

Understanding Health & Disease

Why do we get sick?

Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.

What does this mean?

1. The symptoms of disease (e.g. pain, fever, and inflammation) are nature's effort to get better.

2. Disease comes from violating God's physical laws.

Disease is not a negative condition which should be combated and stopped but a self-defensive, protective effort of the body to restore health. Pain is our body's way of telling us that something is wrong. Inflammation is a re-constructive process and should not be suppressed. Every acute disease is an effort of nature to cleanse and heal. When suppressed, it becomes sub-acute, and then, with time, chronic and degenerative.

Result of violating God's physical laws

Medicine suggests that we are victims of sickness, attacked by a bad organism, having a bad organ, cursed by bad genes, etc. In reality, illness is most often a result of our own choices not dependent on uncontrollable factors. Disease-causing organisms are scavengers; they cannot find a home in a healthy body with a strong immune system. Bacteria, virus, or parasitic infection is not the primary cause of disease but rather its result. Even the father of the germ theory, Pasteur, began to understand the true relationship of germs to disease late in his life, when he stated: "The germ is nothing, the soil [the condition of the body] is everything," meaning that a germ can only thrive in a suitable environment.

God's law is written by His own

finger upon every nerve, every muscle, and every faculty which has been entrusted to man. God in His wisdom has established natural laws for the proper control of dress, appetites, and passions, and He requires of us obedience in every particular; this determines the condition of our health. All our enjoyment or suffering may be traced to obedience or to transgression of natural law.

God loves His creatures with a love that is both tender and strong. He has established the laws of nature; but His laws are not arbitrary exactions. Every "Thou shalt not," whether in physical or moral law, contains or implies a promise. If it is obeyed, blessings will attend our steps; if it is disobeyed, the result is danger and unhappiness. The transgression of the physical law is transgression of God's law. Sin is the transgression of the moral law, disease results from the transgression of physical law.

Disease is merely a departure from normal health. A careful conformity to the laws which God has implanted in our being will insure health, and there will not be a breaking down of the constitution. God has pledged Himself to keep this machinery in healthful action if the human agent will obey His laws, and co-operate with him. "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... for I am the LORD that healeth thee." *Exodus 15:26.*

When we realize that disease is the result of transgression of God's physical laws, the cure for it is found

in identifying the cause. Remove the cause and we have found the cure.

So what should I do when I get sick?

The greatest cause of human suffering is ignorance on the subject of how to treat our own bodies. In case of sickness, the cause should be ascertained. Unhealthy conditions should be changed, and wrong habits corrected. Then, nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.

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

1. First find out what is causing the disease, because disease never comes without a cause. Reason with yourself, "What could I have done to become sick?" In the beginning reasoning from cause to effect may be challenging to ascertain but with practice and conscious awareness it will become easy. And then you will be able to say like David, "I understand more than the ancients, because I keep Thy precepts." *Psalms 119:100.*

2. Remove the cause; stop doing the things that made you sick.

3. Assist the body's efforts to expel impurities by using natural remedies and trusting in God.

4. Lastly, do not endeavor to adjust the difficulties by adding a burden of poisonous medicines.

How can I obtain Heaven's healing?

There are many ways of practicing the healing art; but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. **Pure air and**

water, cleanliness, proper diet, purity of life, and a firm trust in God, these are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises, are within the reach of all, with but little expense; but drugs are expensive, both in the outlay of means, and the effect produced upon the system.

God is greatly dishonored by the way in which man treats his organism, and He will not work a miracle to counteract a perverse violation of the laws of life and health. The Lord has made it a part of His plan that man's reaping shall be according to his sowing.

However, it is a safe proposition that after a person has done all in his power to search out and put away the cause of his disease, and it is found to be after all, that the cause is beyond all human effort to remove. Then, if the one sole aim of his healing is the glory of God and the keeping of the commandments of God, he may with perfect confidence and full assurance of faith ask the Lord to heal him.

Still, while presenting our petitions with earnestness, we should say, "Nevertheless not my will, but Thine, be done." *Luke 22:42*. We do not know whether the blessing we desire will be best for us or not. Therefore, our prayers should include this thought: "Lord if it is for Thy glory that my health be restored, I ask, in the name of Jesus. If it be not Thy will give me Thy grace to comfort and Thy presence to sustain me."

8 HABITS TO GOOD HEALTH

Today, the Greatest Physician in the universe is offering us eight remedies that one can take everyday and get better and stay well. Moreover they are so simple.

God often uses the simplest means to accomplish the greatest

results. The only true Physician, would like to share with us eight remedies to prevent illness and obtain His healing.

