
Designing Delightful Nutrition

Here is a practical plan that provides a complete balance of essential nutrients for radiant good health

1. Eat a wide variety of fruits, grains, vegetables, legumes, seeds, and nuts prepared in a simple tasty way. There are hundreds of varieties and colors, in every imaginable texture, shape, and flavor. Eating a varied selection of natural plant foods will furnish all the nutrients the body requires. For maximum health and energy, the human body needs a low fat, moderate protein, high carbohydrate diet with sufficient micronutrients and fiber. See the daily food guide pyramid for help in planning balanced menus.

2. Avoid protein from animal sources. Animal products provide an excess of fat, cholesterol, and protein; they often carry harmful viruses and bacteria, as well as

FOOD GUIDE PYRAMID



out the day and get enough calories, it is virtually impossible to be deficient in protein.”³

Excess protein in the body leaches calcium from the bones and is the major cause of osteoporosis. In one study men on low (48g), medium (95g), and high (142g) protein diets were given 1400 mg of calcium per day for four months. The low protein group gained 20 mg of calcium per day. The medium protein group lost 30 mg of calcium per day, and the high protein group lost 70 mg of calcium per day.⁴ Too much protein also causes deterioration of kidney function, and is linked to increased risk of cancer. Research and epidemiological studies correlate high protein intake with increased growth rates and decreased life span.

hormones, antibiotics, and other chemical concentrations.

3. Limit fat, sugar, and salt. Select naturally sweet foods such as dried fruit rather than refined sugar, and choose olives, nuts, and avocados—all in moderation—rather than refined fats and oils.

4. Eat a good breakfast, a moderate lunch, and a light supper—or skip the evening meal. A large breakfast containing a proper balance of nutrients will give you steady energy all morning. According to the notable Alameda County study, eating breakfast has nearly as much of a positive impact on health and longevity as abstinence from tobacco.⁵ Timing is an important factor in dietary health. Food eaten in the morning is used during the day. Taken in the evening, it is stored as fat. Studies have shown that people have lost as much as ten pounds a month merely by timing their meals correctly.⁶ A heavy supper in the evening also increases the number of fat particles in your blood, setting you up for a heart attack while you sleep.

5. Allow at least five hours between meals, and eat meals at the same time each day. This gives your digestive system the opportunity to work efficiently and rest between cycles.

6. Don't eat between meals. This slows down digestion so that food in the stomach ferments and produces toxins. It normally takes four to five hours for food to leave the stomach after a meal. In one study a person was given snacks every hour-and-a-half after breakfast. Thirteen hours later a large portion of the breakfast was still undigested.⁷

Each time food is put into the stomach it stops the digestion process, mixes everything up, and forces the stomach to start over. Beverages with calories should not be consumed between meals for the same reason; those calories interrupt the digestion as well.

How do you implement this nutritional plan? When you shop, choose fresh fruits and vegetables, whole grain bread and pasta, low sugar cereals, brown rice, raw nuts and seeds, dried fruit without sugar coating, etc. If you buy prepared foods, read the labels and avoid foods high in fat, sugar, salt, and spices. Even some “health” foods may be high in these things. When you cook, avoid frying—boil, steam, or bake instead. Cook grains and beans well, fruits and vegetables lightly. While there are many good cookbooks available to help you with a plant based diet, it is best to just keep meals simple and uncomplicated. You don't have to be a gourmet chef to prepare appetizing meals.

Bear in mind that our sense of taste is very overstimulated with the high-fat, high-sugar, high-salt, processed foods many of us are used to. It takes a little while to adjust to simply prepared meals, and it is important to persevere. It may take several months to retrain the taste-buds. However, forcing yourself to eat things you really don't like is counterproductive. Utilize those natural foods which you enjoy, but periodically go back and try some of the foods you've rejected—you may find that they become much more edible as your appreciation for different flavors increases.

1. Nedley N. *Proof Positive* Ardmore, OK Neil Nedley M.D. 1999 p. 186.
2. Ibid p. 186.
3. Messina M, Messina V, Setchell KD. *The Simple Soybean and Your Health* Garden City Park, NY: Avery Publishing Group, 1994 p.24.
4. Linkswiler HM, Zemel MB, et al. *Fed Proc* 1981 Jul;40(9):2429-2433.
5. Belloc NB, Breslow L. *Prev Med* 1972 Aug;1(3):409-421.
6. Carter JP, Brown J. *Journal of the Louisiana State Medical Society* 1985; 137(6):35-38.
7. Ludington, Aileen MD, Diehl, Hans Dr. HSc MPH. *Health Power* Hagerstown, MD:Review and Herald Pub. Co., 2000 P.154.

NEW START Exercise

We are created for action, and it is impossible to be truly well without it! The adage

“Use it or lose it” applies to every part of the body. Exercise provides greater vitality, extra energy, and longer life. Yet, for many, the greatest exertion of the day is getting out of bed or walking from the kitchen to the garage. As a result of our more sedentary habits, we must deliberately incorporate physical activity into our lives.

Exercise is critically important to a total lifestyle approach to health. Here are some of the benefits of exercise:

- Exercise helps us feel good. It is so effective that it is a valuable tool for fighting depression and relieving anxiety and stress.
- Exercise increases energy levels, making us more efficient and productive in all that we do.
- Exercise helps one to reach and maintain proper weight. It burns calories, builds muscle, and increases the metabolism.
- Exercise stimulates the immune system. This decreases not only cold and flu infections, but also significantly reduces cancer mortality rates.¹
- Exercise enhances circulation, which in turn improves memory and mental ability, and promotes better sleep and faster healing. It decreases the pain and stiffness of osteoarthritis by delivering blood to the joints, and can relieve headaches.
- Exercise strengthens the bones, helping them retain calcium and other minerals, thus aiding in the prevention of osteoporosis.
- Exercise helps protect from heart disease by strengthening the heart, decreasing blood pressure and heart rate, and lowering LDL (bad) cholesterol while raising HDL (good) cholesterol.
- Exercise aids digestion and promotes intestinal activity, reducing gas and constipation.

Exercise Essentials

1. Check with your doctor before starting a *vigorous* exercise program if you have cardiovascular disease or are over 40 with multiple cardiovascular risk factors. The risks of physical activity are very low compared to the health benefits. Many more people rust out than wear out.

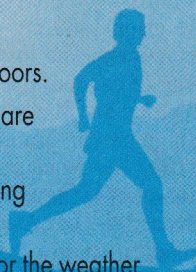
2. Make physical activity a part of your life: grow a garden; choose to walk rather than ride; always use the most distant parking space; take the stairs; play active games with the kids; use a push mower; walk the dog. In addition to these activities, *choose an exercise that you will enjoy* such as walking, swimming, or cycling; if you enjoy it you are more likely to make it a permanent part of your life.

3. Establish an exercise routine. Pick a time of day that's best for you and keep that exercise appointment as if it were a business engagement. Exercise is cumulative. Three ten minute sessions are just as good as one thirty minute period.

BENEFITS OF WALKING

Walking, although one of the simplest exercises; has several surprising advantages:

- Walking uses almost all of the body's 206 bones and 640 muscles.
- It is something that almost everyone can do without learning new skills.
- It does not require the purchase of expensive equipment.
- It is easy on your joints.
- The pace is simple to adjust.
- It can be done anywhere from shopping malls to the great outdoors.
- You can get your fresh air and sunshine at the same time if you are walking outside.
- Walking lends itself to socializing; make exercise fun by including family, friends, and your dog.
- Invest in a good pair of walking shoes and dress appropriately for the weather.



4. Always start with a low intensity exercise to let your body warm up. Then do a few stretching exercises using a slow, steady movement.

5. End with a low intensity exercise to cool down, and more stretching to avoid soreness and enhance flexibility.

6. You need at least 30 minutes of exercise every day. If daily exercise is not possible, try for three times a week on nonconsecutive days. Alternating aerobic exercise with strength training is now recommended as the most complete and beneficial program.

7. Remember, you aren't in competition with anyone, so don't push beyond your tolerance. Excessive exercise is not healthy.

1. Paffenbarger RS Jr. JAMA 1984 Jul 27;252(4):491-495.

NEW **W**START Water

What can be sweeter than a freshly bathed baby; or more refreshing than a cool glass of water on a scorching hot day? Water is an all purpose cleanser both inside and out. It is an abundant and effective agent for washing away dirt, germs, and bacteria.

The skin is one of the organs the body uses to eliminate waste products. If these impurities are allowed to remain on the skin they can cause illness. A clean body and surroundings are indispensable for physical and mental health.

A glass of water acts as a bath for the digestive system, cleansing and refreshing it. Other beverages are unable to purify like water. Soda and coffee can no more clean the inside of your body than they can the outside.

As oil is to a car engine so water is to the body, the universal lubricant that makes everything else work. All the functions of the body depend on water.

A lack of water dehydrates the fluids, tissues, and cells of the body. It causes the blood to thicken, increasing the risks of stroke and heart disease. Insufficient water can mimic hypoglycemia, causing headaches, tiredness, and fainting spells.

The body loses ten to twelve cups of water every day. The food we eat provides two to four cups of water, so we need to drink six to eight glasses each day to replace the difference.

Pure plain water is the best way to replace the fluid you need. Many sugar laden beverages actually result in a loss of water from the system; it requires more water to metabolize the sugar in a drink than it can provide. Caffeine and alcohol are both diuretics which cause the body to lose water. You need an extra glass of water for every high-sugar, caffeinated, or alcoholic beverage you drink.

Drinking water with meals dilutes the gastric juices and slows the digestive process. The best time to drink water is between meals, beginning an hour after eating, until fifteen minutes before the next meal.

Water is a remarkable aid in the treatment of disease. When you are ill drink plenty of water. This replaces any fluid lost during a fever and insures that every part of your body will function well. Frequent showers will prove to be helpful as well.



NEW **S**TART Sunlight

Sunshine has gotten some bad publicity recently; the impression has been given that even small amounts of sun are harmful. While it is true that excessive sunlight can increase the risk of skin cancer and cataracts, sunshine in moderate amounts has many benefits.

☼ Sunlight converts cholesterol into vitamin D, lowering the blood cholesterol. Vitamin D provides a host of advantages to the body, including prevention of many types of cancer and better calcium absorption, which in turn helps prevent osteoporosis and tooth decay, makes stronger denser bones, and speeds bone repair.

☼ Sunlight kills many germs and enhances the immune system by increasing gamma globulin, and raising the number and effectiveness of the white blood cells which destroy germs. Lightly tanned skin kills germs and resists infection much better than untanned skin. Many skin diseases respond well to controlled doses of sunlight.

☼ Sunlight soothes the nervous system and is important in treating depression. It gives a sense of well-being by increasing endorphin production in the brain.

☼ Sunlight strengthens the cardiovascular system. It improves the circulation, lowers the heart rate, and normalizes the blood pressure and blood sugar, bringing highs down and lows up.

☼ Sunlight aids in weight loss, increasing the metabolism by stimulating thyroid production.

☼ Sunlight improves sleep. Natural light exposure in daytime increases melatonin output at night.

☼ Sunlight enhances waste elimination by improving liver function; it is an effective treatment for jaundice. It relieves the kidneys of some of their burden by eliminating wastes through the skin when you sweat.

Moderate work or exercise outdoors every day will secure these benefits and more. We receive the sun's rays even on cloudy days; however ordinary window glass filters out 95 percent of the useful ultraviolet light.

What About Skin Cancer?

Sun should be taken in moderation. Overexposure to sunlight is a major risk factor for skin cancer. Melanoma, a quickly spreading skin cancer that is fatal in 20 percent of cases, is associated with lack of regular sun exposure and repeated burning of the skin. Avoid sunburn like the plague. Get your sunshine in small doses and take great care between 10 A.M. and 3 P.M., particularly in summer when the sun is strongest.

Excessive sunshine, especially sunburn, increases your risk of skin cancer. However, sunlight provides so many benefits that avoiding it is not a healthy choice.

At least ten minutes of sunlight per day is necessary to maintain good health. Any exposure of more than this should be based on your individual skin tone.

NEW START **Temperance**

The word temperance, when used in the context of health, has three very distinct meanings: moderation in the use of that which is good, total abstinence from that which is harmful, and self-restraint.

More is not always better. Work, exercise, rest, eating, and sunshine are all beneficial and necessary; but any of them taken to extremes becomes harmful. Overeating, even of the most healthy foods is detrimental. Exercise is indispensable to living healthfully, but overexertion can cause injury.

Anything that harms the body is counterproductive to good health. Do not use tobacco, alcohol, drugs, or caffeinated drinks. Avoid things that are harmful to you personally: foods to which you are sensitive, or which contribute to a disease you are fighting; risky behaviors or activities; as well as certain people and thought patterns. This rule simply stated is, "First, do no harm."

Self-restraint is easily said, but it is an elusive goal for most of us. It is sobering and alarming to realize that often we really are not in control of ourselves, that we are slaves to some appetite or habit. When you find that what you will to do you don't have the power to accomplish, there is hope. See *Habits and Addictions* p. 20.

NEW START **Air**

Ripples on the lake, butterflies, and bird songs remind us of the bounties of fresh air. Air is the most vital element for man and animals. One may live for weeks without food, or days without water, but deprived of air he will perish within minutes.

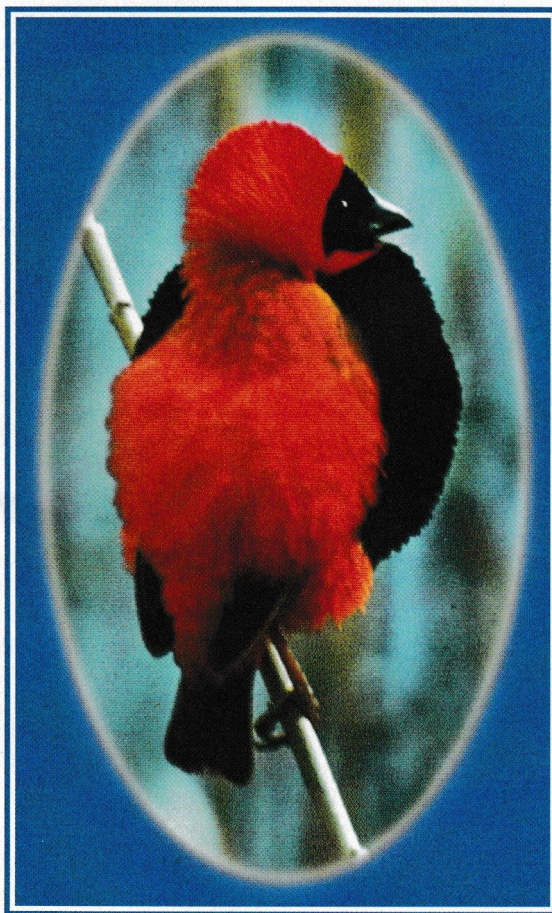
The human body must have oxygen; each of its 100 trillion cells must receive steady, fresh supplies to survive. Every day you take more than 17,000 breaths to keep your body fueled. The heart sends blood to the lungs where it drops off carbon dioxide for elimination and picks up fresh oxygen for delivery to every cell in the body.

Fresh air has many health benefits. It improves the brain's ability to function; gives clarity to the mind, improves concentration, and boosts learning abilities. It gives a sense

of happiness and well-being by altering brain levels of serotonin. It promotes quality sleep, and kills bacteria and viruses in the air. Pollution causes air to lose these capabilities.

Environmental impurities affect people in a number of ways. Symptoms include sore throats, burning eyes, coughing, sluggishness, nausea, headaches, dizziness, exhaustion, and depression. Pollution is also associated with increased asthma, and other respiratory problems, and many of these contaminants have been linked to increased rates of cancer and other illnesses.

In closed areas the same air can be



breathed and rebreathed, over and over. The oxygen content decreases, and the carbon dioxide and other wastes increase. When we breathe this stale air, the supply of oxygen is insufficient to keep the cells fueled. Deoxygenized air increases tension, anxiety, irritability, and headaches. It promotes depression and chronic feelings of fatigue and exhaustion.

Endeavor to get as much fresh air as you can every day. Here are some suggestions that may be helpful.

❖ **Ventilation**

Open the windows or set heating and air conditioning units to bring in fresh air. Air out your house everyday. Keep proper ventilation in mind wherever you are. Avoid car exhaust, tobacco smoke, and stuffy ill-ventilated rooms.

❖ **Deep breathing**

Take several deep breaths to clear the mind and increase the energy level.

1. Find the freshest air available. Go outdoors if possible.
2. Stand erect.
3. Draw as much air into your lungs as they will hold. Imagine it going right down into your belly. Feel your stomach expand.
4. Hold your breath for a few seconds.
5. Empty your lungs as completely as possible; use your stomach muscles to gently push out the last bit of air.
6. Repeat the process five or six times.
7. Take a fresh air break several times daily.

Most people use less than half of their lung capacity. They are not getting all the potential benefits from the air they breathe. Consciously use your stomach muscles to fill and empty your lungs several times a day, and deep breathing will soon become a habit.

