

# **Healthful Living for People Young and Old**

***A Workbook Guide for Healthier Living  
Based On God's Word***

**By Paul W. Syltie**

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This is a workbook that you fill out as you go along. Look up the scriptures and write in the answers.

### **Basic Beginnings**

◆ **What is man, and who designed him? *Genesis 2:7***

The Lord God formed man of the \_\_\_\_\_ of the \_\_\_\_\_, and breathed into his nostrils the \_\_\_\_\_, and man became a \_\_\_\_\_.

Note: the original Hebrew word for "living soul" is *nephesh*, which means "that which breathes."

◆ **Where did the woman come from? *Genesis 2:21-22***

The Lord God caused a deep sleep to fall upon Adam, and he slept. And God took one of his ribs and closed up the flesh, and from the rib he made a \_\_\_\_\_, and brought her to the man.

◆ **If God created the man and the woman, then shouldn't He be the one to tell us how to live to be healthy? Yes or No (circle one)**

◆ **Did God create everything we see? *John 1:1-3***

In the beginning was the \_\_\_\_\_, and the Word was with God, and the Word was

God.... \_\_\_\_\_ were made by Him, and without Him \_\_\_\_\_.

◆ **Where did God put the first people He made? *Genesis 2:15***

The Lord God took Adam and put him into the \_\_\_\_\_ to dress and keep it.

◆ **Was this Garden a perfect place for our original parents? *Genesis 2:9***

And out of the ground the Lord God made to grow every tree that is \_\_\_\_\_, and \_\_\_\_\_.

◆ **Was this Garden of Eden the very best place for people to live in perfect health and happiness? Yes or No (circle one)**

**Of course, because God wants the very best for His creation. *III John 2***

Beloved, I wish above all things that you may \_\_\_\_\_ and \_\_\_\_\_.

◆ **Can we trust the Bible to give us the right answers on everything in life, including our health? *II Timothy 3:16***

All Scripture is given by \_\_\_\_\_, and is profitable for \_\_\_\_\_, for \_\_\_\_\_, for \_\_\_\_\_, and for \_\_\_\_\_.

◆ **Does it really matter how we treat our bodies, or is it not very important that we be careful about how we treat it? *I Corinthians 6:19-20***

Know you not that you body is the \_\_\_\_\_ of the \_\_\_\_\_, which is in you, which you have of God, and you are not your own? For you are bought with a price; therefore \_\_\_\_\_ God in your \_\_\_\_\_, and in your \_\_\_\_\_, which are God's.

◆ **The Bible does not give us every little detail of how to live healthfully, but does it give us the basic principles? *Proverbs 1:7***

The \_\_\_\_\_ of the Lord is the beginning of \_\_\_\_\_, but \_\_\_\_\_ despise wisdom and instruction.

## Let's not be fools!

**John 17:17** .... thy word is \_\_\_\_\_.

◆ **Do the ten commandments give us guidelines in how to be healthy?** Yes or No (circle one)

◆ **Let's find out how they do. Exodus 20:2-17**

◆ **First, recall all ten commandments from memory, and then fill out the answers below.**

### 1. **Commandment 1. Exodus 20:2-3**

You shall have no other \_\_\_\_\_ before Me. This tells us we must look only to the one true God for answers to any questions about anything in life.

### 2. **Commandment 2. Exodus 20:4-6**

You shall not make unto you any \_\_\_\_\_. We are not to worship anything or person except the one true God.

### 3. **Commandment 3. Exodus 20:7**

You shall not take the name of the Lord your God in \_\_\_\_\_. We must not deny the power of God in showing us the way we should live.

### 4. **Commandment 4. Exodus 20:8-11**

Remember the \_\_\_\_\_ to keep it \_\_\_\_\_. It is very important to work hard for six days, and on the seventh day (the Sabbath Day) to rest from our physical and mental efforts.