These remedies are better than the orthodox medicines that the world gives because, firstly, they are free; secondly, they work for all; and lastly, they have no bad side-effects (only good ones like more energy, greater endurance, sharper memory, younger-looking skin, loss of extra weight, etc).

How is it possible that the same eight remedies work for all?

Although externally we may look different, internally our bodies are governed by the same physical laws of nature. That is why the same plan works for everyone.

1. SUNLIGHT--OUR FREE VITAMIN SUPPLY

"Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun." *Ecclesiastes 11:7*. Have you ever stopped to think that without sunlight there would be no life on this earth? – Not a leaf or fruit could grow nor a flower bloom. The life of every created being is the more perfect the more the creature enjoys the influence of light. Let a plant or an animal be deprived of light, notwithstanding every nourishment, care, and cultivation, it will first lose its color, then its strength, and at last will utterly decay.

God made man to live largely outdoors where the body could receive abundant sunshine. In fact, man was created and placed in the garden so that the sun would shine upon his entire body.

Vitamin D is unique in that it is the only vitamin that humans produce intrinsically after exposure to ultraviolet B light from the sun. It takes a fair-skinned person only 15 minutes or less to generate 10,000 to 20,000 IU of vitamin D on a sunny day.

Vitamin D generated by sunlight on the skin is different from other vitamins in that it influences the entire body. Receptors that re-

spond to this vitamin have been found in almost every type of human cell, from the brain to the bones.

All of the sunlight's vitamin D's health-effects are not yet known, but it is clear that the vitamin is a "blockbuster" nutrient capable of many things.

How can I enjoy the benefits of sunlight without the risk of skin cancer or premature aging?

Start with 10-15 minutes exposure to the face, arms and legs daily or the diseased area of the body. Build up to 20-30 minutes daily. The body stores the vitamin D readily for over a week. Avoid sun burning. Do not use sun block or suntan lotion.

To avoid the risk of skin cancer, reduce free fats, such as oils, and eliminate bad fats, (this includes all animal fats, margarine, hydrogenated fats, fried foods).

2. THE INVISIBLE NUTRIENT

Man may live 5-6 weeks without food, a few days without water, but only a few minutes without air. Our body's most important nutritional requirement is not protein, carbohydrates, fats – it is oxygen!

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

Fresh air will prove far more beneficial to sick persons than medicine, and is far more essential to them than their food. Thousands have died for want of pure water and air who might have lived.

Be outdoors as much as possible. Always exercise outdoors. In the home it is important to secure thorough ventilation and plenty of sunlight. Do not smoke tobacco; avoid second-hand smoke too.

3. HEALTHFUL EXERCISE

Sensible daily exercise can help to improve function of body, mind, immune system, digestion and assist your body's healing and health-restoring processes.

We can get all the nutrition into our blood but if we do not get the nourished blood to where it needs to go through exercise we will not benefit.

Exercise at least 30 minutes daily. Brisk walking is good. On the first day, begin a program of walking as far as is comfortable, and gradually work up to five miles per day. Outdoor labor, in any useful activity, is an excellent source of exercise.

4. ELIXER OF LIFE

"Cleanse first that which is within...that the outside...may be clean also." *Matthew 23:26*. Toxic waste builds up in the body when we do not drink enough water.

Chronic pains are often indicators of chronic dehydration. When any of your joints begin to signal aching pains that come and go, the first thought that should occur to you is "My body is severely short of water." According to Dr. Fereydoon Batmanghelidj dehydration can cause disease. "Dry mouth is not the only sign of dehydration and waiting to get thirsty is wrong. Pain in the body is a crisis call of the body for water. Thirst should be prevented. When [the] body does not receive enough water and you have pain that, is a sign of dehydration."

Drink one to two glasses of water every waking hour or so throughout the day. Drink more if you sweat much or the weather is hot. This will help your endurance. Carry a supply with you. Upon rising, drink two glasses at room temperature with a freshly squeezed lemon in it.

Showers and Baths

Persons in health should on no account neglect daily bathing. More so, those who are not in good health have impurities in the blood. The multitude of pores, or little mouths,

through which the body breathes, become clogged and filled with waste matter, and the skin is not in a healthy condition. The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities. Feeble persons who are diseased surely need the advantages and blessings of bathing daily.

Natural remedies with water treatment are more effective in restoring health than all the drug medication in the world.

5. MODERATION AND TEMPERANCE

2000 centurions were studied – nothing was found in common with them other than the *moderation* in quantity of food. Observations on 2000 centurions showed that, for attainment of long life, the amount of food was more critical than the type of food that was consumed.