❖ **Exercise**

A good workout forces you to breathe deeply and speeds up the circulation of oxygen-rich blood throughout the body; this saturates each cell with oxygen.

Whenever possible, exercise outside in the morning when the air is cleanest.

❖ **Posture**

The way we stand and sit affects the amount of air the lungs can hold. When we sit up straight and "walk tall" we allow them to enlarge and work at full capacity. When we habitually stoop or slouch it is impossible to breathe deeply. Superficial breathing soon becomes a habit and the lungs lose their power to expand and receive a sufficient supply of oxygen.

❖ Clothing

What we wear affects the amount of oxygen available for our use. Loose comfortable clothing allows the lungs freedom to inflate; tight, constrictive clothing around the abdomen tends to restrict breathing.

❖ Plants

From the rainforest, to the city park, to the home, plants serve the very important function of recycling the atmosphere. They absorb carbon dioxide from the air and produce oxygen for us to breathe. Some provide the added advantage of removing toxic pollutants from the air.

❖ A rural environment

Fresh air has a different chemical makeup from the indoor air most of us breathe; it is ionized or electrically charged, which is the primary reason for its multitude of health advantages. This air is produced in natural settings, around trees and moving water, in sunlight, and after thunderstorms.

Fresh country air soothes the nerves, stimulates the appetite, and induces sound refreshing sleep.

If you are fighting sickness, fresh air, in combination with the other principles of health, is a powerful remedy.

NEW START Rest

A vital part of a healthful lifestyle is getting the right quantity and quality of sleep. This is when the body grows, repairs damage,

and restores energy, preparing itself for another day of activity.

When the body is deprived of sleep, it is unable to rebuild and recharge itself adequately. There is an increase in irritability, while creativity, concentration and efficiency suffer. Sleep deprivation impairs judgment, causing values and priorities to change. Continued loss of sleep can result in exhaustion, depression, delusions, paranoia, and hallucinations. Losing as little as three hours of sleep in a single night can cut the effectiveness of your immune system in half. Slowed reaction time and decreased concentration lead to an increase in accidents, both fatal and nonfatal. Estimates suggest that as many as 30 percent of fatal automobile accidents are caused by a driver falling asleep at the wheel. In a classic health study it was found that people who regularly slept seven to eight hours each night had a lower death rate than those who slept less than that.

In the U.S. fatigue is one of the most common reasons for visiting a physician. Many people have been sleepy for so long that they don't know what it's like to feel wide awake. Do you nod off whenever you're not active, need an alarm clock to wake up, or sleep longer on your days off? If so, you are probably not getting enough sleep.

Here are some ways to improve the quality of your sleep:

1. Follow a regular exercise program, preferably in the fresh air and sunshine. The body will rest better if it has been active.

2. Don't eat a heavy evening meal. When the body has to finish the digestion process after you go to bed, you won't get the proper

quality of rest.

3. Have a regular sleeping schedule. Go to bed at the same time and get up at the same time, including weekends. Studies show that the most efficient sleep occurs between 9:00 P.M. and 12:00 midnight.

4. Before bedtime relax your body and mind. Take a warm bath; drink a cup of herbal tea, such as catnip or hops; enjoy some quiet reading or soft music; do something pleasant and soothing.

5. Avoid stimulants like radio, television, tobacco, and caffeine.

6. Avoid upsetting arguments, conversations, and confrontations in the evening. Before bedtime set your worries and anxieties aside. Ask forgiveness and make restitution to those you may have hurt—obtain a clear conscience.

7. Refrain from alcohol; it interferes with the body's ability to rebuild itself while you are sleeping. Check your medications for side effects that interfere with sleep.

8. A cool, dark, comfortable, tidy, and quiet sleeping area with an abundant supply of fresh air will soothe the body and encourage rest.

9. As you go to sleep, take time to be thankful for the blessings in your life.

Our bodies require more than just a daily period of sleep. At creation God provided for a weekly rest, the Sabbath. This gives us a whole day without work, when the week's cares are set aside for quality time with God and our families. This is indispensable for total health—it's like an oasis in the midst of our busy lives. If we work continuously, we impose a strain upon our health and set ourselves up for disease. A longer period of recreation and relaxation is also important from time to time to refresh and renew us.

NEW STAR **T**rust in God

What do faith, religion, and trust in God have to do with health? The list of benefits is extensive. Research has shown that spirituality helps to control stress, strengthen the immune system, and protect against heart disease and cancer. Beyond these scientifically verifiable benefits, God promises eternal life to those who trust Him—a life of perfect health and freedom from pain, fear, and death.

But can I trust Him? Does He even exist, and if so, does He care about me personally? Before you can trust anyone—God or man—you have to get to know him, observe his personality and character, communicate and interact with him, and consider how he treats others and whether he keeps his promises. Before you can trust God, you need to become acquainted; talk, listen, and work with Him; investigate how He deals with His children. He longs to develop a close personal relationship with you. He invites you to come to Him on a daily basis and learn of Him.

Listening to God

Ask Him to give you spiritual insight so that you may hear and understand what He is saying to you. Here are some of the more common ways God speaks to us:

☛ **Through the Bible.** This book is God's disclosure of His own character and His love for mankind. He reveals the true story of the conflict between Himself and Satan and how it has played out through history. It is also the original true source for knowing Christ.

☛ **Through the life of Christ.** God sent His Son into the world so we might have a clearer picture of His personality and character. Christ's life of compassion, courtesy, and service to others here on this earth culminated in His death on the cross, the most vivid portrayal of God's love ever seen.

☛ **Through nature.** God created the wonderful and beautiful things of nature for the happiness and well-being of all His creatures. His love and wisdom can be seen in His created works. Though the earth bears evidence of the curse of sin and only dimly reflects the Creator's glory, His object lessons are not obliterated. Nature still speaks of her Creator; imperfect and blighted though she may be, His craftsmanship may still be recognized.

☛ **Through others.** Like the moon reflecting the light of the sun, genuine Christians can give you a small glimpse of what He is like. However, the likeness of Christ in them may be partial, incomplete, or even distorted. It is better to look to the Source.

☛ **Through providence—God's personal care, protection, and guidance.** God intervenes in our lives; He leads, cares for, and protects us. If

you look back over your life you may be able to recognize some of the times when He has worked to get your attention and tell you He loves you.

What about the trials of life; where is God when my world is falling apart?

Always look at trials through the lens of Calvary. God's love for you was proven at the cross; *"But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us."* (Romans 5:8). He can never act toward you in a way other than love. This divine love combined with His perfect wisdom and unlimited power insures that His decisions are always right. God invariably leads His children as they would choose to be led, if they could see the end from the beginning.

If God is so loving and wise, why do bad things happen to good and innocent people?

There are many reasons why bad things happen to good people. Here are a few of the factors that may be at work.

1. Because of our own choices. God does not force the will of anyone. He respects each person's right to choose whether or not they will obey Him and follow His will by doing as He directs. He lets us experience the results of our own choices.

2. Because of the choices of others. We all have an influence on each other's lives. The poor choices of Adam and

Eve, civil leaders, drunk drivers, and our parents, all affect our lives adversely. The innocent suffer from other people's faulty decisions.

3. Because of the violation of natural law. Objects fall; ice is slippery; machinery fails. When the physical laws that govern our world are broken, accidents happen and people get hurt.

4. Because of the adversary. Satan is allowed to test the loyalty and commitment of those who claim to be Christians. (See Job 1:1-12). Satan maintains that God's people do not serve Him from love but because He protects and profits them, that if pain, loss, or temptation come they will reject God and choose Satan as their ruler. When we come under trial, yet stay true to God, He is vindicated and our faith is proven to be genuine. When we stop trusting God because of our trials, Satan tells God, "See, they only served You for personal gain."

When Adam and Eve chose to disobey God they released Satan to constantly tempt and torment the human race, and gained for themselves and their children a "knowledge of evil." Those who have experienced pain, disease, and death know first hand what this planet would be like if Satan were allowed full control. Satan hates God, and delights in hurting those He loves.

Because of the great controversy between God and Satan the choices and circumstances that affect our lives may not be the best, but when we stay surrendered to His loving care He takes those less than perfect circumstances and works them out for our ultimate benefit. He will always give us either strength to bear our trials or provide a way of escape; He promises, *"I am with you always, even unto the end of the world."* (Matthew 28:20). When we place ourselves in His hands He will make all things work together for good. (See Romans 8:28).

Remember, God can see the big picture where we cannot. We are like children, incapable of understanding decisions for future good that bring disappointment now. Rather than staring blindly at your hurts and dashed hopes, seek to understand God's perspective in each circumstance.

Talking to God

Prayer is the opening of the heart to God as to a friend. Come to Him as you are with your hopes, doubts, and questions. Share your concerns, your joys, and struggles.

Persevere in learning of Him and talking to Him; you will come to experience His great unfailing love, His power and wisdom, the kindness, beauty, and compassion of His character, and the joy of doing His will. You will learn to trust Him and know that He loves you and will never harm you. 🌸

"Casting all your care upon him; for he careth for you."

1 PETER 5:7



NEW START+2

"A merry heart doeth good like a medicine: but a broken spirit drieth the bones."—King Solomon.

There are two more principles of health beyond the eight NEW START laws that deserve special mention. They are gratitude and serving others.

Gratitude

Gratitude is a choice to be thankful and count life's blessings rather than to dwell on troubles and hardships. Choosing to be thankful for the good things in life promotes a happier frame of mind. To practice this, make a list every night of at least ten things for which you are thankful. Gratitude will do wonders for any relationship. Expressing thanks to God fosters trust and love for Him.

While there are many studies that show the health benefits of various positive mental attitudes, one of the most interesting pieces of evidence is the placebo effect. Placebos are commonly used to test new medicines. One group is given the new drug while the other is given a useless look-alike. Placebo subjects often report results as good or better than those receiving the real medicine. Mental outlook has a powerful influence on physical health. Attitude can make the difference in recovery from a major illness.

Grief, anxiety, discontent, remorse, guilt, distrust, anger, fear, and re-

sentment cause stress and wear down the body, resulting in a weakened immune system and poor health. Courage, hope, faith, sympathy, love, contentment, forgiveness, joy, and gratitude promote health and prolong life.

Serving Others

The great law of life in the universe is a law of service. God provides for every living thing; Christ came to the earth to serve and give His life for mankind; the angels are occupied in caring for the needs of humanity. The same law of service is seen throughout nature. The birds and animals, the trees, grass, and flowers, the sun, moon, and stars—all provide something of benefit to others.

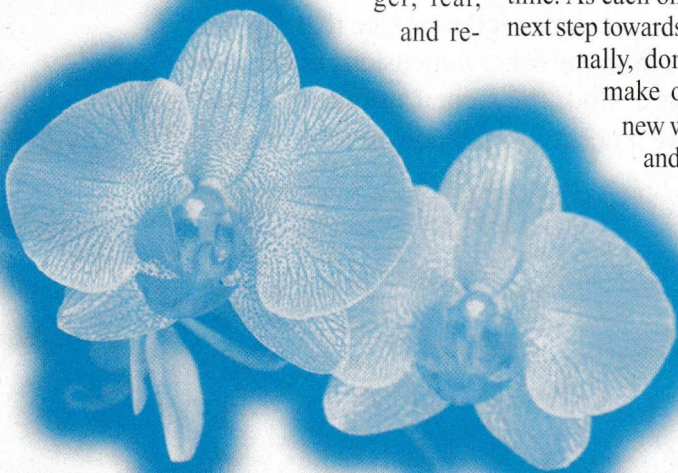
Is the world a better place because you are here? Strive to live a life of service; go out of your way to be kind to someone today. Kindness is rewarding; giving is a condition of healthy living, a law of mental well-being.

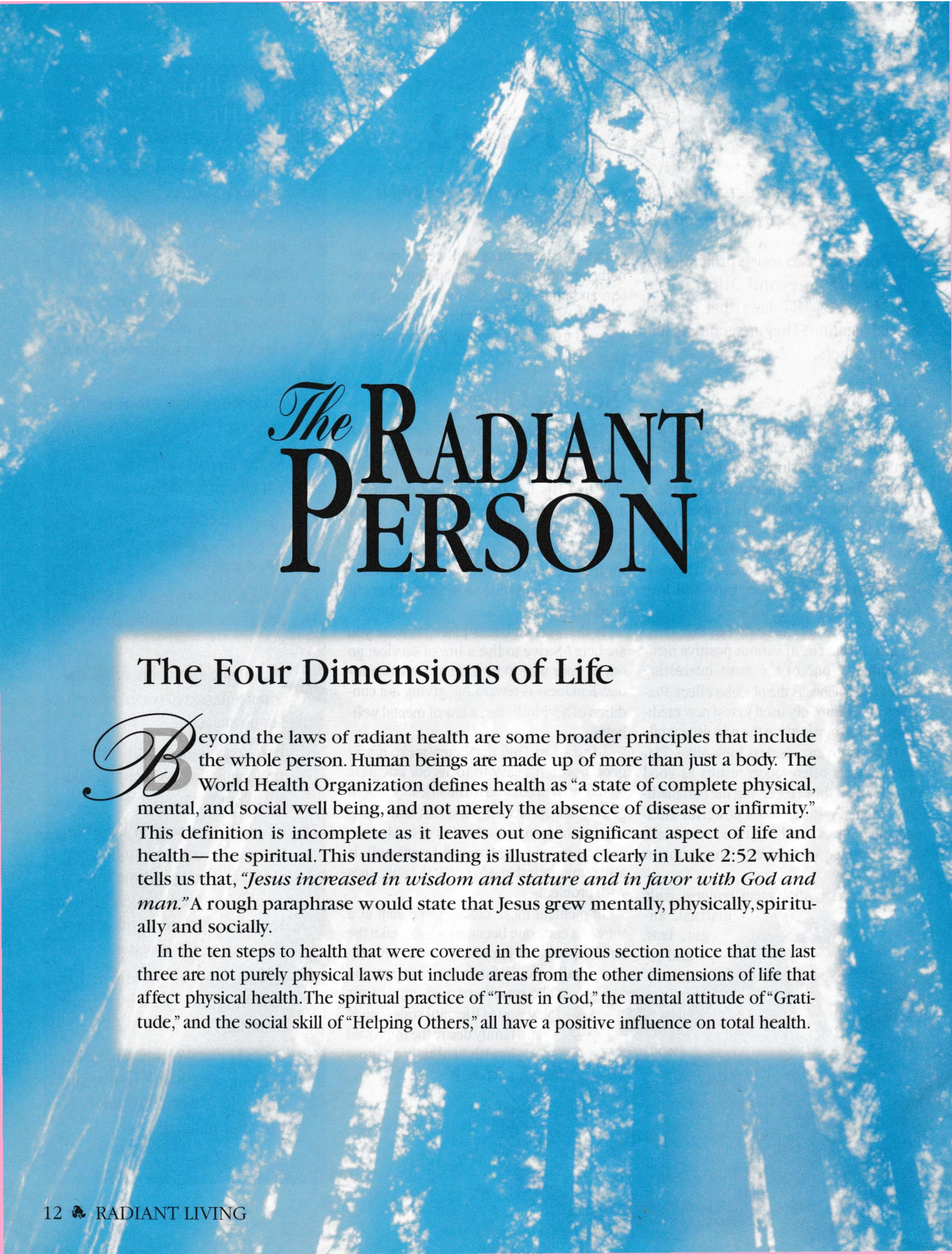
Most of us find that when we're not in good health it's easy to focus our attention on our own needs and difficulties. Yet often getting our minds off ourselves and working for the good of others is just what we need to give us the strength to get well. It also reminds us that we are not the only ones with problems.

Implement these changes one step at a time. As each one becomes a habit take the next step towards improving your health. Finally, don't force the changes you make on others; just enjoy your new way of life until your friends and family desire the improved health which you now have. ♡

Schedule for a Healthy Lifestyle

1. Rise early and drink two 8 oz. glasses of water.
2. Spend time seeking to know God through Bible study and prayer.
3. Plan your day. Arrange to give of your time and energy in service; make someone else feel loved and appreciated.
4. Do fifteen minutes to an hour of exercise.
5. Take a shower.
6. Eat a good breakfast.
7. During the morning, drink 2 to 3 eight oz. glasses of water, and avoid snacking.
8. Eat a moderate lunch, followed by a stroll outside. Breathe deeply.
9. During the afternoon, drink 2 to 3 more glasses of water; remember no snacking.
10. Eat a very light evening meal or skip supper altogether and take a walk instead.
11. Change your pace in the afternoon and evening; do something physical if your daytime work is mental, or vice versa. Schedule some family time. Drink at least one more glass of water.
12. Before you go to sleep, list ten things for which you are thankful.
13. Go to bed at the same time each evening. One hour's rest before midnight is worth two hours of rest after midnight.