### 5. **Commandment 5. Exodus 20:12**

Honor your \_\_\_\_\_ and your \_\_\_\_\_, that your days may be \_\_\_\_\_ upon the land which the Lord your God gives you. In order to live a long life — which means to be healthy during this life — a person must honor his parents, which leads to peace of mind and good thoughts ... which gives us good health. After all, our parents brought us into the world.

### 6. **Commandment 6. Exodus 20:13**

You shall not \_\_\_\_\_. Killing someone else not only ends someone else's life, but it greatly affects the thoughts and attitudes of the murderer, leading to great conflict of mind and a shorter life. Whoever even \_\_\_\_\_ his brother is a \_\_\_\_\_ (**I John 3:15**), so we see that having an attitude of hating

someone in your mind is like killing him physically. Don't hate others, but do good to them and let God take vengeance on them, if any is due.

**7. Commandment 7. *Exodus 20:14***

You shall not \_\_\_\_\_. Not being faithful to your own wife or husband is very destructive to your whole personality and mind, and leads to poor health.

**8. Commandment 8. *Exodus 20:15***

You shall not \_\_\_\_\_. Stealing leads to bad thoughts and ill health, but also this principle applies to food. We must not take away from the wholesome value of foods by refining them, or by adding chemicals to them that reduce their health-giving value to us.

**9. Commandment 9. *Exodus 20:16***

You shall not bear \_\_\_\_\_ against your neighbor. This principle involves not lying to someone else, and lying gives us conflict of mind which leads to poor health.

**10. Commandment 10. *Exodus 20:17***

You shall not \_\_\_\_\_. Coveting means wanting something you should not have, and is the first step towards actually stealing or taking something that is not good for you ... like eating bad foods, or doing something that will cause conflict and unhappiness in your life, all of which lead to sickness.

◆ **Do we see from all of these commandments of God that not just bad food but also bad thoughts can give us sickness? *Exodus 15:26***

And God said, If you will diligently listen to the voice of the Lord your God, and will do what is right in His sight, and will give ear to His \_\_\_\_\_ and keep all His statutes, I will put none of these \_\_\_\_\_ upon you, which I have brought upon the Egyptians, for I am the Lord that \_\_\_\_\_ you. This proves that keeping the commandments of God leads to good health, and the diseases of the Egyptians (in both their bodies and minds) were caused by not keeping the commandments. They were a heathen nation, and worshiped idols and false gods like fish, frogs, birds, the sun, and the Nile River itself because its water gave them food.

## The Laws of Health

◆ The principles that determine our health can be summarized into eight basic laws:

1. Eat good food and drink good water.
2. Think positive thoughts.
3. Get proper exercise.
4. Get lots of natural sunlight.
5. Get plenty of rest.
6. Get a lot of fresh air.
7. Avoid accidents; practice safety.
8. Practice good hygiene.

◆ Memorize these seven laws, because they show you what you must do to avoid sickness. If you follow them carefully you will live healthfully and relatively free of diseases that most people get because they do not follow them.

◆ By following these laws you will also avoid getting overweight as many Americans now are. God's way is to be healthy, so we ought to pay attention to the ways we can get well and stay well. After all, how can you be an effective servant of God and your fellow man if you are sick and in bed? *Matthew 20:26-28*

Whoever will be great among you, let him be your \_\_\_\_\_, and whoever will be chief among you, let him be your \_\_\_\_\_, even as the Son of man (Jesus Christ) came not to be ministered to, but to \_\_\_\_\_.

◆ *See also Matthew 25:34-40.*

Then shall the \_\_\_\_\_ say unto them at His right hand, Come you blessed of My Father, \_\_\_\_\_ prepared for you ... for I was \_\_\_\_\_ and you gave Me \_\_\_\_\_; I was \_\_\_\_\_ and you gave Me \_\_\_\_\_; I was a \_\_\_\_\_ and you took me in; naked and you \_\_\_\_\_ Me; I was \_\_\_\_\_ and you visited Me; I was in \_\_\_\_\_ and you came unto Me. Then shall the \_\_\_\_\_ answer Him, saying, Lord, when did we

see you hungry and feed you, or thirsty and gave you drink: When did we see you a stranger, and took you in, or naked and clothed you? Or when did we see you sick, or in prison, and come unto you? And the King shall answer, Truly I say unto you, Inasmuch as you have done it unto one of the least of these My brethren, you have \_\_\_\_\_.

