



# *A New You Ministry*

*"Revealing God's Way To A New Life"*

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## **Nature's Formula For Health**

Health is an extremely valuable asset, and this is especially realized when one is in less than good health. Therefore it is best if good and even optimum health be obtained and maintained.

There is a formula for optimum health, and all of its components are easily accessible to everyone. It is completely natural and has no side effects, except that of obtaining or maintaining good health. Use the formula consistently, and you will be pleasantly surprised with the results.

There are eight parts to this formula, and they have been rightly termed "the true remedies." We will take a brief look at each aspect. The formula is:

**Nutrition + Exercise + Water + Sunshine + Temperance + Air + Rest + Trust in Divine Power = NEWSTART \* to optimum health.**

**Nutrition:** "[What Is a Good Diet?](#)" and "[God's Appointed Diet.](#)"

**Exercise:** Our bodies are designed for activity, and if we are not sufficiently active, degeneration and loss of body tissue and function result. Exercise increases circulation; strengthens the cardiovascular system, bones, organs, and muscles (thus you have more energy); improves mental attitude and relieves stress; and helps in the elimination of wastes. Walking is a wonderful way to start an exercise program. For those physically capable, many other forms of exercise may be chosen. For best results exercise should be at least 20-30 minutes per session and at least three times per week. Excessively vigorous exercise is not necessary and should not be done by those starting an exercise program or those with medical conditions. However, you should observe an increase in your breathing rate and your heart should be beating faster.

**Water:** Without water blood would not circulate in our blood vessels, our joints would not move, and we would not be able to eat properly. Water purifies the blood and aids in the elimination of waste. Water plays an important part in virtually every body function. Most body fluids are primarily composed of water. Even cells contain a large amount of water. Thus it is necessary that the body receives an abundant supply of clean, fresh water daily. Every day we need to drink approximately eight cups of clean, fresh water (not soda pop, juice, or coffee). This water should be taken between meals because drinking with meals hinders digestion. You may drink your water up to 10 to 15 minutes before a meal or 1 to 2 hours after a meal.

**Sunlight:** Sunlight strengthens the body and the immune system, destroys viruses and bacteria, improves the circulatory system, gives a healthy tone to the brain and nervous system, improves our mental outlook, and helps alleviate fatigue. If possible try to get 20 minutes or more of sunlight daily, or at least several times a week. Individuals who are weak, very young, or very old especially benefit from daily sunlight.

**Temperance:** This means to stay away from that which is harmful to the body. This includes various beverages (alcohol, coffee, wine, caffeine-containing drinks) and other substances (tobacco in all its forms, drugs, etc.). These items are very harmful to the liver, nervous system, brain, lungs, cardiovascular system, and impairs body functions. Temperance also means to be moderate in everything that is good, such as not overeating or getting too much sunlight, resulting in sunburn.

**Air:** Without sufficient oxygen brain cells die in about four minutes, body functions stop, and the heart stops beating. Polluted air carries many poisons and toxins that destroy health; many illnesses and deaths have been attributed to polluted air alone. Pure air, both indoors and out, is what we need. Try to get outdoor air as often as possible. If you live in the city, take advantage of the times of less pollution to go outside, and go to the country as often as possible where the air is much cleaner. Be sure to breathe deeply. Exercise and good posture facilitate proper intake of oxygen. Open the windows to your home whenever conditions permit. Pure air gives life to the body, purifies the blood, and vitalizes every organ and cell.

**Rest:** Rest (sleep) and relaxation gives the body time to replenish energy reserves, make needed repairs, and remove waste from the cells. Without sufficient rest stress is not handled as well and the mind and body are less efficient. Most people experience best results with seven to eight hours of sleep a night. For best sleep, follow the other seven aspects of this formula, do not eat late, and have a regular time for bed. The best sleep is obtained before midnight. Relaxation can be obtained in enjoying nature, doing a hobby, taking a vacation, or even spending time with your family or your pets.

**Trust in Divine power:** Peace of mind only comes through trusting in God. There is a profound connection between the mind and the body. Worry, anger, jealousy, resentment, guilt, depression, anxiety, and all other negative emotions have a negative effect upon the body; they break down the life forces and open the door for sickness and disease. We not only worry with our minds, but we worry with every cell in our body as well. King David stated a deep truth when he wrote, "A merry [cheerful, rejoicing, thankful] heart doeth good like a medicine: but a broken spirit drieth the bones." Prov. 17:22.

Each part of the formula interconnects with every other part. You cannot use half of the formula and still expect to get the sum-optimum or even good health. The true power is in the whole package; in other words in consistently using the whole formula, daily. If you give this formula a chance, you will feel better, be healthier, stronger, and more energetic.