The Bible speaks of true temperance in everything concerning life, not just food. Bible temperance teaches us to dispense entirely with everything harmful, and to use judiciously that which is healthful. That means we should avoid all things that do not promote health and enjoy moderately those that do. True temperance does not refer only to eating and drinking. It includes all things in life: moderation in sleep, work, and play, also avoidance of stress, bad thoughts, anger, etc. Prolong your life by careful supervision of yourself. When it comes to diet, nothing should be put into the human system that will leave a baleful influence behind.

True temperance in diet involves abstaining from all stimulants including: drugs; tobacco; alcohol; caffeine drinks – i.e. colas and soft drinks; tea and coffee; and chocolate. Avoiding all animal meat (beef, cow, fish, fowl...). If ever meat eating was safe, it is definitely not safe now. The liability to take disease is increased tenfold by meat-eating. Cancers, tumors, and all inflamma-

tory diseases are largely caused by meat-eating.

6. LIFE-SUPPORTING DIET

In order to know what the best foods are, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food: vegetables, fruits, grains, and nuts constitute the diet chosen for us by our Creator. "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." *Genesis 1:29*

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

God gave man no permission to eat animal food until after the flood. Everything had been destroyed upon which man could subsist. The Lord permitted Noah to eat of the clean animals which he had taken with him into the ark. But animal food was not the healthiest article of food. Notably, with the introduction of meat into the diet, the recorded life-span of man drastically decreased after the flood.

Furthermore, God had given definite commands that any meat that was to be eaten was to be eaten without **any fat and without any of the blood** (*Leviticus 3:17*). This is the tastiest part of the meat!

7. THE SECRET OF REST

You have a deadline to finish. You decide to stifle the yawn and

push through the night. Sure it is already late, but you drink some coffee and keep going. Your body, of course, is fighting you every step of the way. Whether you realize it or not, your brain has already started to check out for the night. We carry on working and abuse our body to the point of exhaustion. This factor is one of the greatest hindrances to recovery.

Rest is one of the most basic healers known to mankind. When we become sick, what is the thing we want most to do? To lie down. Nature will restore vigor and strength during sleep hours, if her laws are not violated.

How much sleep should I get?

Experts tend to agree that the majority of people require about eight hours of sleep each night.

The work of building up the body takes place during the hours of rest. A good night's sleep can improve the memory by 30%. When sleeping, the brain deconstructs memory and connects it to related things, so performance is faster and more accurate after having a good night's sleep.

The Sabbath

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

Our health is blessed when we rest on God's Sabbath day: "My son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee." *Proverbs 3:1, 2*. It is impossible to obtain perfect health if you are not keeping the Lord's Sabbath.

8. TRUST IN GOD

Stress is caused by fear and worry. This is because we do not trust in our Creator. All that God requires is simple trust – to drop into His arms with all our weaknesses, and brokenness, and imperfection. Jesus will help the helpless, and strengthen and build up those who feel that they are very weakness itself. Not a sigh is breathed, not a pain felt, not a grief pierces the soul, but the throb vibrates to the Father's heart. The hour of man's necessity is God's opportunity.

God desires that you should feel your dependence upon Him and trust in that Hand that can save to the uttermost, that Heart that throbs in response to the appeals of suffering humanity. We must not trust in man or make flesh our arm. Our trust must be placed in a Hand that is warm with life and a Heart that throbs with love for the helpless.

If we would walk without fear, we must know that the hand of Jesus Christ holds our own firmly. And we can only know this by searching the Word of the living God and obeying His word. Take time to pray, and as you pray, believe that God hears you.

"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am

meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." *Matthew 11:28-30*

Mix your prayers with faith. You may not at all times feel the immediate answer; but it is then that your faith is tried. You are proved to see whether you will trust in God, whether you do have a living and abiding faith. "Faithful is He that calleth you, who also will do it." *1 Thessalonians 5:24*.

Walk the narrow plank of faith. Trust all on the promises of the Lord. Trust God in darkness. That is the time to have faith. But you often let feeling govern you. You look for worthiness in yourself when you do not feel comforted by the Spirit of God, and despair because you cannot find it. You do not trust enough in Jesus, precious Jesus.

We are not to trust in our faith, but in the promises of God. When we repent of our past transgressions of His law, and resolve to render obedience in the future, we should believe that God for Christ's sake accepts us, and forgives our sins.

Not a sigh is breathed, not a pain felt, not a grief pierces the soul, but the throb vibrates to the Father's heart. The hour of man's necessity is God's opportunity.

Eight habits for better health.

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

For More Information

MINISTRY OF HEALING—Health of body, healing of disease, peace of heart - through simple, natural remedies combined with trust in divine power. 360 pp.