## Law 1: Eat Good Food and Drink Good Water

### ◆ What should be the basis of our diet? *Genesis 1:29*

And God said, Behold, I have given you every \_\_\_\_\_ bearing \_\_\_\_\_, which is upon the face of all the earth, and every \_\_\_\_\_ in which is the \_\_\_\_\_ of a tree yielding \_\_\_\_\_; to you it shall be for \_\_\_\_\_.

### ◆ *Genesis 1:29* does not mention meat to be used for our food, but does God allow meat also for a good and healthy diet? *Leviticus 11:2-3, 9, 13-14, 21*

These are the beasts which you shall eat among all the \_\_\_\_\_ that are on the earth. Whatever \_\_\_\_\_ the hoof and is \_\_\_\_\_, and \_\_\_\_\_ the cud, among the beasts, that shall you eat.

◆ **Animals that have split hoofs and chew their cud:** cows, sheep, goats, antelope, deer, moose, giraffe, and others

◆ **Animals that do not have split hoofs or chew their cud:** pigs, horses, donkeys, mice, rats, dogs, cats, armadillos, and others

These shall you eat of all that are in the waters: whatever has \_\_\_\_\_ and \_\_\_\_\_ in the waters, in the seas, and in the rivers, them shall you eat.

◆ **Fish that have both fins and scales:** salmon, bass, trout, haddock, pike, sunfish, perch, crappie, redfish, red snapper, and others

◆ **Fish that do not have either fins or scales:** catfish, bullheads, sharks, sailfish, swordfish, sturgeon, and others; also, shrimp, crabs, lobsters, and others sea creatures like oysters and clams

These are they that are an abomination among the fowls: they shall not be eaten; they are an abomination: the \_\_\_\_\_, the \_\_\_\_\_, and the osprey, the \_\_\_\_\_, and the kite ... (Others are listed in versus 15 to 20.)

◆ **Birds that are good to eat:** chickens, ducks, geese, songbirds

◆ **Birds that are not good to eat:** eagles, hawks, crows, buzzards, owls, peli-

cans, herons, and bats (not really a bird, but a mammal)

These may you eat of every flying creeping thing that goes upon all four, which have legs above their feet, to \_\_\_\_\_ leap upon the earth.

◆ **Insects that may be eaten:** grasshoppers and locusts

◆ **Insects that may not be eaten:** all of the rest

◆ **Should you eat earthworms, centipedes, spiders, snakes, and other creeping things? *Leviticus 11:41-42***

Every \_\_\_\_\_ thing that creeps upon the earth shall be an abomination: it shall not be eaten. Whatever goes on its \_\_\_\_\_, and whatever goes on all four, or whatever has \_\_\_\_\_ among creeping things that creep upon the earth, them you shall not eat, for they are an abomination.

◆ **Should you eat anything that dies from some cause, like sickness? *Deuteronomy 14:21***

You shall not eat of any thing that \_\_\_\_\_ of itself.

◆ **Should all of the blood be drained from any clean animal that is eaten? *Leviticus 17:14***

You shall eat the \_\_\_\_\_ of no manner of flesh, for the \_\_\_\_\_ of all flesh is in the blood thereof ....

◆ **Should our food be fresh and whole? *Genesis 2:9***

And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and \_\_\_\_\_ for \_\_\_\_\_ .....

◆ **Adam and Eve could eat food directly from trees and plants, with no food processing, no time sitting on store shelves, and with perfect nutrition from trees growing in fertile soil that was ideal for growing good fruit and herb plants. We should try to eat good food like our first parents did in the Garden of Eden.**

◆ **What are some common foods we should avoid?**

Foods that are processed, flavored, conditioned, refined, or stale.