The RADIANT PERSON

The Four Dimensions of Life

*B*eyond the laws of radiant health are some broader principles that include the whole person. Human beings are made up of more than just a body. The World Health Organization defines health as “a state of complete physical, mental, and social well being, and not merely the absence of disease or infirmity.” This definition is incomplete as it leaves out one significant aspect of life and health—the spiritual. This understanding is illustrated clearly in Luke 2:52 which tells us that, “*Jesus increased in wisdom and stature and in favor with God and man.*” A rough paraphrase would state that Jesus grew mentally, physically, spiritually and socially.

In the ten steps to health that were covered in the previous section notice that the last three are not purely physical laws but include areas from the other dimensions of life that affect physical health. The spiritual practice of “Trust in God,” the mental attitude of “Gratitude,” and the social skill of “Helping Others,” all have a positive influence on total health.

Health for the whole person

We cannot be totally well unless every part of us is healthy. In fact the mental, social, and spiritual factors may be even more involved in causing or fighting many diseases than are the physical factors. Many of the laws that we listed as governing physical health apply equally well to the other facets of life.

1. Nutrition—It is necessary to eat to live, not only physically, but also in the other three dimensions.

Mentally: If new information and ideas are not fed into the mind on a regular basis the intellect ceases to grow and develop, becoming weak and stunted. Don't dwell on the trivial, degrading, or useless; these things can be considered mental junk food.

Socially: If love, respect, and companionship are not a regular part of your life, your social capabilities become weak and dwarfed.

Spiritually: Christians nourish themselves spiritually through Bible study, prayer, fellowship, and service to others.

2. Exercise—Activity is a law of life that is often phrased this way, "Use it or lose it."

Mentally: Intellect, memory, wisdom, attitude, and willpower need to be exercised.

Socially: Love, tact, the social graces, communication, and core values grow when they are practiced.

Spiritually: The exercise of faith, prayer, love, and perseverance are essential for spiritual strength and growth.

3. Rest—We need to relax and regenerate after activity.

Mentally: The mind needs to rest after periods of intense mental activity in order to recuperate. In addition, a good night's sleep gives the mind a chance to reorganize and start afresh.

Socially: A time away in privacy and solitude is necessary after periods of heavy social interaction.

Spiritually: After intense periods of ministry Christ's servants need to "Come apart and rest awhile" by spending time with Him. Time with Christ is spiritual rejuvenation. (See Mark 6:30,31).

4. Temperance—The basic definition of this law of life and health is to avoid that which is harmful and practice moderation in that which is healthful.

First, do no harm.

Mentally: Don't do anything that would destroy or pollute your mental faculties.

Socially: Don't acquire harmful habits or friends, or engage in socially destructive behaviors like gossip, criticism, breaking civil laws, or engaging in risky, degrading, sexual behaviors.

Spiritually: Don't destroy your spiritual sensibilities by dwelling on spiritually destructive emotions such as hatred, anger, or revenge. Avoid putting yourself under Satan's power through occult practices or the rejection of the Spirit of God.

Second, practice moderation and balance in things that are good. This involves more than just a balance between such things as activity and rest, logic and emotion, solitude and the multitude. It also consists of keeping a healthy balance between the four dimensions (*mentally, physically, spiritually and socially*). When one of these

areas of life becomes all encompassing or is neglected, the result is an unbalanced and unhealthy individual.

Finally, part of being in balance is knowing what is most valuable and important. There will be times when you will have to choose between what is best for one element at the expense of the others. A young person might have to choose between a career in sports or science. You might have time to get either physical exercise or spiritual nourishment but not both. You make choices based on what you value most. Why not make your spiritual dimension the top priority, and base each decision on how it will affect your spiritual life and health? It would be a terrible waste to make physical health your highest priority only to miss out completely on eternal life and the associated radiant health Christ promises. "But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you." (Matt. 6:33).

5. Water, fresh air, and sunshine—These are all useful for cleanliness, which is a principle that applies equally to all segments of life.

Spiritually: We need to open our hearts daily to the sunshine of God's love, let the pure air of the Spirit flow into our lives, and be washed in the cleansing blood of Jesus, accepting His forgiveness.

Mentally: Likewise, when the mind is polluted and degraded there is help in the principle, "By beholding we become changed." But ultimately, only by accepting Christ's offer to create in us a new life can the mind be completely cleansed.

Socially: As Christ changes the life and the person sincerely repents, confesses, apologizes, and makes amends, others will realize that this is a new and clean person.

Christ knows and loves each of us as if there was no one else. He longs for us to accept His offer of salvation. He desires to cleanse us, and make us whole, that we might achieve the happiness and abundant life for which we were created.

*I will sing of your strength, in
the morning I will sing of your
love; for you are my fortress,
my refuge in times of
trouble...my loving God.*

PSALM 59:16

The Inseparable Four Dimensions

The four dimensions of life are inseparable and so interrelated that what affects one part of us affects every other part as well.

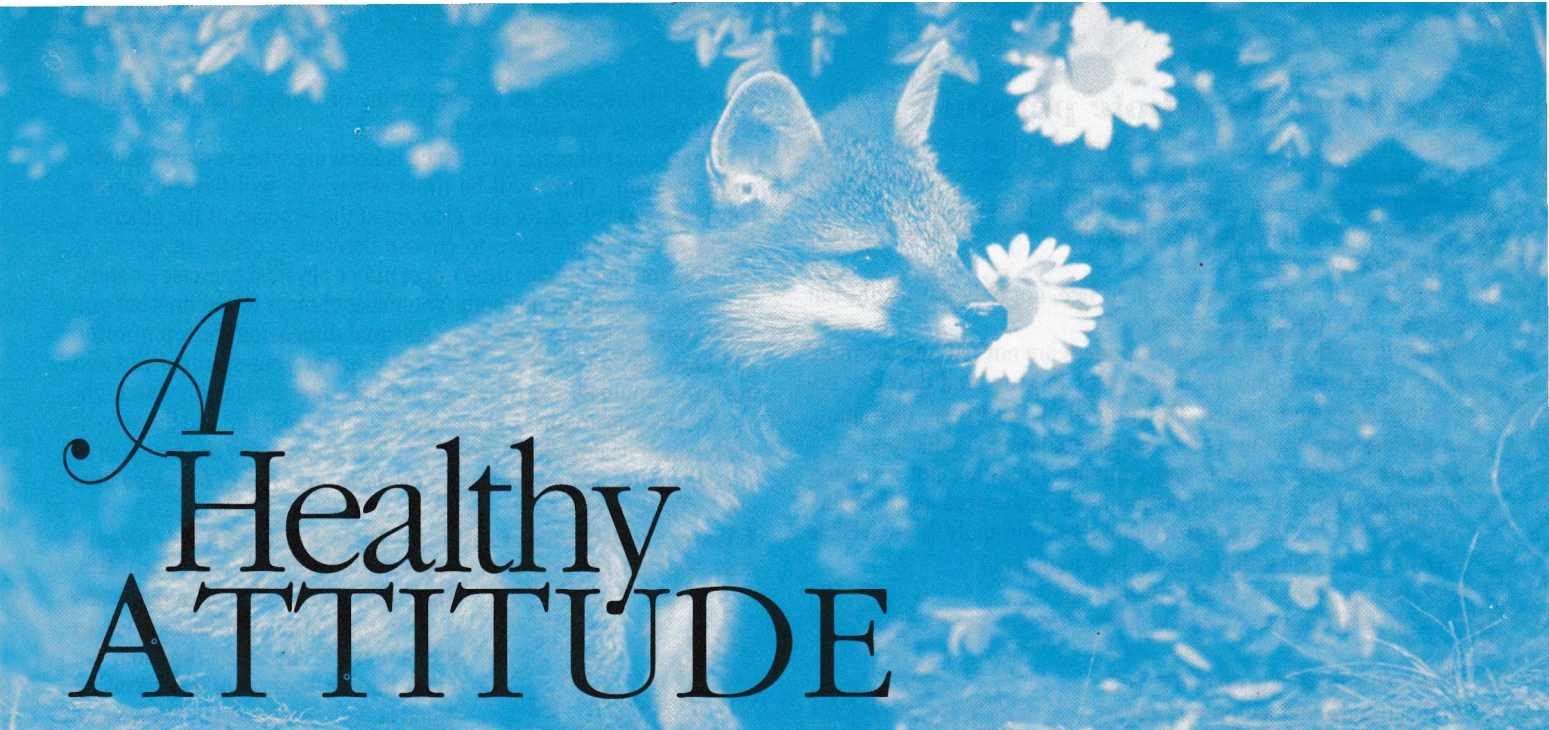
Physically: Poor physical health can cloud the mind, depress the attitudes, and make it more difficult to keep spiritually healthy. Conversely, good health can clear the mind and improve the mental outlook, promoting enriched spiritual strength and health.

Mentally: Willpower, attitude, and intellect have a decided influence on how we live our lives and apply or reject the various laws of health.

Socially: Both the attitudes that permeate our homes, and the relationships we form, have the power to affect our health

Spiritually: The exercise of faith, love, hope, prayer, perseverance, and dedication to God will bring peace of mind, character growth, and increased physical health.

The study and practice of these extended health principles will make a difference in the usefulness and quality of life. Each of these laws with which we cooperate brings a benefit, but when we cooperate with all of them the rewards are multiplied! ♣



A Healthy ATTITUDE

As mentioned already the importance of a healthy attitude can not be underestimated. "The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, and distrust, all tend to break down the life forces and to invite decay and death.

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

The effect of mental influence should not be overlooked. By the exercise of the will power in placing themselves in right relation to life, patients can do much to cooperate with the physician's efforts for their recovery. Often invalids can resist disease simply by refusing to yield to ailments and settle down in a state of inactivity. Rising above their aches and pains, they should engage in useful activity suited to their strength. By such exercise and the free use of air and sunlight, many an invalid might recover health and strength.

We are in a world of suffering. Difficulty, trial, and sorrow await us all along the way to the heavenly home. But there are many who make life's burdens doubly heavy by continually anticipating trouble. Thus they bring wretchedness upon themselves and cast a shadow upon all around them. Let them look away from the dark picture to the benefits which God has strewn in their pathway, and beyond these to the unseen and eternal.

When the sunlight of God's love illuminates the darkened chambers of the soul, restless weariness and dissatisfaction will cease, and satisfying joys will give vigor to the mind and health and energy to the body.

We are not to let the future, with its hard problems, its unsatisfying prospects, discourage us. Those who surrender their lives to His guidance and to His service will never be placed in a position for which He has not made provision. Whatever our situation, if we are doers of His word, we have a Guide to direct our way; whatever our perplexity, we have a sure Counselor; whatever our sorrow, bereavement, or loneliness, we have a sympathizing Friend.

If in our ignorance we make missteps, the Savior does not forsake

us. We need never feel that we are alone. Angels are our companions. The Comforter that Christ promised to send in His name abides with us. In the way that leads to the City of God there are no difficulties which those who trust in Him may not overcome. There are no dangers which they may not escape. There is not a sorrow, not a grievance, not a human weakness, for which He has not provided a remedy.

None need abandon themselves to discouragement and despair. God does not bid us overcome in our own strength. He desires us to lay our perplexities and troubles at His feet and leave them there.

Often your mind may be clouded because of pain. Then do not try to think. You know that Jesus loves you. He understands your weakness. You may do His will by simply resting in His arms.

When temptations assail you, when care, perplexity, and darkness seem to surround your soul, look to the place where you last saw the light. Rest in Christ's love and under His protecting care. Entering into communion with the Savior, we enter the region of peace.

Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. Forgetting our own difficulties and troubles, let us praise God for an opportunity to live for the glory of His name. Let the fresh blessings of each new day awaken praise in our hearts for these tokens of His loving care. When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night, let gratitude as a sweet perfume ascend to heaven.

Often prayer is solicited for the afflicted, the sorrowful, the discouraged; and this is right. We should pray that God will shed light into the darkened mind and comfort the sorrowful heart. But while we offer prayer for these sorrowful ones, we should encourage them to try to help those more needy than themselves. The darkness will be dispelled from their own hearts as they try to help others.

Let the invalid, instead of constantly requiring sympathy, seek to impart it. Let the burden of your own weakness and sorrow and pain be cast upon the compassionate Savior. Open your heart to His love, and let it flow out to others.

The consciousness of right doing is one of the best medicines for diseased bodies and minds. When the mind is free and happy from a sense of duty well done and the satisfaction of giving happiness to others, the cheering, uplifting influence brings new life to the whole being."—E. G. White

An area not often addressed in modern society is the importance of a healthy family unit. "Home should be a place where cheerfulness, courtesy, and love abide; and where these graces dwell, there will abide happiness and peace. Troubles may invade, but these are the lot of humanity. Let patience, gratitude, and love keep sunshine in the heart, though the day may be ever so cloudy. In such homes angels of God abide.

The home should be to the children the most attractive place in the world, and the mother's presence should be its greatest attraction. Children have sensitive, loving natures. They are easily pleased and easily made unhappy. By gentle discipline, in loving words and acts, mothers may bind their children to their hearts.

In the morning before he leaves home for his daily labor, let the father gather his children about him and, bowing before God, commit them to the care of the Father in heaven. When the cares of the day are past, let the family unite in offering grateful prayer and raising the song of praise, in acknowledgment of divine care during the day. Fathers and mothers, however pressing your business, do not fail to gather your family around God's altar. Ask for the guardianship of holy angels in your home. Remember that your dear ones are exposed to temptations. Daily annoyances beset the path of young and old. Those who would live patient, loving, cheerful lives must pray. Only by receiving constant help from God can we gain the victory over self.

Let the husband and wife study each other's happiness, never failing in the small courtesies and little kindly acts that cheer and brighten the life. Perfect confidence should exist between husband and wife. Together they should consider their responsibilities. Together they should work for the highest good of their children. Never should they in the presence of the children criticize each other's plans or question each other's judgment. Let the wife be careful not to make the husband's work for the children more difficult. Let the husband hold up the hands of his wife, giving her wise counsel and loving encouragement.

Children as well as parents have important duties in the home. They should be taught that they are a part of the home firm. They are fed and clothed and loved and cared for, and they should respond to these many mercies by bearing their share of the home burdens and bringing all the happiness possible into the family of which they are members.

The mother should cultivate a cheerful, contented, happy disposition. Every effort in this direction will be abundantly repaid in both the physical well-being and the moral character of her children. In the children committed to her care, every mother has a sacred charge

from God. 'Take this son, this daughter,' He says; 'train it for Me; give it a character polished after the similitude of a palace, that it may shine in the courts of the Lord forever.'

The more quiet and simple the life of the child, the more favorable it will be to both physical and mental development. At all times the mother should endeavor to be quiet, calm, and self-possessed. Many infants are extremely susceptible to nervous excitement, and the mother's gentle, unhurried manner will have a soothing influence that will be of untold benefit to the child.

Mothers who desire their boys and girls to possess the vigor of health should dress them properly and encourage them in all reasonable weather to be much in the open air.

The importance of training children to right dietetic habits can hardly be overestimated. The little ones need to learn that they eat to live, not live to eat.

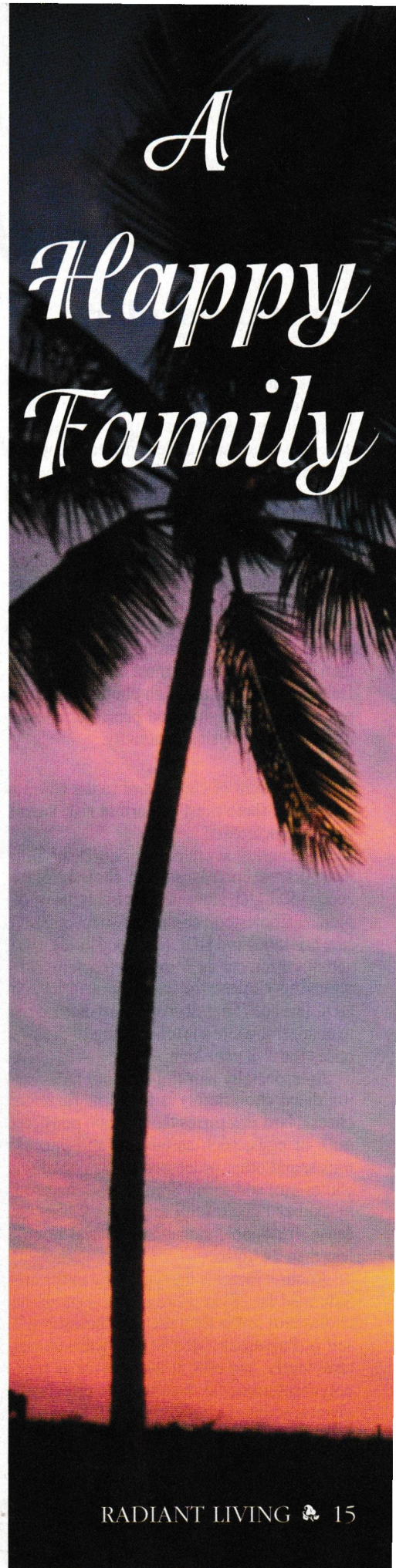
In many cases the sickness of children can be traced to errors in management. Irregularities in eating, insufficient clothing in the chilly evening, lack of vigorous exercise to keep the blood in healthy circulation, or lack of abundance of air for its purification, may be the cause of the trouble. Let the parents study to find the causes of the sickness, and then remedy the wrong conditions as soon as possible.

