

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in Divine power—these are the true remedies."—Ellen G. White, *Ministry of Healing*, p.127

1—Fresh Air.

- Without food you will die in a few weeks.
- Without water you will die in a few days.
- Without air you will die in a few minutes.
- Blood and cells are dependent upon oxygen.

NOTE: Fresh air invigorates the vital organs and aids the system in ridding itself of accumulated impurities. Fresh air also brings life to the skin and has a decided influence on the mind. Fresh air contains negative ions which help to immune system fight disease. The lack of fresh air causes specific problems such as fevers, colds, and lung diseases.

DO: In the morning, step outside and breathe deeply; then expel all the air in your lungs. Repeat this about 3 or 4 times. Have fresh air ventilating in your home day and night. Exercise in the open air will promote good circulation. air is the free blessing of Heaven.

2—Sunshine

NOTE: Every living thing in our world is dependent on sunlight. Without sunlight nothing would live. the following discoveries show the benefits derived from the sun: It lowers blood sugar and blood pressure; it lowers cholesterol by converting it to vitamin D; it utilizes calcium and phosphorus; it increases red blood cells; it increases white blood cells; it strengthens the immune system; it calms the nerves and increases adrenaline; it destroys germs on the skin; it reverses jaundice; it increases circulation; and it helps eliminate pesticides and other chemicals from the system.

DO: Start the day with exposing your face and body to the sun for 10 to 15 minutes.. The best time for sunbathing is between 9:00 and 10:00 AM and between 4:30 and 5:30 PM.

3—Temperance

NOTE: True temperance teaches us to dispense entirely with everything harmful and to use judiciously that which is healthful.

DO: Avoid anything that is harmful to your body. This includes liquor, abuse of drugs, tobacco, overeating, eating between meals, sugar-laden foods, strong condiments and spices, all caffeinated foods (chocolates and some sodas contain caffeine, as do coffee and tea), large combinations of foods, grease and fatty foods, excess salt.

4—Rest

NOTE: The greatest remedy for being tired is SLEEP.

- The body requires plenty of rest to heal.
- Sleep is the greatest rejuvenator; it restores strength to muscles, nerves, and brain.
- During sleep the body repairs, reenergizes, and prepares for renewed activity.
- One hour of sleep before midnight is equal to 2 hours of sleep after midnight.

NOTE: During a day of work and activity, toxins build up in our system which cannot immediately be thrown off. These toxins product fatigue—that well-known weariness at the end of the day. Sleep gives the body time to expel wastes and to make repairs.

DO: First, get the sleep your body needs, 8 hours a day and several hours before midnight. Second, do not neglect that important rest we need, such as taking morning walks, sitting by a mountainside, looking at a forest or lake, going to the ocean, or reading the Scriptures.

5—Exercise/Labor

NOTE:" Morning exercise, walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is the surest safeguard against colds, coughs, congestion of the brain, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases."—Ellen G. White, *Healthful Living*, p. 176-177

Studies are finding that exercise is an important factor in the fight against cancer.

DO: "If physical exercise were combined with mental exertion, the blood would be quickened in its circulation, the action of the heart would be more perfect, impure matter would be thrown off, and new life and vigor would be experienced in every part of the body."—Ellen G. White, *Counsels on Health*, p. 572

6—Water

NOTE: The body requires water constantly. Most of this water is recycled within the body itself. However, it must have a replacement of eight glasses of water per day. Cleansing of waste material is a daily task for the body, not only from its own wastes, but from the constant bombardment of germs and viruses, and in today's society, from chemicals and drugs. If the body is not thoroughly cleansed, it is forced to break down. "Water is the best liquid possible to cleanse the tissues.... Drink some, a little time before or after a meal."—Ellen G. White, *Healthful Living*, p. 226

DO: Food should not be washed down, and no drink is needed with meals. Eat slowly and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest, for the liquid must first be absorbed.

Many make a mistake in drinking cold water with their meals. Taken with meals, water diminishes the flow of the salivary glands, and the colder the water, the greater the injury to the stomach. The best time to drink your water is a half hour before or an hour after your meals. A couple large glasses of hot water first thing in the morning will assist your bowels in elimination.

7—Nutrition

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

NOTE: Proper nutrition is vital to good health. Food that is devitalized cannot supply the vitamins and minerals it lacks. Therefore, it is of utmost importance that we choose wisely the food that goes on our table. Vegetables and fruits should be making the greater proportion of our meals, along with whole grains, beans, legumes, and seeds. Nuts can be included in small amounts. From our food, we will obtain all the elements essential for good health: vitamins, minerals, water, carbohydrates, protein, fats, and fiber.

DO: include in the diet a wide variety of fruits and vegetables, dark leafy greens, more raw foods, whole grain cereals and breads, vegetable proteins from sources such as dry beans, peas, and other legumes (soybeans, garbanzos, kidney beans, pintos, lentils, etc.), tofu, nuts, seeds, and soybean or rice milk. Reduce the fats, oils, salt, and sugars in the diet

8—Trust in Divine Power

NOTE: "If thou wilt diligently hearken to the voice of the Lord thy God, and will do that which is right in His sight, and will give ear to His commandment, and keep His statutes, I will put none of the diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that

The foundation of all health is in the acceptance of the blessings which the Creator has provided for us. Foremost of these is the privilege we have of choosing our Saviour to be our Guide as well as our Great Physician. In fact, the divine purpose of our physical healing is to make us more inclined to accept the spiritual healing Christ longs to perform upon our hearts.

There is an inexpressible peace that comes to one who has learned to trust in God and to lay all things in His hands. In Matthew 11:28 Jesus says, "Come unto Me...and I will give you rest." Rest from sorrow, rest from fear, and rest from insecurity. But first we must come to Him as our Great Physician. We must trust Him before we can understand and practice His profession or reveal His wisdom and love. Let us resign ourselves to do His will, and endeavor faithfully to follow every instruction He gives for when we come to God, we must be willing to acknowledge and accept His ways as best for us, and follow them, regardless of our own personal preference and prejudices. There may be times when we may not discern His wisdom in certain events, but it is on these occasions that we especially honor Him by our faith. By being obedient to Him in those things which He asks of us—be it in the physical or spiritual realm—we shall discover that He is guiding us on our way to complete healing.

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