## **Avoid these!**

Any food with **white sugar or other refined sugars** like fructose or glucose (many canned foods, jellies, peanut butter, candy of any kind, rolls, bread, breakfast cereals, and many other foods like dressings and soft drinks)

Any food with **refined (white) flour** (most breads, rolls, cookies, buns, and other snacks)

**Margarine** (butter is much better)

**Most cooking oils** like corn oil, canola oil, or cottonseed oil (olive oil is much better)

**Crispy chips** (See the article attached.)

Common **processed breakfast cereals**

**Coffee** and **some teas** (herb teas are fine)

**Salt** of the free-flowing kind

### ◆ **Why are refined foods like white sugar and white flour so bad?**

Because most of the good vitamins and minerals are removed, and all you are left with is concentrated carbohydrates and a few other things that build fat, and also deplete your body of vital nutrients which are used up in digesting and using these “foodless foods”. Instead of adding to your health status they subtract from it. [See the article attached.] Also, they contain no fiber that is so important for proper bowel action.

### ◆ **Why are sodas and soft drinks so bad for you?**

They contain a lot of sugar, as well as phosphoric acid, and caffeine that is addictive. Even diet drinks are bad because the sugar is replaced by aspartame or saccharin, which are even harder on your body than is sugar!

### ◆ **Is it good to eat at fast food places like McDonald’s, Wendy’s, or Burger King?**

No, because they use refined flour breads, a lot of fats and oils that are not good, serve mostly soft drinks that are terrible for you, and serve some other refined and toxic materials, even in their salads and greens.

### ◆ **What are some food additives we should avoid?**

**Read labels on foods, and avoid the following:**

**Monosodium glutamate (MSG)**, which goes under different names [See the article attached.]

**Aspartame** [See the article.]

**Coloring agents**

**Emulsifying agents**

**Artificial flavors**

**Conditioners**

**Modified fats and starch**

◆ **These substances can cause diseases like cancer, diabetes, and heart disease, and should be outlawed from our food supply.**

◆ **Can food substances be addictive?**

Yes; see the attached article. Sugar itself is addictive, as are MSG, aspartame, caffeine (in soft drinks, coffee, and other drinks), theobromine (in chocolate), theophyllin (in tea), and many other chemicals added to the foods people eat. These things can cause addictions just like drugs, tobacco, and alcohol. The food processing companies add them so they can try and addict you to them so you will buy more of them.

◆ **What are the good foods we *should* choose to eat to give us strong, healthy bodies?**

**Green, leafy vegetables.** Find fresh, dark green leaves like spinach, leaf lettuce, kale, collards, and so forth. Avoid iceberg lettuce; it has little food value and is tainted with powerful pesticides.

**Fresh fruits.** Tomatoes, melons, apples, pears, peaches, plums, nectarines, persimmons, oranges, grapefruit, mangoes, and others

***NOTE: Fresh, uncooked fruits and vegetables should make up at least a third, and preferably half or more of our diet.***

**Nuts.** Pecans, walnuts, almonds, filberts, Brazil nuts, pistachios, peanuts, and others. It is best to eat them raw, uncooked, and unsalted.

**Bread and grains.** Whole-grain bread, rolls, and other grain products, whole-grain cereals. Read the labels of the product carefully, and avoid sugars, emulsifiers preservatives, and refined flour.

**Meats.** Beef, lamb, chicken, turkey, game birds, and fish. Be sure they are only clean types. These should be eaten in moderation; emphasize fruits and veg-

etables. Eat meats that are at least medium-well done to kill tape worm and other worm eggs and bacteria.

**Dairy products.** Milk, cheese, butter, yogurt, cottage cheese, and so forth. Try to find unpasteurized, unhomogenized milk, though that may be difficult. **Do not eat processed cheeses:** they are made from batches of cheese that did not turn out well, and are highly salted. Avoid yogurt with sugar and additives; eat the plain, unaltered types.