Teach your children from the cradle to practice self-denial and self-control. Teach them to enjoy the beauties of nature and in useful employment to exercise systematically all the powers of body and mind. Bring them up to have sound constitutions and good morals, to have sunny dispositions and sweet tempers. Impress upon their tender minds the truth that God does not design that we should live for present gratification merely, but for our ultimate good. Above everything else, let parents surround their children with an atmosphere of cheerfulness, courtesy, and love.

In the beginning God placed our first parents amidst the beautiful sights and sounds He desires us to rejoice in today. The more nearly we come into harmony with God's original plan, the more favorable will be our position to secure health of body, and mind, and soul. Better than any other inheritance of wealth you can give to your children will be the gift of a healthy body, a sound mind, and a noble character.

Instead of dwelling where only the works of men can be seen, go where you can look upon the works of God. Find rest of spirit in the beauty and quietude and peace of nature. Go where, apart from the distractions and dissipations of city life, you can give your children your companionship, where you can teach them to learn of God through His works, and train them for lives of integrity and usefulness."—E. G. White

A Happy Family



Modern Lifestyle Challenges

Cardiovascular Disease

Heart disease and strokes cause nearly half of all deaths in America, and severely reduce the quality of life for many people. Both diseases have the same underlying cause, which is atherosclerosis, a condition in which cholesterol, fat, and calcium harden, narrow, and eventually plug the arteries. This process takes many years and gives virtually no clues until the arteries have 50 to 80 percent blockage.

While there are some risk factors for cardiovascular disease that we can't change, such as age and sex, there are some that we can do something about. According to the Framingham Heart Study the six most important modifiable risk factors are high cholesterol, cigarette smoking, high blood pressure, obesity, diabetes, and physical inactivity.

Cholesterol

The amount of cholesterol in the blood is one of the three most important risk factors for atherosclerosis.

Research shows that the risk of death from heart disease increases when cholesterol exceeds 150mg/dl. However that is not the whole picture. Cholesterol comes in two forms: LDL (the bad kind) and HDL (the good kind). HDL actually protects us from atherosclerosis by removing cholesterol from the arteries. An HDL level of 75mg/dl drops heart disease risk to near zero, while a level of 25mg/dl or lower raises the risk very high.

An especially harmful type of cholesterol (oxidized cholesterol) is found in Parmesan cheese, lard, dry mixes that contain powdered milk or eggs, such as custard and pancake mixes, and other processed foods containing cholesterol and sugar. Some of the chemicals in oxidized cholesterol are so toxic they can cause irreversible damage to arterial walls in less than 24 hours.

Another factor is the type of fat in the diet. Saturated fat (S) is more effective at raising cholesterol levels than dietary cholesterol itself is. Polyunsaturated fat (P) lowers cholesterol levels; however, it takes twice as much polyunsaturated fat to cancel the effects of a given amount of saturated fat. A P/S ratio less than 2/1 will raise cholesterol while a ratio of more than 2/1 will lower cholesterol. All meat and dairy products have a poor P/S ratio as do

coconuts. Walnuts, almonds, pecans, and hickory nuts all have high P/S ratios, with black walnuts topping the list at a ratio of 10.33/1. When polyunsaturated fats are hydrogenated, such as in margarine and shortening, they raise LDL cholesterol levels. Mono-unsaturated fats tend to raise HDL (good) cholesterol. Olive oil is a notable source of this type of fat. Even though unsaturated fats have a favorable effect on cholesterol levels, they should be used in moderation.

The type of protein consumed also affects cholesterol levels. Animal protein increases blood cholesterol levels while plant protein decreases it. See chart on page 18.

Eight Keys to Heart Disease

There are eight keys to preventing, treating, and reversing heart disease. They are so effective that if every American followed them 90 percent of heart attacks could be prevented.

1. Reduce blood cholesterol. Levels less than 150 mg/dl will reduce the risk of heart attack by 60 to 90 percent.

2. Eat a plant based diet. All the cholesterol we eat comes from animal products; plant foods contain no cholesterol. To remove all cholesterol from the diet all animal products must be eliminated.

3. Increase dietary fiber. It absorbs cholesterol in the digestive tract and removes it.



4. Decrease blood levels of fat. Sugar, fat, and alcohol increase the amount of fat in the blood. Fat promotes plaque buildup in the arteries and stimulates the blood to clot, increasing the risk of heart disease.

5. Stop smoking. Over a period of five years this will reduce your risk of heart attack by 50 to 75 percent.

6. Start a regular aerobic exercise program. This raises HDL so effectively it can reduce the risk of heart disease by over 45 percent in those who are unfit.

7. Reach and maintain your ideal body weight. Losing weight can cut heart disease risk by 35 to 55 percent in those who are more than 20 percent over their ideal weight.

8. Reduce blood pressure. A ten point reduction in blood pressure reduces heart disease risk 20 to 30 percent in those with high blood pressure.

Many people have experienced very good results from implementing these principles. As artery blockage reverses, angina pains have cleared up, and an active normal life has again become possible.

Note: All material taken from: Nedley N. *Proof Positive* Ardmore, OK Neil Nedley M.D. 1999 pp. 55-90.

Cancer

Cancer is the number two killer in this country. More than 1500 people a day die from cancer—the equivalent of three jumbo jets crashing each day, every day. These are appalling statistics, especially since many cancers are preventable. Currently, one in every two men and one in every three women will be diagnosed with cancer at some time in their lives.¹

The American Cancer Society defines cancer as “a group of diseases characterized by uncontrolled growth and spread of abnormal cells.” In a healthy body the immune system quickly identifies and destroys cancer cells when they first occur, but the typical American lifestyle and diet predispose the body to develop cancer by introducing carcinogens to the body and handicapping the immune system.

Adopting a cancer protective lifestyle can reduce your risk by up to 90 percent.² Here are seven suggestions for success:

1. Avoid factors that favor cancer development. Use of tobacco and alcohol play a part in about 44 percent of all cancers. Meat and dairy products, excess fat, sugar, cholesterol, and sunshine have all been linked to one or more kinds of cancer. Other cancer causing agents have been found in coffee, chocolate³, asbestos, wood dust, and a host of toxic chemicals from deodorant sprays to pesticides.

2. Eat a proper diet. A high-fiber low-protein diet featuring a wide variety of fruits and vegetables has many cancer-inhibiting components.

3. Eat regular meals with nothing between them except water. Research shows that those eating four meals a day have double the risk of colon and rectal cancer as compared to those who eat only two meals per day.

4. Exercise daily. This will enhance your immunity, improve circulation and digestion, and reduce stress. Physical inactivity increases the risk of various kinds of cancer 30 to 80 percent

5. Obtain moderate sun exposure. It enhances the immune system and decreases the risk of various kinds of cancer. Vitamin D, produced by sunlight on the skin, suppresses abnormal cell growth.

6. Maintain proper weight. Excess body weight can increase cancer risk by as much as 55 percent.

7. Learn stress control. Stress depresses the immune system and is a major risk factor in cancer development.

Many people have experienced a slowing down or complete disappearance of tumor growth by making these adjustments. Lifestyle changes should be a part of any cancer treatment and maintenance program.

1. American Cancer Society website: <http://www.cancer.org/cancerinfo/sitecenter.asp>.
2. Nedley N. *Proof Positive* Ardmore, OK Neil Nedley M.D. 1999 p. 47.
3. *Ibid.* p.31.

Note: The rest of the material in this section is from the same source pp. 11-54. The studies cited there are too numerous to document.

High Blood Pressure

High blood pressure, or hypertension, is known as “the silent killer” because there are often no symptoms. It is estimated that up to 25 percent of Americans have this condition, and about half of them don’t know it.¹ This is serious; hypertension is associated with stroke, congestive heart failure, heart attack, atherosclerosis, aneurysm, kidney disease, disease of the retina, blood vessel rupture, and weakened memory and mental ability.

There are two main categories of high blood pressure: secondary hypertension is caused by other diseases and subsides when these are treated; primary hypertension accounts for 90 percent of all cases of high blood pressure and is due to lifestyle factors and inherited susceptibility. It responds well to lifestyle changes. These need to be made under a doctor’s supervision if a person is

taking a blood pressure lowering drug.

The following are some methods to lower blood pressure:

1. Lose weight. Obesity is one of the most important contributors to high blood pressure. Sixty to seventy percent of hypertension is directly attributed to increased body fat.²

2. Utilize a low-salt diet. The body must raise the blood pressure to enable the kidneys to cope with a high salt intake. Don’t assume that just because you have taken the salt shaker off the table you are on a low salt diet. Eighty percent of our salt comes hidden in processed foods. Read the labels; educate yourself on how much salt is in the foods you eat, and make a specific plan to reduce sodium intake to less than 2,000 mg/day.

3. Eliminate caffeine, nicotine, and alcohol. All of these substantially raise the blood pressure.

4. Learn to control stress. The stress response in the body raises the blood pressure, and unrelieved stress keeps it high. Overwork and worry are major contributors to hypertension.

5. Adopt an aerobic exercise program such as brisk walking. Exercise at least 3 days a week for 45 minutes. Exercise strengthens the heart and enables it to pump more efficiently. A regular exercise program significantly reduces blood pressure.

6. Eat oatmeal and green leafy vegetables. These have been shown to reduce blood pressure.³

1. The fifth report of the Joint National Committee on Detection, Evaluation and Treatment of High Blood Pressure. (JNC V). *Arch Intern Med* 1993 Jan 25;153(2): 154-183.
2. Nedley, N. *Proof Positive* Ardmore, OK Neil Nedley M.D. 1999 p 136.
3. *Ibid.* p. 142.

Alcohol

In spite of the recent news hype purporting to show benefits from moderate drinking, alcohol is a dangerous poison. In the U.S. it is



P/S RATIO OF FOODS

Animal	P/S ratio	Plant	P/S ratio
Ave. selected fish	1.80	Walnut, black	10.33
Turkey	0.87	Walnut, english	6.90
Chicken	0.76	Hickory nut	3.11
Butter	0.11	Pecan	3.08
Milk	0.11	Almond	2.21
Cheese	0.09	Brazil nut	1.49
Beef, lunch meats	0.09	Filbert	1.30
Bacon, deer, lamb	0.17 - 0.50	Pistachio	1.20
		Cashew	0.86
		Palm oil	0.20
		Coconut	0.01



number one drug problem for people from all walks of life. It knows no racial, ethnic, social, or economic barriers."

What about the studies cited by the media showing that alcohol is good for your heart? Studies show that red wine increases blood flow by making the blood's clotting cells, the platelets, less sticky. Research shows, however, that it is not the alcohol that gives this benefit but substances, called flavonoids, found in grapes, as well as many other fruits, vegetables, and grains. Grape juice without alcohol gives the same effect.

the second most deadly drug, coming right after tobacco. An estimated 100,000 Americans die prematurely every year due to its use.

Even the moderate use of alcohol can inflict widespread damage to both the individual's health and society.

- ❖ Alcohol of any amount in the system causes alteration and death of brain cells.
- ❖ Alcohol increases the risk of hypertension, stroke and damage to the heart muscle.
- ❖ Alcohol impairs the reproductive system. Heavy usage in men can cause impotence, testicle shrinkage, and enlarged breasts. In women, it causes malfunctioning ovaries and irregular menstrual cycles.
- ❖ Alcohol-use by a pregnant woman can cause major damage to her unborn child. 11,000 U.S. children are born every year with fetal alcohol syndrome and another 30,000 or more with other alcohol-related problems. Some of these include vision, hearing, and immune system defects; mental retardation; growth, balance, and coordination problems; and skull, facial, and genital deformities.
- ❖ Alcohol weakens the immune system, increasing susceptibility to illness and cancer.
- ❖ Alcohol destroys the liver. Nearly 25,000 Americans die each year from alcohol-induced liver disease.

- ❖ Alcohol is a contributing factor in many accidents. Any use of alcohol increases your chances of injury, disability, or death.
- ❖ Alcohol reduces mental performance. It decreases judgement, foresight, and moral reasoning, and lessens abstract thinking ability.

The National Council on Alcohol and Drug Dependency says, "Alcohol is closely linked with virtually every negative aspect of society: suicide, violent crime, birth defects, industrial accidents, domestic and sexual abuse, disease, homelessness, and death. It is the

fect. It has never been demonstrated that a person living a healthy lifestyle gains any additional benefit from alcohol.

There is one *tiny* health benefit from alcohol. It increases HDL (good) cholesterol, but so do some pesticides. The harm outweighs any benefit.

Considering the numerous health and social problems associated with the use of alcohol, drinking is not a wise choice. Try an alcohol time out for thirty days. If you can't live without it you need to determine whether you are its master or its slave.

The Alcoholics Anonymous organization helps men and women who want to overcome the alcohol addiction. You can find their number listed in the local telephone book. Their buddy system and 12 step program can help you.*

*Some of the withdrawal symptoms from alcohol or drugs can be life threatening and should be monitored by a professional.

Tobacco

In 1979, the U.S. public health service called smoking, "The largest single preventable cause of illness and premature death in the United States." Tobacco is the only legal product in the U.S. that, when used correctly,

kills one out of every four of those who use it. Tobacco is responsible for the death of over 450,000 Americans per year—more than all who die from AIDS, illicit drugs, fires, car crashes, and homicides combined.¹

Tobacco leads to a variety of painful and terminal illnesses. The greatest number of smoking-related deaths are from heart attack, stroke, and cancer. Two of the more frightening diseases associated with smoking are emphysema and Buerger's disease. Emphysema is a progressive disease in which the lungs are slowly destroyed, resulting in slow suffocation. Buerger's disease, which is characterized by the clogging and inflammation of the capillaries cuts off the blood supply and can result in gangrene of the fingers and toes.

Even if tobacco doesn't kill you outright, some of the nonlethal effects are just as bad. It weakens the bones and is a risk factor for back pain; it causes impotence and premature menopause; it accelerates hair graying, skin wrinkling, loss of vision, and decreased physical capacity. Cancer treatment can be painful and disfiguring; a heart attack or stroke can leave you disabled.

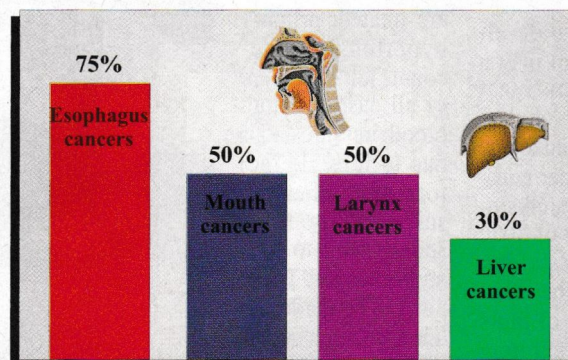
You have a great deal to gain by kicking the habit: longer life, more energy, fewer medical expenses—and the air is fresher, breathing is easier, food is more flavorful, money goes farther, you smell better, and so do the flowers.

Kicking the Tobacco Habit

It is not an easy task to quit smoking. The 1988 Surgeon General's report revealed that nicotine is six to eight times more addictive than alcohol. Yet since 1964, 44 million Americans have stopped smoking. Most have kicked the habit on their own; however, the chances of success are up to five times higher for those who attend a seminar such as the *Breathe Free Plan to Stop Smoking*, one of the most successful smoking cessation programs ever presented, with over 20 million graduates worldwide.

An addiction to tobacco is both psychological and physical. Some of the classic withdrawal symptoms are: nicotine craving, rapid mood swings, tremors, intestinal problems, headaches, increased smoker's cough as the lungs clean themselves, sleep disturbances, hunger, anxiety, irritability, restlessness, difficulty concentrating, frustration or anger, dizziness, and nausea. The average person experiences about five of these symptoms when he or she makes a complete break with cigarettes. The worst

PERCENT OF FATAL CANCERS RELATED TO ALCOHOL



"Your promises and resolutions are like ropes of sand. You cannot control your thoughts, your impulses, your affections. The knowledge of your broken promises and forfeited pledges weakens your confidence in your own sincerity; but you need not despair. By yielding up the will to Christ we receive strength from above to hold us steadfast. A life of victory is possible to everyone who will unite his will to the will of God."

of the withdrawal symptoms are usually over within the first 24-72 hours, and all physical symptoms should be completely gone at the end of four weeks.

Here are some things you can do to help take the misery out of quitting.

❖ **Choose to quit.** The first and most important step is to make a personal choice to stop smoking. Write down your reasons for quitting, keep them with you, and review them frequently. Set a date, the sooner the better, and kick the habit.

❖ **Eliminate all cigarettes.** Don't plan to fail. Cigarettes close at hand intensify the cravings. Get rid of all temptation.