◆ **Why is it important to have at least a third to a half of the meal as uncooked fruits, vegetables, and nuts? *Genesis 1:29***

In this scripture we see that the herbs and fruits were fresh, not cooked when eaten. It has been found in experiments that heating food almost to the boiling point of water (to about 190 degrees) cause changes in the components of the food that produce toxins for the body. The body then reacts to these toxins and produces more white blood cells to destroy these substances, a process called **leucocytosis**. By eating fresh fruits and vegetables with a meal having cooked things the body does not go into leucocytosis.

◆ **Is it important to wash and clean produce purchased from the store before we eat it?**

Yes. There are many bacteria and diseases we can get from unwashed produce.

◆ **Will pesticides that farmers spray on food crops harm us?**

Yes, they can over time if we get enough of them. Wash food carefully, and if possible use a vegetable or fruit wash that helps remove a lot of the pesticides. Apples have a fungicide added to the wax that is used to coat most apples, so it is wise to peel the skin from store-boughten apples before eating them. Organically grown apples do not have this coating.

◆ **Is it best to buy organic foods?**

Yes, if you can. Then a lot of these problems we have noted will not be present, and one will be eating closer to the quality of food that God put in the Garden of Eden.

◆ **What should we drink?**

Drink plenty of good, clean **water** every day. Avoid city water that has chlorine and fluoride added. It is best to process your own clean water, or buy spring water to drink. Other things to drink:

**Fruit juices** — in moderation, and with the pulp if possible; fresh-squeezed and unpasteurized is best

**Milk** — whole, raw milk is best

***NOTE: Avoid all soft drinks, and any drinks that contain sugar, artificial sweeteners like aspartame and saccharin, or artificial coloring or flavoring agents. They will hurt your health in big ways.***

◆ **Is it alright to drink alcoholic beverages?**

Only if your parents permit you to drink any alcoholic beverages should you drink any, and then only a little wine or beer. Do not touch any distilled liquors like vodka, whisky, or brandy. Many young people nowadays are getting addicted to alcohol, and it should be drunk only in small amounts on social occasions with a meal, if allowed at all.

◆ **What about salt, pepper, and other condiments?**

Regular table salt should be avoided because it has aluminum in it that causes diseases like Alzheimer's as you get older. Use real sea salt instead. Pepper is not too bad, but try to use natural herbs for flavoring food if you can, and eat natural foods that don't need much added flavoring.

◆ **When should you eat?**

Eat when you are hungry, not necessarily three times a day, but you have to work that out with the family. Be sure not to eat too much, because that can make you fat over time, and will make you sleepy for a while after eating.

◆ **If you are overweight, what is the best way to lose the excess?**

Follow the diet recommendations given here and you *will* lose the excess weight. Essentially you will be cutting back on simple carbohydrates (sugars and starch) and replacing them with complex carbohydrates (leafy greens) and more protein.

◆ **Should you ever take any drugs?**

You should take a drug, as prescribed by a doctor, only when it is absolutely necessary. Try the dietary recommendations given here first, and over time you should get better if you are ill. The body will do marvelously well at healing itself if you give it a chance. Also, try God's medicines — herbs and proper foods — to help heal the body, and pray for God's healing.

***Revelation 22:2, Psalm 103:3***

...the leaves of the tree were for the \_\_\_\_\_ of the nations.  
... who forgives all of your iniquities, who \_\_\_\_\_ all of your diseases.

◆ **Never, never take any drugs that some people now take to try and escape their problems. God is the source of our help, and He alone will give us answers that truly solve our problems. Never take any drugs from others that may offer them. That includes cigarettes and tobacco products, for they contain addictive drugs as well. Drugs of any kind will destroy your life. Remember, the body is the Temple of God. Treat it with great respect.**

**Law 2: Think Positive Thoughts; Speak Positive Words**

◆ **How do thoughts and words affect our health? *Proverbs 25:11***

A word \_\_\_\_\_ is like apples of gold in pictures of silver.

***Proverbs 15:23.*** A man has \_\_\_\_\_ by the answer of his mouth, and a word spoken in due season, how \_\_\_\_\_ is it !

◆ **If you follow God's ways you will be led into healthful ways of living. *Proverbs 3:6-8***

In all your ways acknowledge Him, and He shall direct your \_\_\_\_\_. Be not \_\_\_\_\_ in your \_\_\_\_\_; fear the Lord, and \_\_\_\_\_ from \_\_\_\_\_. It shall be \_\_\_\_\_ to your navel and marrow to your \_\_\_\_\_.

**Are we known by the words we speak? *Matthew 12:36-37***

Every idle \_\_\_\_\_ that men shall speak, they shall give account thereof in the day of judgement. For by your \_\_\_\_\_ you shall be justified, and by your \_\_\_\_\_ you shall be condemned.

◆ **We can therefore see that speaking positive words is very important to our health and to the health of those around us, and to have those proper words we must have proper thoughts ... which must come from our obedience to God. Our words, of course, come from our thoughts, from what is going on in our minds.**

◆ **What happened to rebellious children in ancient Israel? *Deuteronomy 21:18-21***

If a man has a \_\_\_\_\_ and rebellious son, who will not obey the voice of his father, or the voice of his mother, and, when they have chastened him, he will not \_\_\_\_\_ unto them, then shall his father and mother lay hold on him, and bring him out unto the elders of his city, and unto the gate of his place, and they shall say unto the elders of his city, this son is \_\_\_\_\_ and \_\_\_\_\_. He will not \_\_\_\_\_ our voice, he is a \_\_\_\_\_ and a \_\_\_\_\_. And all the men of his city shall \_\_\_\_\_ him with stones, that he \_\_\_\_\_, so shall you put \_\_\_\_\_ away from among you, and all Israel shall hear and fear.

◆ **What should our attitude be towards those around us? *Leviticus 19:17-18***

You shall not \_\_\_\_\_ your brother in your heart; you shall in no wise \_\_\_\_\_ your neighbor, and not bring sin upon him. You shall not \_\_\_\_\_ nor bear any \_\_\_\_\_ against the children of your people, but you shall \_\_\_\_\_; I am the Lord.

◆ **This same approach to others was stated by Jesus Christ when He summarized the whole meaning of the Bible. *Matthew 7:12***

Do unto others as you would have others do unto you: this is the \_\_\_\_\_ of the \_\_\_\_\_ and the \_\_\_\_\_.

◆ **Many books have been written about the connection between thoughts and health.**

## Law 3: Get Proper Exercise

### ◆ Did Adam, our original parent, get plenty of exercise? *Genesis 2:15*

And the Lord God took the man (Adam) and put him in the Garden of Eden to \_\_\_\_\_ it and to \_\_\_\_\_ it.

◆ When man was created he was meant to work physically, but his work was meant to be joyful and fulfilling, not drudgery like is the case with many jobs today. “Tending” and “keeping” means *servicing* the plants and animals in the Garden of Eden, which required a lot of work, but work with natural creations in a garden surroundings. That is why we all like to get out into natural park-like settings with lots of trees and greenery; they make us feel better and allow us to meditate in peace and comfort. [See the article on green views relieving stress.]

### ◆ Does God say that exercise is beneficial? *1 Timothy 4:8*

For bodily \_\_\_\_\_ profits for a little while [we need to repeat it regularly], but \_\_\_\_\_ is profitable unto all things.

◆ What is the best way in today’s modern world, where people sit so much at their jobs and watch T.V. and gain weight, to get proper exercise? Exercise by getting into a program of walking or running, lifting weights, doing pushups and other good exercises, at least 15 minutes a day. Vary your routine at times so you do not get too bored. It is necessary to exert your muscles and bones to have good health. You must expend as much energy as you take in each day as food in order to stay at your proper weight.

## Law 4: Get Lots of Natural Sunlight

### ◆ Did God create mankind to live outdoors in the natural light? *Genesis 2:15*

We have already covered this scripture, which says that Adam was placed in the Garden of Eden to dress and keep it. While working in the garden he was outdoors in natural sunlight.