❖ **Plan strategies to resist cravings.** A craving lasts only two to three minutes. If you can distract yourself for that long the battle is yours. Get a drink of water and take several slow deep breaths. Tell someone your reasons for quitting. Find an activity not related to smoking that can be done automatically when necessary.

❖ **Exercise daily.** Exercise naturally relieves anxiety and tension; it is a powerful mood elevator. When faced with cravings, exercise is an excellent option. Plan some sort of moderate physical activity, such as a brisk walk, into every day. You will have fewer and less intense cravings.

❖ **Get more sleep.** For the first five days your body will tend to require more sleep. Arrange your schedule so that you have the option of an extra two hours in bed if you need it. This will go a long way toward preventing mood swings and tendencies to irritability, frustration, and anger.

❖ **Drink 8-12 glasses of water daily.** Abundant quantities of water will wash the poisons from your system and prevent dehydration, which seems to make a number of withdrawal symptoms worse. Other beverages are not as effective at keeping you hydrated. Caffeinated drinks, are diuretics and promote water loss.

Eating just fruit and drinking only fruit juice or water for the first twenty-four hours may help flush your system of toxins.

❖ **Shower or bathe more frequently.** Water has a tremendous equalizing effect on the nervous system and it keeps your pores clean and open, which helps eliminate toxins through the skin. Also, ridiculous as it may sound, the shower is actually a safe retreat when a nicotine craving hits. Showering and smoking just don't go together for most people.

❖ **Avoid substances that make it more difficult to quit.** Caffeine increases the intensity of some withdrawal symptoms such as nicotine cravings, anxiety, irritability, and difficulty sleeping. It also alters the brain chemistry, making it harder to develop new habits. It is often behaviorally linked with smoking. An unusual reaction occurs when nicotine and caffeine are given up at the same time; their withdrawal symptoms tend to cancel each other out, making it easier to discontinue both. Those who stop smoking but continue to drink coffee have a higher relapse rate than those who stop using both at the same time.

Alcohol interferes with judgment. It will suppress the ability to stick with your decision to quit.

Heavy meals, especially in the evening, tend to bring on the urge to smoke.

Spicy foods such as mustard, vinegar, ketchup, pickles, pepper, and even cinnamon, can increase smoking urges as well as other withdrawal symptoms.

❖ **Avoid smoking associated situations.** When, where, and with whom do you usually smoke? If you usually smoke sitting at the table after dinner, then get up immediately and do something not associated with smoking. What about that easy chair? Do you always have a cigarette in your hand when you sit there? Sit somewhere else. Explain to your friends what you are doing and ask for their support. If they try to undermine your resolve or tempt you, they are not really your friends; avoid them until you have firmly broken the habit.

❖ **Help someone else.** Programs that employ a buddy system are invaluable. The act of helping someone else quit provides a tremendous boost and is a motivation for you to keep going.

❖ **Persevere.** If in a moment of weakness you give in to your cravings, don't give up. Determine to persevere and continue fighting until you win. Figure out what went wrong, devise a plan so it won't happen again, renew your commitment and obtain the victory. Do not allow yourself to flounder in self-destructive condemnation and stop trying.

❖ **Ask for help.** Many people find that their strongest resolutions and most sincere promises are like ropes of sand. They realize that they are slaves to tobacco, incapable of freeing themselves. There is hope for those in this position. Your loving Creator will give you strength if you ask Him. Spend some time with



Him each day in self-surrender and give this battle to Him. Persevere and He will set you free.

1. McGinnis JM, Foegle WH. Actual causes of death in the United States. JAMA 1993 Nov 10;270(18):2207-2212.



TIPS FOR QUITTING

- ❖ Choose to quit.
- ❖ Eliminate all cigarettes.
- ❖ Plan strategies to resist cravings.
- ❖ Exercise daily.
- ❖ Get more sleep.
- ❖ Drink 8-12 glasses of water daily.
- ❖ Shower or bathe more frequently.
- ❖ Avoid substances that make it more difficult to quit.
- ❖ Avoid smoking associated situations.
- ❖ Help someone else.
- ❖ Persevere.
- ❖ Ask for help.



Habits & Addictions

Whenever the issue of a change in lifestyle comes up, whether it is losing weight, quitting a harmful habit, or trying to get enough rest or exercise, many people know what they need to do but can't seem to find either the desire or the will power to do it.

When we repeat an action over and over the brain changes and makes a "pathway" so it is easier to do that action again without thinking about it. The only way to change the habit is to form a new "pathway" that is stronger than the old one. Many people find that it takes approximately three weeks to form a new habit. Unfortunately, the old pathway never goes away so the chance of falling back into

the old habit is always present.

Addictions have several common characteristics, one of which is the loss of control. Any habit that is not fully under your command is an addiction.

The primary methods for dealing with a habit or an addiction are the same:

❁ **Stop "cold turkey."** If you truly want to change, you must make a clean break from your habit or addiction and abstain for life. You can no more indulge a bad habit in "moderation" than an alcoholic can return to "moderate" drinking.

❁ **Address the root causes.** If your addiction is brought on by stress you must learn to deal constructively with this foundational problem before you can expect to master your addiction.

❁ **Make no provision to fail.** Don't keep the cigarettes, liquor, chocolate, etc., around; everyone has weak moments.

❁ **Be willing to face some discomfort.** Some suffering may be involved in breaking a habit or an addiction. Be willing to endure, always keeping your goal in mind.

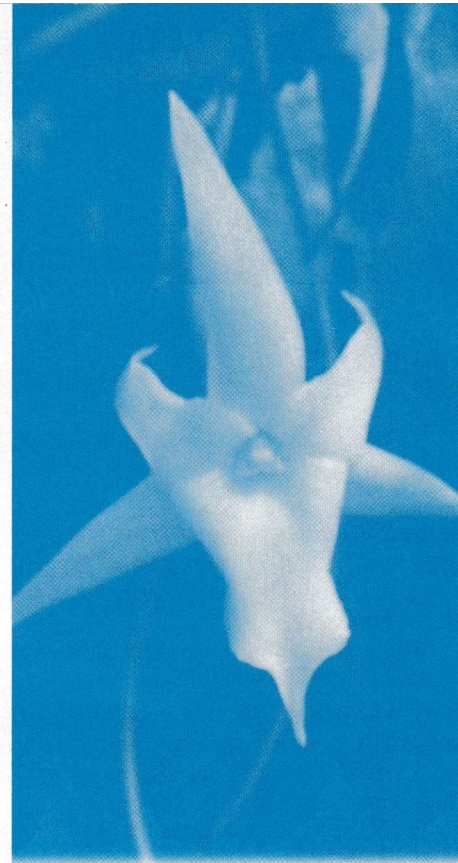
❁ **Persevere.** If failure occurs, the tendency is to become discouraged and quit. Don't give up. Learn from your mistake and keep going.

While these techniques have their place, some of us have a willpower so weak that all the methods in the world will not be enough. We can no more change our behavior than we can increase our height or change the color of our skin through willpower alone. We love our habit even while we hate the effects it has on us.

What can you do when you realize that you are truly helpless and enslaved—when you have tried everything and have given up on yourself? That is just the place where God can work with you. Give Him a chance, put the whole matter in His capable hands, and relinquish yourself to His control.

Experience of an Addict

In spite of the fact that I was raised in a good Christian home, by the time I entered high school I was caught in a web of addiction from which I could not free myself. This activity didn't seem like a big deal. It gave me pleasure and helped me cope with the stress and pain in my life. But since my parents did not approve of this habit I soon learned to lie and hide what I was doing from everyone around me. I withdrew from the society of others as much as possible, and began spending every spare minute I could by myself, lost to the rest of the world, satisfying my craving. I didn't develop any friends or learn to interact with other people. My addiction became the sum total of my life. I loved it, lived for it,



spent every penny I made on it, and when I was engaged in other activities I wasn't really there—I was trying to figure out how to slip away and indulge my habit.

I realized quite early that I was enslaved; I had a very small inkling of the damage it was doing to me and the conflicts it was causing in my life. I tried to quit a number of times, but when the stress and pain of life got to be too much for me I'd be back at it again. It was my comfort, and my only resource for coping with life. I hated myself for being so weak but realized I was completely helpless.

While in this state of mind a thought came to me, "You have never given God a chance." I figured I had nothing to lose, so I said, "God, I don't even know if You exist, but I'm willing to give You a try. If You will take complete responsibility for removing this habit, I will surrender myself to You and spend ten minutes in the morning and ten minutes in the evening with You trying to learn who You are." I kept my side of the bargain. Every day I would give myself and my problem to Him and leave it in His hands. I didn't dwell on it or fight it. I spent my energy getting to know Him. Several months later I realized I had been free for weeks and the desire was gone. I had been recreated a new person who was no longer a slave.

Years have gone by; at times I have lost my focus on Jesus and my connection with Him. Then my old nature returned and I resumed my old ways.

But my God is so gracious! He takes me

back, recreates me, and puts me back on the right path. My relationship with Him is far more valuable than wealth or honor, praise or possessions, and I don't ever want to trade it for anything, lose it, or neglect it again.

BAB—An addict, free by the grace of God.

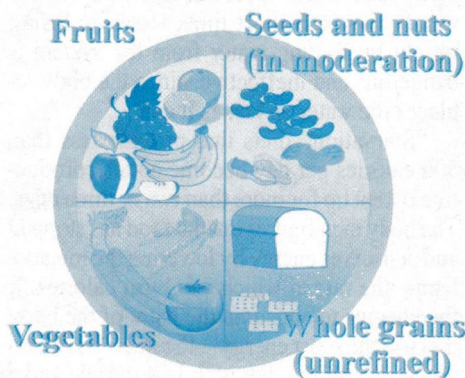
Diabetes

Diabetes is a serious condition that occurs when the body becomes unable to use glucose (sugar), which builds up to dangerous levels in the blood. High blood sugar levels damage the body in a number of ways. Life expectancy is shortened by 5 to 10 years or more. The risk of heart disease, stroke, blindness, foot and leg amputations, kidney failure, peripheral neuropathy, and breast and uterine cancer is increased. It is estimated that sixteen million Americans are diabetic, and one third are unaware of it.¹

There are two types of diabetes. Juvenile onset diabetes—called Type I or insulin dependent diabetes—is the more severe form. Adult onset diabetes—called Type II or noninsulin dependent diabetes—is more common. Both have problems with insulin, the substance which acts as the “key” to open the “door” of each body cell to let glucose enter and fuel the cell. Type I diabetics do not produce enough insulin and must have regular shots, or they will die. Type II diabetics have a less severe underproduction of insulin, and/or an insulin resistant condition, in which the cells do not respond to it. As a result, glucose builds up in the blood while the cells starve. Type II diabetes is usually the result of a genetic predisposition coupled with obesity, a diet high in fat, and too little exercise.

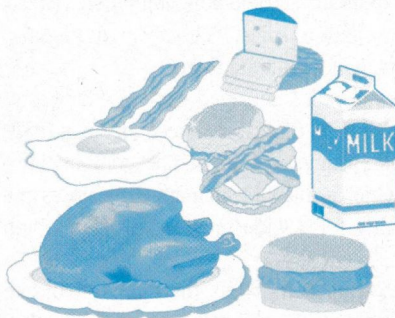
The good news is that diabetes can often be controlled by lifestyle modifications. If a person is receiving medication, these changes

IDEAL BASIC FOUR DIET PLAN

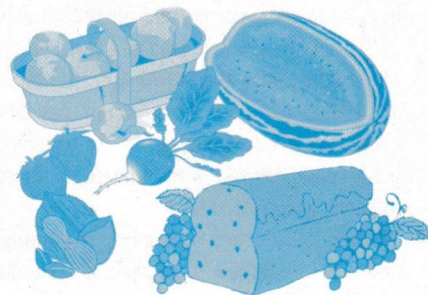


SOURCES OF DIETARY CHOLESTEROL

Cholesterol is found only in animal foods.



Fruits, vegetables, grains, and nuts contain no cholesterol



must be made in consultation with a doctor, since medications will need to be lowered quickly—sometimes within a matter of hours.

Here are some recommended changes.

1. Avoid dietary fats. They are the main factor responsible for making cells unresponsive to insulin.² Studies show that a 65 percent fat diet will induce diabetes in less than two weeks.³

2. Lose weight. Obesity is one of the primary reasons cells become insulin resistant. Losing weight makes the cells more responsive, and this alone will cure many Type II diabetics.⁴

3. Exercise regularly. Physical inactivity contributes to the development of insulin resistance. Regular exercise enhances the cell's ability to use insulin.⁵ Regular exercise is critical for the diabetic and for those at high risk of developing the disease because of excess weight or genetic predisposition.

4. Avoid things that aggravate the problem. Refined sugar, caffeine, nicotine, and alcohol unbalance insulin production and blood sugar levels. High blood pressure, acetaminophen, and excess protein facilitate kidney deterioration.⁶

5. Eat a proper diet. The American Diabetic Association now recommends a diet low in fat, moderate in protein, and containing complex carbohydrates such as beans, vegetables and grains. The fiber found in such foods is a critical ingredient in the control of blood sugar. Even fruit can be handled in this kind of diet if eaten unrefined and in moderation.

6. Space meals appropriately. Five to seven meals have often been prescribed for

diabetics, but eating frequent meals raises absolute blood sugar levels 10 to 15 percent. On a low-fat diet high in complex carbohydrate most people can easily maintain adequate blood glucose levels with three or even two meals a day. Mealtimes should be regular, with at least five hours between meals, and no snacks. The evening meal can be omitted or kept very light. This will also help with weight loss.⁷ Ask your doctor to adjust your insulin injections as needed.

7. Harness the benefits of sunlight. Exposure to sunlight lowers blood sugar by stimulating its storage in the muscles and liver. Diabetics are benefitted by getting moderate amounts of sunshine, but lengthy sunbathing is not recommended.

Thousands of people have been successful in bringing this disease under control. Begin today to follow these simple suggestions, and you too will lose weight, feel better, have more energy, and achieve the mastery over diabetes.

1. American Diabetes Association <http://www.diabetes.org/ada/facts.asp>.
2. McDougall J A. *A Challenging Second Opinion*. New Jersey: New Century Publishers Inc. 1985 pp. 217-219.
3. Diehl H, Ludington A. *Health Power Review* and Herald Publishing assoc. 2000 p. 53.
4. Bar R. Fluctuations in the affinity and concentration of insulin receptors on circulating monocytes of obese patients: effects of starvation, refeeding, and dieting. *J Clin Invest* 58:1123 1976.
5. O'Meara NM, Polonsky KS. Insulin Secretion in vivo. In: Kahn CR, Weir GC, et al, eds. *Joslin's Diabetes Mellitus—13th Edition*. Malvern, PA: Lea and Febiger 1994 p. 86.
6. Nedley p.178,179.
7. Thrash A, and Thrash C. *Nutrition for Vegetarians* Seale, AL: New Lifestyle Books, 1982 p. 111.

Osteoporosis

Osteoporosis is a gradual and painless condition in which bones become more brittle because of mineral loss and structural deterioration. It affects one in every three women over

The Hidden Benefits of Charcoal

Charcoal is one of the best-kept secrets in the world of healing. Charcoal has the amazing ability to attract other substances to its surface and hold them there. This is called adsorption. Charcoal can adsorb thousands of times its own weight in gases, heavy metals, poisons, and other chemicals, effectively neutralizing them.

The form of charcoal used for medical purposes is called activated charcoal. It is completely harmless and is safe for internal use. Other sources of charcoal such as burnt toast, and briquettes are ineffective and may be dangerous. Briquettes, for instance, contain petrochemicals to help them ignite. Activated charcoal, which is available in many drug stores and health food stores, is an amazingly effective remedy for a wide range of problems both internal and external.

Internally, charcoal combats poisoning, gastrointestinal complaints, diarrhea, sore throat, and bad breath. The best time to take charcoal is between meals; it is less effective when taken with food.

Externally, charcoal relieves infected wounds or ulcers, insect bites or stings, ear and eye infections, and inflammation. Charcoal actually draws bacteria and poisons through the skin and into the poultice or compress.¹

The Charcoal Poultice

1. Mix a little water into some charcoal powder to make a paste.
2. Spread the charcoal paste approximately one-fourth inch deep on half of a cloth or paper towel. Leave a border of one inch all around. Fold the other half over the charcoal paste.
3. Place the poultice on the affected skin area and cover with a piece of plastic or cloth that extends one inch over all edges.
4. Hold the poultice in place with a roller bandage, ace bandage, wool fabric, or tape.
5. Leave on for a few hours or overnight if necessary.

Note: For very small areas, a small amount of charcoal on a dampened band aid works well.

Caution:

IN THE EVENT OF POISONING call your poison control center; charcoal is useful for most but not all poisons.

Don't take charcoal within two hours of meals or medicines. It can adsorb such things as vitamins, minerals, and many drugs. If you are taking medication check with your doctor before beginning treatment with charcoal.

Note: Charcoal stains. Do not let charcoal get on clothing or furniture. It is best not to put charcoal powder directly on the skin if it is cut or broken—it will leave a permanent mark.

1. American Medical News, p. 37, June 22, 1984.

fifty years of age worldwide. Most are not aware of it until they suffer a fracture—most commonly of the hip, wrist or back bones. These fractures can significantly affect the quality of life, and may cause premature death from complications such as pneumonia.

Because calcium is the main mineral lost in osteoporosis, it has been thought that high calcium intake would reduce bone loss. However, research has not borne this out. Instead it shows that high protein intake from meat and dairy sources robs calcium from the bones, even when calcium supplements are being taken.¹ Interestingly, higher consumption of vegetable protein does not appear to be related to osteoporosis or bone fractures.² See p. 5 *A Diet of Excess* for more information on the calcium protein connection.

There are some lifestyle factors that help to significantly protect against osteoporosis:

1. Nutrition. The optimum plan for this condition is a vegetarian diet low in protein with a moderate calcium intake from plant sources. It has been found that humans can assimilate calcium as well or better from plants than from dairy products.³ The body also uses calcium to process excess salt and phosphorus. Watch out for foods that introduce high amounts of phosphates into the diet without providing the necessary calcium to process them. Such foods include soda pop, meat, and dairy products.

2. Exercise. Studies show that lack of exercise is a risk factor in osteoporosis. The bones need to be pushed, pulled and stressed against gravity to retain their minerals. Bone

density can be increased by a daily exercise program.⁴

3. Sunlight. Inadequate levels of vitamin D have been associated with osteoporosis.⁵ Sunlight stimulates the body to convert cholesterol into vitamin D, which helps the body absorb calcium. Vitamin D supplements are not as effective.

4. Abstinence. Alcohol, caffeine, and nicotine consumption increase the risk of osteoporosis.⁶

1. NE, Alcautara EN, Linksider H. Effect of level of protein intake on urinary and fecal calcium and calcium retention of young male adults *J. Nutr.* 1970 Dec; 100(12): 1425-1430.

2. Feskanich D, Willeh WC, et al. Protein consumption and bone fractures in women. *Am J. Epidermal* 1996 Mar 1; 143(5): 472-479.

3. Weaver CM. Calcium bioavailability and its relation to osteoporosis. *Proc. Soc. Exp Biol Med* 1992 Jun; 200(2):157-160.

4. Aloia J. Exercise and Skeletal Health. *J. Am Geriatr Soc* 29: 104, 1981.

5. Ross PD. Osteoporosis, Frequency, Consequences and Risk Factors. *Arch Intern Med* 1996 Jul 8;156(13): 399-1411.

6. Ibid.

Obesity

Obesity is one of America's greatest health problems. It lays the foundation for heart disease, high blood pressure, cancer, and diabetes as well as numerous other problems like osteoarthritis, back pain, fatigue and low self esteem. Every extra pound takes about one month from your life span. Sixty extra pounds can cost you five years. Excess fat has such a direct correlation to health that every pound lost or gained makes a difference.

Losing weight has become a national obsession. We spend billions of dollars each year on quick-fix fads, diets, and weight loss pills. The sad fact is that most are useless and some are actually quite dangerous. Programs that include a diuretic are essentially forcing the body to shed some of its much needed water. A protein overdose will do practically the same thing. The body uses a lot of water to wash the waste products from excess protein out of the system. These diets can cause impressive weight loss in a short time. However losing weight by forcing water from the system is dangerous and ineffective, since the body replaces the water as fast as it can.

"Starvation" diets that provide less than 500 calories per day become counterproductive if kept up for more than two or three days. The body then figures out the food has stopped and conserves energy by lowering the metabolism—the rate at which you burn calories. It then begins to consume the parts of the body that use the most energy—the muscles. When you come off the diet with less muscle and a much lowered metabolism you will gain weight more readily than before. Remaining

overweight would be more healthful than the repeated weight-loss/weight-gain cycles that gradually deplete muscle and replace it with fat tissue, making further weight loss nearly impossible.

The only weight loss program that will have a permanent effect is one that involves permanent lifestyle changes.

The weight puzzle solved

The basic problem in obesity is too many calories. Whenever more calories are consumed than the body can use, it stores them as fat. Every 3,500 extra calories equals another pound of stored fat. There are two strategies to combat the problem: reduce the number of calories coming in and increase the number of calories you burn.

Calorie intake

A successful and healthy weight loss program will provide adequate energy and nutrition, and also be something you can make a permanent part of your life.

- **Build menus around fresh fruits, vegetables, grains, legumes and other plant foods.** These foods provide variety, energy, and all the nutrients necessary. They are colorful, tasty, and low calorie as well.

- **Eliminate or greatly reduce refined sugar and fats in the diet.** Thanks to modern food processing it is now possible to eat an entire day's worth of calories at one sitting. Since meat and dairy products are especially high in fat and calories, limiting their use can make weight loss easier; meats and cheeses are 60-80 percent fat. Learn to read food labels; look for hidden fat and sugar calories. Butter, sauces, dressings, and gravy are all condiments that can double or triple the calories in an otherwise healthy meal.

- **Eat a generous breakfast, a moderate lunch, and skip supper completely.** If you must eat in the evening, choose whole fruit. Calories eaten in the morning are burned as you go through the day. Calories eaten at night are stored as fat. Timing plays a tremendous part in weight loss. This could be the key to your success.

- **Avoid snacks and beverages other than water between meals.** It is easy to get your entire allotment of calories for the day just from snacks. Try recording your snack calories for a day or two and see.

Calorie expenditure

To successfully lose weight more calories must be burned than are consumed, and that means increased exercise and activity. Exercise burns calories in several ways.

- **The exercise itself burns calories.**

- **Exercise increases the Basal Metabolic Rate (BMR)** for several hours afterwards, which means calories burn at a faster rate even when you are inactive.

- **Exercise builds muscle.** It takes roughly 50 calories per day to just maintain one pound of muscle. This increases your metabolism long term.

Those who choose to build muscle as a means of getting rid of fat may not see much weight change initially, since muscle tissue weighs three times more than fat tissue. Yet they will find their body composition changing—fat will be lost and inches will gradually disappear. It is not uncommon for men to report going down a pants size and women going down two dress sizes while their total weight actually increases as they build muscle. See *Exercise essentials* p. 6.

Tips for success

- Focus on the hundreds of delicious fruits and vegetables you have never tasted, not on the foods you shouldn't eat. Food preferences are not inborn; they are learned and cultivated. Like any other habit they can be changed.

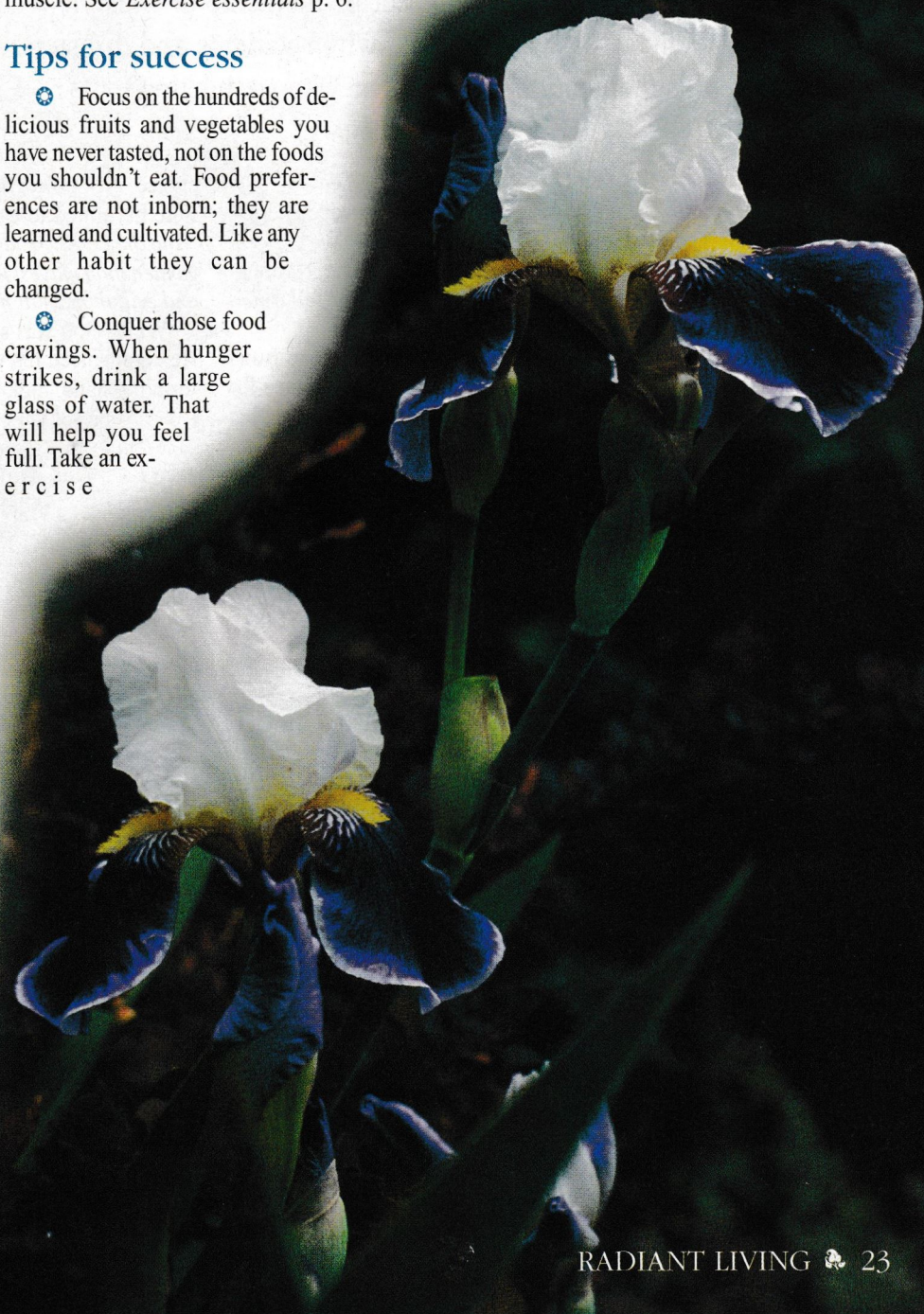
- Conquer those food cravings. When hunger strikes, drink a large glass of water. That will help you feel full. Take an exercise

break. Exercise raises the blood sugar.

- Everything, including weight loss, is more fun with a friend. Find a "buddy" you can encourage; be accountable to each other as you lose weight together.

- Don't strive for perfection and then give up when you don't achieve it. Persistence is far more valuable in weight loss.

- While all weight loss is difficult thousands of people have been successful in achieving and maintaining normal weight while using these simple but effective methods. ♣



Hope for The Hurting



There are many people in this world who are hurting. There are diseases, health problems, and disabilities that are beyond the power of medicine or lifestyle to heal. People everywhere are asking, "Why?" Why disease and illness; why accidents and disasters; why pain and suffering? Who is responsible? And is there any hope for those who are hurting?

The Origin of Disease

God is love. Before the entrance of evil there was peace and joy throughout the universe.

Lucifer, "the light bearer," the attendant of God's throne, by transgression became Satan, "the adversary" of God. Before his fall, Lucifer was first of the covering cherubs, holy and undefiled.

Not content with his position, he ventured to covet homage [worship] due alone to the Creator. Under an appearance of reverence for God, he endeavored to excite dissatisfaction concerning the laws that governed heavenly beings. Such efforts as only infinite love and wisdom could devise were made to convince him of his error. But as his dissatisfaction was proved to be without cause, pride forbade him to submit. He fully committed himself in the great controversy against his Maker. He claimed that it was his own object to improve upon the statutes of Jehovah. Therefore God permitted him to demonstrate the nature of his claims, to show the working out of his proposed changes in the divine law. For the good of the entire universe through ceaseless ages, he [was allowed to] more fully develop his principles, that his charges against the divine government might be seen in their true light.

After the earth with its teeming animal and vegetable life had been called into existence, man, the crowning work of the Creator, and the one for whom the beautiful earth had been fitted up, was brought upon the stage of action. He was of lofty stature and perfect symmetry. His countenance glowed with the light of life and joy.

Though created innocent and holy, our first parents were not placed beyond the possibility of wrongdoing. God gave them the power of

choice—the power to yield or to withhold obedience. Adam and Eve were permitted to eat of all the trees in their Eden home, save one. *"And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it:"* (Gen. 2:16,17).

While God was seeking man's good, Satan was seeking his ruin. He commenced his work with Eve, to cause her to disobey. She put forth her hand, took of the fruit, and ate. Adam, through his love for Eve, disobeyed the command of God, and fell with her.

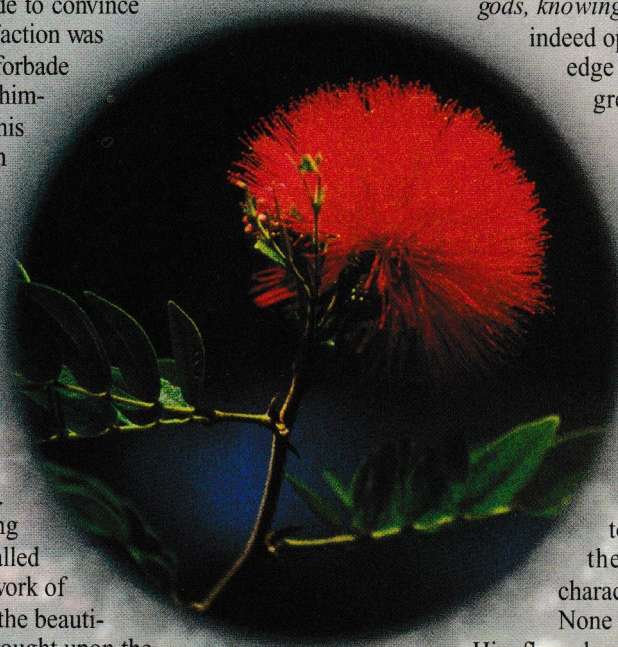
"Your eyes shall be opened," the enemy had said; *"ye shall be as gods, knowing good and evil."* (Gen. 3:5). Their eyes were indeed opened; but how sad the opening! The knowledge of evil, the curse of sin, was all that the transgressors gained.

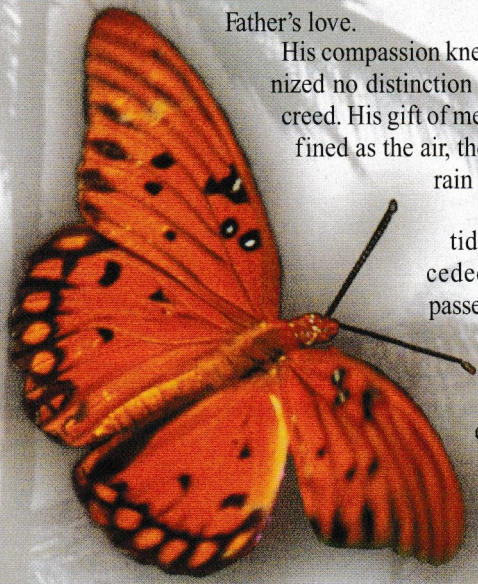
Satan is the originator of disease; He exults to see the human family plunging themselves deeper, and deeper, into suffering and misery.

Hope

Jesus Christ came to this world as the unwearied servant of man's necessity. He *"took our infirmities, and bare our sicknesses,"* that He might minister to every need of humanity. *Matt. 8:17.* The burden of disease, wretchedness, and sin He came to remove. It was His mission to bring to men complete restoration; He came to give them health and peace and perfection of character.

None who came to Him went away unhelped. From Him flowed a stream of healing power, and in body and mind and soul men were made whole. In every city, every town, every village, through which He passed, He laid His hands upon the afflicted ones and healed them. Wherever there were hearts ready to receive His message, He comforted them with the assurance of their heavenly





Father's love.

His compassion knew no limit. Christ recognized no distinction of nationality or rank or creed. His gift of mercy and love is as unconfined as the air, the light, or the showers of rain that refresh the earth.

Wherever He went, the tidings of His mercy preceded Him. Where He had passed, the objects of His compassion were rejoicing in health and using their newfound powers. His voice was the first sound that many had ever heard, His name the first word they had ever spoken, His face the first they had ever

looked upon. Why should they not love Jesus and sound His praise? As He passed through the towns and cities He was like a vital current, diffusing life and joy.

"If I may but touch His garment, I shall be whole." Matt. 9:21. It was a poor woman who spoke these words—a woman who for twelve years had suffered from a disease that made her life a burden. She had spent all her means upon physicians and remedies, only to be pronounced incurable. But as she heard of the Great Healer, her hopes revived.

In making His way through the multitude, the Savior came near to where the afflicted woman was standing. Again and again she had tried in vain to get near Him. Fearful of losing her one chance for relief, she pressed forward, saying to herself, "If I may but touch His garment, I shall be whole."

As He was passing, she reached forward and succeeded in barely touching the border of His garment. That moment she knew that she was healed. In that one touch was concentrated the faith of her life, and instantly her pain and feebleness disappeared.

Suddenly Jesus stopped, and looking round He asked, "Who touched Me?"

Looking at Him in amazement, Peter answered, *"Master, the multitude throng Thee and press Thee, and sayest Thou, Who touched Me?"* Luke 8:45.

Christ did not ask the question for His own information. He wished to inspire the afflicted with hope. He wished to show that it was faith which had brought the healing power.

Many of those who came to Christ for help had brought disease upon themselves, yet He did not refuse to heal them. Among these was the paralytic at Capernaum. This paralytic had lost all hope of recovery. His disease was the result of a sinful life, and his sufferings were embittered by remorse. In vain he had appealed to the Pharisees and doctors for relief; they pronounced him incurable, they denounced him as a sinner and declared that he would die under the wrath of God.

The palsied man had sunk into despair. Then he heard of the works of Jesus. Others, as sinful and helpless as he, had been healed, and he was encouraged to believe that he, too, might be cured if he could be carried to the Savior. But hope fell as he remembered the cause of his malady, yet he

could not cast away the possibility of healing.

His great desire was relief from the burden of sin. He longed to see Jesus and receive the assurance of forgiveness and peace with heaven. Then he would be content to live or to die, according to God's will.

Again and again the bearers of the paralytic tried to push their way through the crowd, but in vain. The sick man looked about him in unutterable anguish. How could he relinquish hope when the longed-for help was so near? At his suggestion his friends bore him to the top of the house and, breaking up the roof, let him down at the feet of Jesus.

Jesus had watched the first glimmer of faith grow into a conviction that He was the sinner's only helper, and had seen it grow stronger with every effort to come into His presence. It was Christ who had drawn the sufferer to Himself. Now, in words that fell like music on the listener's ear, the Savior said, *"Son, be of good cheer; thy sins be forgiven thee."* Matt. 9:2.

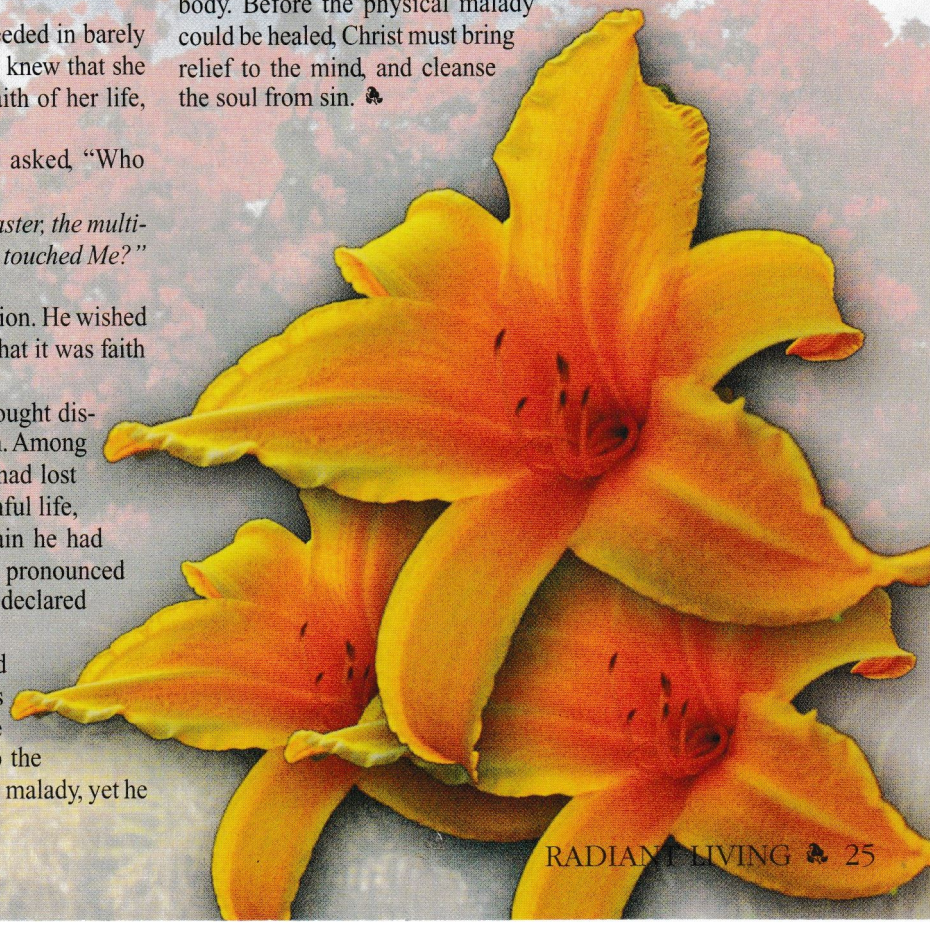
Hope takes the place of despair, and joy of oppressive gloom. The man's physical pain is gone, and his whole being is transformed. Making no further request, he lay in peaceful silence, too happy for words.

But the Pharisees, fearful of losing their influence with the multitude, said in their hearts, *"He blasphemeth: who can forgive sins but One, even God?"* Mark 2:7, R.V.

Fixing His glance upon them, beneath which they cowered and drew back, Jesus said, *"Wherefore think ye evil in your hearts? For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk? But that ye may know that the Son of man hath power on earth to forgive sins,"* He said, turning to the paralytic, *"Arise, take up thy bed, and go unto thine house."* Matthew 9:4-6.

Then he who had been borne on a litter to Jesus rose to his feet with the elasticity and strength of youth. And immediately he *"took up the bed, and went forth before them all."* Mark 2:12.

The paralytic found in Christ healing for both the soul and the body. He needed health of soul before he could appreciate health of body. Before the physical malady could be healed, Christ must bring relief to the mind, and cleanse the soul from sin. ♣





True Healing

Roy Slaybaugh was healed by a miracle. The first thing he remembered after his dreadful automobile accident was seeing an angel beside his hospital bed as he regained consciousness. The angel placed his hand on Roy's head and told him that he would be all right now. Roy later learned that he had sustained some terrible injuries in the accident including, among other things, a compound fracture of the skull, with cerebral fluid draining from his left eye and ear. He had been in a coma for several days and the doctor had said there was no hope, he was dying.

Unaware of what had happened, Mrs. H, a nurse on the case, came to work the morning after the healing. Roy asked her for a piece of candy. She knew he had a fractured jaw and couldn't eat it, but thought that he could at least suck on it, so she gave him one. When he chewed it right down, she was amazed.

Roy was discharged later that morning completely healed.

The hand of the Creator still works in the healing and restoration of our bodies. Is it unrealistic then, for human beings to turn to their Creator when overwhelmed by sickness and disease?

When human strength fails, men feel their need of divine help. And never does our merciful God turn from the soul that sincerely seeks Him for help. Christ is just as willing to heal the sick now as when He was personally on earth.

However, there are certain conditions that must be met before the Lord can bless us.

1) We must comply with the laws of health to the best of our knowledge and ability.

"If thou wilt diligently hearken to the voice of the Lord thy God, 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, which I have brought upon the Egyptians: for I am the Lord that healeth thee." (Exodus 15:26. See also the story of Naaman. 2 Kings 5:1-14).

Many look for miraculous healing without having any intention or desire to give up habits and pursuits that undermine their health. They expect Christ to heal their diseases while they cling to injurious practices that cause sickness. Should these persons gain the blessing of health, many of them would continue to pursue the same course of heedless transgression of God's natural and spiritual laws, reasoning that if God heals them in answer to prayer, He approves of their lifestyle, and they are at liberty to continue their unhealthful practices and to indulge perverted appetite without restraint.

When we ask for a miracle, the Lord may lead us to see that some habit we are indulging is causing the problem, show us a positive lifestyle change, or direct us to some simple remedy. It is then our responsibility to obey. We cannot expect the Lord to work a miracle for us while we neglect to follow what He is telling us to do. The change or simple remedy the Lord has impressed us to use may be all that is needed to bring about a restoration. If that is not enough, the Lord may work a miracle of healing after we obey Him. He directs us to change our habits, so that when He does heal us, we will not undo His work.

2) Sin must be confessed and forsaken.

God says, *"And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much." (James 5:15,16).*

It is not God's purpose to make healthy sinners out of people. He desires to make people whole. Christ warned the crippled man He had healed at the Pool of Bethesda, *"Behold, thou art made whole: sin no more, lest a worse thing come unto thee." (John. 5:14).* Thus we see that in God's plan, the healing of the body and spirit are closely united.

While God is merciful, compassionate, and longsuffering, it is unreasonable to expect Him to bless you while you continue in deliberate

rebellion against Him. Confess any sin in your life, and seek forgiveness and reconciliation with God.

3) Be willing to accept His decision.

In prayer for the sick it should be remembered that *"we know not what we should pray for as we ought" (Romans 8:26).* We do not know whether the blessing we desire will be best. His love is greater than we can possibly comprehend, and He alone understands what is for our ultimate good. God sees the end from the beginning. He is acquainted with the hearts of all men. He reads every secret of the soul. He discerns what the results would be if He were to grant our request. While presenting our petitions with earnestness, we should say, as did our Lord in Gethsemane, *"Nevertheless not my will, but thine, be done." (Luke 22:42).*

The Lord's decision may be:

❖ **Yes**, as in the case of Hezekiah. (See 2 Kings 20:1-6).

❖ **No**, as it was for the Apostle Paul. (See 2 Corinthians 12:7-9).

❖ **Wait**, as in the case of Lazarus. (See John 11:6,20,21,41-45).

There are cases where God works decidedly by His divine power in the restoration of health. But not all the sick are healed. We should not ask Him to concede to our will, but should seek to enter into and accomplish His purpose.

True faith is trusting that God loves you and will do what is best for you. Demanding that He do exactly what you ask when you ask is not true faith—it is presumption. Rather than trying to manipulate the Lord into doing what we wish, we should seek to know His will and to have our will and desires conform to His.

The consistent course is to commit our desires to our loving, all-wise, heavenly Father, and then, in perfect confidence, trust all to Him. God hears our prayer. He always answers. Be willing to accept His decision whether it be yes, no, or wait. ♣

Counterfeit Healing

The world is desperate for healing. Never have our lives been more crowded with life-diminishing, health-destroying factors than they are today. Toxic chemicals in food, air, and water; mounting stress from political, social and economic turmoil; the spawning of new diseases that defy the ingenuity of physicians; droughts, famines and pestilences have turned this world into a gigantic infirmary, and driven earth's populace to the brink of despair.

All these factors combine to make the world desperate for healing. And here, like a fragrant but deadly mist, arises a great danger. For Satan, the archenemy who has instigated all the miseries that afflict this planet, offers methods to alleviate or remove suffering that are designed to separate us from God and fatally ensnare our souls.

Jesus warned that prior to His second coming: *"There shall arise false Christs, and false prophets, and shall show great signs and wonders; inasmuch that, if it were possible, they shall deceive the very elect"* (Matthew 24:24). These supposed miracles will include what appears to be divine healing. Satan will make people sick by casting his spell upon them, and will then remove the spell, leading others to say that those who were sick have been miraculously healed. How can we distinguish the false from the true?

One Bible test is found in Isaiah 8:20: *"To the law and the testimony: if they speak not according to this word, it is because there is no light in them."*

Satan gives his power to those who are aiding him in his deceptions. The sheep's clothing seems so real, so genuine, that the wolf can be discerned only as we go to God's great moral standard. They will perform wonderful miracles of healing and will profess to have revelations from heaven contradicting the testimony of the Scriptures. The voice or spirit that says to a man, "You are under no obligation to obey the law of God," is not the voice of Jesus; for He declares: *"I have kept my Father's commandments"* (John 15:10). And John testifies: *"He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him"* (1 John 2:4).

The Bible will never be superseded by miraculous manifestations. The truth must be studied and cherished. All experiences

and doctrines must be tested by the Scriptures. Whatever contradicts the Bible is false.

Another Bible test is found in Matthew 7:16-20 where Christ says, *"Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. A good tree can not bring forth evil fruit, neither can a corrupt tree bring forth good fruit. Wherefore by their fruits ye shall know them."* If those through whom cures are performed, are disposed, on account of these manifestations, to neglect the law of God and continue in disobedience, it does not follow that God is working through them. On the contrary, it is the miracle-working power of the great deceiver.

Are they pointing people to Jesus and the Bible, or are they trying to draw attention to themselves and their miracles? Do they express to the world the love of Jesus in life and character, living lives of self-denial and sacrifice, well-ordered and godly? Is their example such as to convict sinners and convert them from the error of their ways to the truth? Watch well the indications that tell of the state of the heart.

Wearing the insignia of Christ, they serve the Lord's worst enemy, and heed not the command, "Let everyone that nameth the name of Christ depart from iniquity."

Take care that you are not misled by these false teachers, and found fighting under the black banner of the adversary of God and man.

The book of Revelation describes Satan's last-day deceptions this way: *"He doeth great wonders, so that he maketh fire come down from heaven on the earth in the sight of men, And deceiveth them that dwell on the earth by the means of those miracles which he had power to do"* (Revelation 13:13-14).

As the crowning act in the great drama of deception, Satan himself will impersonate Christ, healing the diseases of the people, and professing to present a new and more exalted system of religious faith; but at the same time he works as a destroyer leading multitudes to ruin.

If we do not love God's truth, we may be among those who will see and believe the miracles wrought by Satan in these last days. ❁

In the latter days Satan performs great wonders, including miracles of healing. (See Rev. 13:13,14; 16:14).

Therefore not every miracle is of God. We can distinguish between divine and satanic miracles only by cultivating a deep love for God and His word. (See Matt. 24:24; 2 Thess. 2:4-17).

Satan's most effective agents in deception are those who profess to honor God's cause and seem like dedicated Christians, some of whom exhibit gifts of apparent power to heal. Their service is often connected with the accumulation of great wealth and indulgence in luxurious living. (See 2 Cor 11:13-15; 2 Pet. 2:1-3, 13-20, cp. 1 Cor. 3:16-18).

These religious agents of deception can be detected by their disobedience to God's law or stated rejection of some part of it. (See Matt. 7:21-24; Isa. 8:20; 1 John. 2:5,6). Satan labors to seduce the world into paying homage to him by turning people away from an intelligent knowledge and worship of their Creator, the only one who can truly heal and restore our diseased minds and bodies. (See Lk. 4:18; 1 Pet. 2:22-25; Ezek. 11:19,20, in contrast to Ezek. 11:21; 2 Thess. 2:4; Rev. 13:1-8; 16:1,2).

THE BIBLE SAYS...

Lord that healeth thee.

NOTE: Jesus spent as much time healing as He did preaching. God loves us. As our Creator, He knows what it takes to keep us healthy.

2. Did God keep His promise to the children of Israel to remove all sickness from them?

Psalm 105:37 He brought them forth also with silver and gold: and there was not one feeble person among their tribes.

3. Why is our health so important to God?

1 Corinthians 6:19,20 Your body is the temple of the Holy Ghost ... therefore glorify God in your body.

Deuteronomy 14:2 For thou art an holy people unto the LORD thy God, and the LORD hath chosen thee.

NOTE: God wants our bodies to be His holy dwelling place; provide Him a clean wholesome place for His residence.

4. What is the basic Bible principle for healthful living?

1 Corinthians 10:31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

NOTE: We should try to live lives that glorify God and bring honor to His name, not just in what we eat and drink but in our words, thoughts, and actions as well.

5. What does the Bible say about alcohol?

Proverbs 20:1 Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.

Proverbs 31:4,5 It is not for kings to drink wine; nor for princes strong drink: Lest they drink, and forget the law, and pervert judgment.

Leviticus 10:8-10 And the LORD spake unto Aaron, saying, do not drink wine nor strong drink, thou, nor thy sons ... that ye may put difference between holy and unholy, and between unclean and clean.

Habakkuk 2:15 Woe unto him that giveth his neighbor drink, that putteth thy bottle to him, and maketh him drunken.

Isaiah 65:8 The new wine is found in the cluster, destroy it not; for a blessing is in it.

Proverbs 23:29-32 Who hath woe? who hath sorrow? who hath contentions? who

hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. At the last it biteth like a serpent, and stingeth like an adder.

NOTE: The word "wine" in the Bible can mean either fermented or unfermented grape juice. The same is true of the word "cider" today, which can mean either fermented or unfermented apple juice. Alcohol destroys health, lives, and families, judgement, willpower, and the ability to distinguish between holy and unholy. The only wine anyone should use is unfermented grape juice.

6. What kind of diet was man originally designed to eat?

Genesis 1:27-29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat [food].

7. Is man permitted to eat flesh foods?

Genesis 9:1-3 And God blessed Noah and his sons, and said ... Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.

NOTE: Just because God permits something does not mean it is the best choice. See Matthew 19:8 (divorce) Leviticus 25:44 (slavery) Num. 11:4,31-33 (flesh food). God may have permitted flesh food to shorten man's life-span, which dropped dramatically in the space of a few generations after he began eating meat. See Gen. 5:1-32; 11:10-35 cf Gen. 6:5-8.

8. Are all flesh foods good to eat?

Leviticus 11:2-9 These are the beasts which ye shall eat among all the beasts that are on the earth. Whatsoever parteth the hoof, and is cloven footed, and cheweth the cud. ... whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat. See Leviticus 11 for a complete list.

NOTE: All flesh is not good for food just like all plants are not good for food even though the original diet was vegetarian. While it seems that Noah was told he could eat anything that moved when God said, "Every moving thing that liveth shall

The Bible has a great deal to say about health. It may seem strange that a book primarily concerned with the spiritual dimension of man would have anything relevant to say about physical health. However, since health has a strong influence on the mind, will power, and judgement, and these faculties are central to understanding and making intelligent spiritual decisions, the Bible's counsel on health is worth considering.

1. Is God really concerned with our health?

Matthew 4:23 And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

Exodus 15:26 If thou wilt diligently harken to the voice of the Lord thy God, 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, which I have brought upon the Egyptians: for I am the

be meat for you," notice three things: **1.** God's categories of clean and unclean beasts have existed since before the flood. Noah knew the difference between clean and unclean animals. (See Genesis 7:2). **2.** God is consistent. (See Malachi 3:6) He wouldn't give one set of instructions to Noah and a different set to Moses. **3.** God did not give Noah permission to be a cannibal.

9. Will people in heaven kill and eat animals?

Isaiah 65:25 They shall not hurt nor destroy in all my holy mountain, saith the LORD.

Revelation 21:4 And there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain.

NOTE: Even the carnivorous animals will be eating grass in heaven. See Isaiah 11:6,7.

10. How serious is God about the eating of foods He has forbidden or the consumption of alcohol or other recreational drugs?

1 Corinthians 6:9,10 Be not deceived: ... drunkards ... shall not inherit the kingdom of God.

1 Corinthians 3:16,17 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

11. Are there any other health principles found in the Bible?

Leviticus 3:17 Eat neither fat nor blood.

Proverbs 25:27 A warning against excess sweets.

Proverbs 23:2 Overeating is harmful.

Eccl. 10:17 Eat to live don't live to eat.

Leviticus 15:2-11 Washing the body and clothes to control germs.

Leviticus 13:46 Quarantine to control contagious disease.

Deuteronomy 23:12,13 Human body waste should be buried.

Leviticus 18; Proverbs 5:1-12 Moral living prevents sexual diseases.

Exodus 20:9; 1 Timothy 5:8 Importance of work.

Mark 6:31 Our bodies need proper rest.

Proverbs 17:22; 1 Timothy 6:6 The health benefits of a positive attitude.

Leviticus 19:17,18; Proverbs 15:17 Hatred and bitterness destroy the health.

Matthew 25:34-40; Exodus 23:4,5,9,25 Help others, even your enemies.

12. Is there an example in the Bible of the benefits of living a healthful lifestyle?

Daniel 1:3-20 And the king [Nebuchadnezzar] spake unto Ashpenaz, that he should bring certain of the children of Israel; whom they might teach the learning and the tongue of the Chaldeans. And the king appointed them a daily provision of the king's meat, and of the wine which he drank. Now among these were Daniel, Hananiah, Mishaël, and Azariah. But Daniel purposed in his heart that he would not defile himself with the king's

meat, nor with the wine which he drank. Then said Daniel to Melzar, whom the prince had set over Daniel, Hananiah, Mishaël, and Azariah, prove [test] thy servants, ten days; and let them give us pulse [plant foods] to eat, and water to drink. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. Thus Melzar took away their meat, and wine; and gave them pulse. Now at the end of the days [three years] in all matters of wisdom and understanding, that the king inquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.

13. How do I make these changes?

Matthew 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

1 Corinthians 9:24,25 Know ye not that they which run in a race run all, but one receiveth the prize? And every man that striveth for the mastery is temperate in all things. They do it to obtain a corruptible crown; but we an incorruptible.

Ezekiel 11:18-20 They shall take away all the detestable things. And I will put a new spirit within you; that they may walk in my statutes, and keep mine ordinances, and do them: and they shall be my people, and I will be their God.

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

NOTE: First, seek the Lord. Second, commit to keeping your body healthy as a means of improving your spiritual health. Third, He puts His spirit within us and gives us the desire, self control, and power necessary to implement good health principles.

14. What is God's final plan for our health?

1 Corinthians 15:51-53 Behold, I show you a mystery; We shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality.

Philippians 3:20,21 The Savior, the Lord Jesus Christ: who shall change our vile body, that it may be fashioned like unto his glorious body.

Revelation 22:2 On either side of the river was the tree of life, ... and the leaves of the tree were for the healing of the nations.

Isaiah 33:24 The inhabitants shall not say I am sick.

Revelation 21:4,5 And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. And he that sat upon the throne said, Behold, I make all things new.

NOTE: God's plan is to restore man to his original state of perfect health, to heal him from the wounds and bruises made by sin. Every true child of God will be healed—either now, or in the resurrection to come. ♣

Q&A

Q. Is the concept of clean and unclean animals a fundamentally Jewish teaching?

A. Long before He brought the Jewish nation into existence God classified the animals into categories of clean and unclean (see *Gen. 7:1,2; 8:20*). This distinction existed in Noah's day before there were different races or a Jewish nation. Most of the unclean animals are predators or scavengers whose bodies harbor diseases and toxic chemicals. Not only is the Bible clear that the flesh of swine and rodents is unfit for human consumption, modern medical science also extensively confirms this. It is not to rob us of pleasure, but to protect our health, that God warns us not to eat unclean animals.

Q. Didn't Peter receive a vision telling him that no animal is unclean? (*Acts 10*).

A. Quite simply this vision was God's symbolic representation of the way the Jews felt about the Gentiles. They saw them as common and unclean. Peter himself explained the meaning of the vision in verse 28: "*God hath showed me that I should not call any man common or unclean.*" God's message to Peter was that they should not call the Gentiles unclean, and the gospel was to be proclaimed to all people. Not once did the apostles or early church apply this vision to the question of what foods may be eaten.

Q. Didn't Jesus say, "*Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man.*" (*Matt. 15:11; Mark 7:15*); and didn't Jesus declare all foods clean? (*Mark 7:19 NIV*).

A. The subject in these two passages (*Matt. 15:1-20; Mark 7:1-23*) is not diet or food. The Pharisees had made very strict laws regarding ceremonial cleanliness. They believed that you picked up sin by contact with Gentiles or anything they might have touched, and absorbed it when you ate with unwashed hands. Jesus was not giving license to eat unhealthfully, but was rejecting the idea of ceremonial defilement by touching Gentiles.

The expression "*declared all foods clean*" NIV, "*Purging all meats*" KJV in *Mark 7:19* is merely Mark's restatement of what Jesus said and reiterates the point that you can't eat sin with your food; sin comes from within. It should also be noted that the word "meats" in the KJV is more correctly translated foods. Jesus did not consider unclean animals food.

Q. Why does the Bible say, "*Let no man therefore judge you in meat, or in drink, or in respect of an holyday*" (*Col. 2:16*). Does this text free us to eat and drink anything we want?

A. *Colossians 2:14-16* warns believers not to enforce the observance of ceremonial laws given to ancient Israel that pointed forward to Christ's death. These laws, pertaining primarily to the services in the sanctuary included meat and drink offerings and various holy days. Those offerings which typified different aspects of Christ's atoning sacrifice came to an end when Christ died on Calvary. (See *Lev. 23:37; Heb. 9:9-12*). But Jesus did not cancel moral, physical, social, governmental or health laws by His sacrifice. Rather, by His death He established the law and showed that it could not be changed.

Jesus did not come to cleanse pigs; He came to cleanse sinners. If an animal was unhealthy because it was a scavenger before the cross,

it is unhealthy now because it is still a scavenger.

Q. What did Paul mean, "*I am convinced ... that there is nothing unclean of itself?*" (*Rom. 14:14*).

A. Paul is simply saying that a food that has been offered to an idol and is then sold at market bears no defilement for that reason. This does not deny that foods tainted with spoilage, disease, food poisoning, inferior ingredients or harmful chemicals are unfit to eat. The text does not disregard this reality. The issue here is whether it is wrong to eat meat offered to idols. The same issue is addressed in *1 Cor. 8:1-13; 10:27-33*.

Q. Does *1 Tim. 4:1-7* indicate that those who observe the Biblical distinction between clean and unclean meats have given heed to seducing spirits and doctrines of devils?

A. These persons command to abstain from, "meats, which God hath created to be received with thanksgiving." First, the word meats here is the Greek word which simply means food so this is not a discussion of clean versus unclean meats. Second, the type of food is given: "Foods which God has created to be received." God did not create unclean animals to be consumed as food. Paul is simply warning against heresies that impose fasts and dietary restrictions on things God meant to be food.

Perhaps the greatest misunderstanding has come from verse four where it is stated, "*Every creature of God is good if it is received with thanksgiving.*" Some take this to mean that any creature is fit to eat if it is earnestly prayed over with thanksgiving. This would mean that giving thanks over maggots, cockroaches, rats, bats, vultures, and humans would make them acceptable for food. Fortunately Paul added, "for it is sanctified by God and prayer." Verse 5. The word of God must first approve it, then the prayer of thanksgiving will sanctify it to be eaten.

It is not Paul's intent to denounce or censure those who choose a pure and simple diet. Certain animals are intrinsically unhealthy and God Himself commanded that they not be eaten.

Q. What did Paul mean when He instructed Timothy to take, "*a little wine for the stomach's sake?*" (*1 Tim. 5:23*).

A. There is nothing in Paul's counsel to Timothy which would indicate that this wine was fermented. Since alcoholic drink is categorically condemned in the rest of the Bible, (*Wine is a mocker; strong drink is raging; and whosoever is deceived thereby is not wise. Proverbs 20:1. Who hath woe ... sorrow ... contentions ... babbling ... wounds without cause? They that tarry long at the wine. At the last it biteth like a serpent, and stingeth like an adder. Proverbs 23:29-32. Do not drink wine nor strong drink, ... that ye may put difference between holy and unholy. Leviticus 10:8-10. Be not deceived: ... drunkards ... shall not inherit the kingdom of God. 1 Corinthians 6:9,10.*), it is inconceivable that the New Testament church leaders would condone it. Would the apostle Paul recommend a drink which is potentially addictive, diminishes spiritual sensitivity, and devastates lives and families? Certainly not! Paul is not advocating social drinking. He is recommending grape juice as a remedy for Timothy's delicate stomach and other infirmities. ♣

The Final Healing

Christ's last act of healing will have everlasting results.

No human language can portray the scenes of the second coming of the Son of man in the clouds of heaven. Christ will come in His own glory, in the glory of His Father, and in the glory of the holy angels. Ten thousand times ten thousand and thousands of thousands of angels, the beautiful, triumphant sons of God, possessing surpassing loveliness and glory, will escort Him on His way. In the place of a crown of thorns, He will wear a crown of glory—a crown within a crown. In the place of that old purple robe, He will be clothed in a garment of whitest white. And on His vesture and on His thigh a name will be written, *"King of Kings, and Lord of Lords."* Rev. 19:16.

The King of kings descends upon the cloud, wrapped in flaming fire. The heavens are rolled together as a scroll, the earth trembles before Him, and every mountain and island is moved out of its place.

Amid the reeling of the earth, the flash of lightning, and the roar of thunder, the voice of the Son of God calls forth the sleeping saints. He looks upon the graves of the righteous, then, raising His hands to heaven, He cries: "Awake, awake, awake, ye that sleep in the dust, and arise!" Throughout the length and breadth of the earth the dead shall hear that voice, and they that hear shall live. And the whole earth shall ring with the tread of the exceeding great army of every nation, kindred, tongue, and people. From the prison house of death they come, clothed with immortal glory, crying: *"O death, where is thy sting? O grave, where is thy victory?"* 1 Corinthians 15:55. And the living righteous and the risen saints unite their voices in a long, glad shout of victory.

All come forth from their graves the same in stature as when they entered the tomb. But all arise with the freshness and vigor of eternal youth. The mortal, corruptible form, devoid of comeliness, once polluted with sin, becomes perfect, beautiful, and immortal. All blem-

ishes and deformities are left in the grave.

The living righteous are changed "in a moment, in the twinkling of an eye." At the voice of God they were glorified; now they are made immortal and with the risen saints are caught up to meet their Lord in the air. Angels "gather together His elect from the four winds, from one end of heaven to the other."

We shall know our friends, even as the disciples knew Jesus. They may have been deformed, diseased, or disfigured in this mortal life, but they rise in perfect health and symmetry; yet in the glorified body their identity will be perfectly preserved. In the face radiant with the light shining from the face of Jesus, we shall recognize those we love. Friends long separated by death are united, nevermore to part, and with songs of gladness ascend together to the City of God.

Pain cannot exist in the atmosphere of heaven. There will be no more tears, no funeral trains, no badges of mourning. *"There shall be no more death, neither sorrow, nor crying: ... for the former things are passed away."* *"The inhabitant shall not say, I am sick: the people that dwell therein shall be forgiven their iniquity."* Revelation 21:4; Isaiah 33:24.

The redeemed saints, who have loved God and kept His commandments here, will enter in through the gates of the city, and have right to the tree of life. They will eat freely of it as our first parents did before their fall. The leaves of that immortal widespread tree will be for the healing of the nations. All their woes will then be gone. Sickness, sorrow, and death they will never again feel, for the leaves of the tree of life have healed them. Jesus will then see of the travail of His soul and be satisfied, when the redeemed, who have been subject to sorrow, toil, and afflictions, who have groaned beneath the curse, are gathered up around that tree of life to eat of its immortal fruit. ❀

*Beloved I wish above all things that thou
mayest prosper and be in health.*

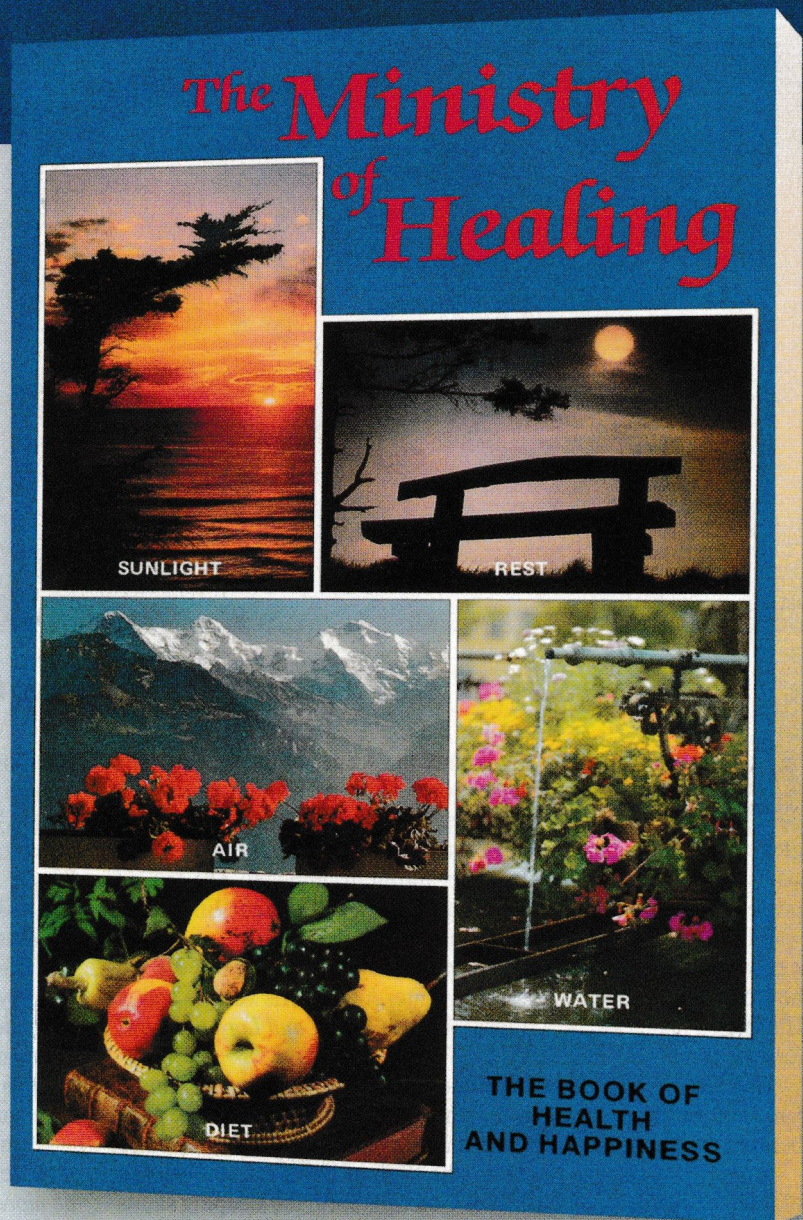
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