◆ **A lot of people nowadays work indoors and do not get the required amount of natural sunlight to give them good health. It is essential that you get sunlight on your skin to manufacture Vitamin D that is so important for health. Also, we must get plenty of natural sunlight into our eyes, because that light stimulates the pituitary gland — the body’s “master gland” — to work properly. Light does other good things for the body as well.**

◆ **Does a lot of artificial light do harm to the body?**

Yes, it does. Artificial light from incandescent bulbs, fluorescent bulbs, and other types of bulbs has a different spectrum of light than natural sunlight. This unnatural spectrum can lead to illness if we get too much of it and do not get enough of the natural wavelengths of light our body needs. Some types of bulbs give off a light spectrum that is closer to natural light than others, and we should use them whenever we can.

◆ **Can glasses and sunglasses be bad?**

They can be if they are worn too much. Ideally we ought not wear them at all if our eyes are in proper condition and if the light is not too harsh. Glass blocks out some of the required frequencies of light our eyes need, and some people who wear glasses most of the time develop arthritis and other illnesses. If your eyes don't see well and you wear glasses, take them off at least some of the time you are outside. Wear only neutral gray or polarized sunglasses when your eyes need protection from bright sunlight; they will allow a goodly portion of the spectrum through. Colored lenses are not good, for they give your eyes a very unnatural light spectrum.

◆ **Is it possible to get too much natural sunlight?**

Yes. It certainly is not good to get burned, so you should limit your exposure to the sun to 15 to 30 minutes if you are not tanned. Then exposures can be longer after a tan develops, but even then you should limit exposure to no more than two hours a day in direct sunlight ... less if your skin does not tan easily. Wear long sleeves and pants or dresses, and always wear a hat ... a wide-brimmed hat in really sunny locations. Skin that has too much sun over time will become wrinkled, and can develop cancer ... though we must have the proper amount of sun. Just do not overdo it.

◆ **Should “sun block” be used?**



It is best not to use it because it blocks out the full spectrum of light that your body needs. Better yet, limit your exposure to the sun so you do not have to use it. Remember: sunlight is necessary and good; just do not get too much of it.

## **Law 5: Get Plenty of Rest**

### **◆ How much sleep should one get each night?**

Sleep enough to feel well-rested and vigorous when you get up. Usually that means 8 to 9 hours a night, though some people require less, and some require more ... especially younger people. It is seldom that a person requires less than 7 hours a night.

### **◆ Are afternoon naps necessary?**

They are very good, and often necessary for younger people, and many older people can also profit greatly from them.

### **◆ Is it possible to get too much sleep? *Proverbs 6:9-11***

How long will you \_\_\_\_\_, O \_\_\_\_\_? When will you rise out of your sleep? Yet a little \_\_\_\_\_, a little slumber, a little \_\_\_\_\_ of the hands to \_\_\_\_\_; so shall poverty come as one that travels, and your want as an armed man.

### **◆ If we have God's hope in mind, and are practicing the other laws of health to give us strong and healthy bodies, we will not want to sleep more than we should.**

### **◆ Should we follow our body's signs and get sleep when it is needed?**

Yes, if possible. Sometimes we are working and we cannot take a rest, but at other times we can, such as when we are sick. Our body tells us when to rest.

### **◆ The Bible speaks of another "rest". What is that? *Exodus 20:8-11***

Remember the \_\_\_\_\_ day to keep it holy. Six days shall you labor and do all your \_\_\_\_\_, but the \_\_\_\_\_ day is the \_\_\_\_\_ of the Lord your God; in it you shall do no work, you, nor your son, nor your daughter, your manservant, nor your maidservant, nor your cattle, nor the stranger that is within your gates, for in \_\_\_\_\_ days the Lord made heaven and earth, the sea, and all that is in them, and rested the \_\_\_\_\_ day; therefore the Lord \_\_\_\_\_ the sabbath day and hallowed it.

◆ **Which day is the seventh day on which we are to rest?**

On today's calendar it is Friday sunset to Saturday sunset.

◆ **How do we know this is the right day for the weekly rest? This day has been carried forward every week since creation. *Genesis 2:2***

And on the \_\_\_\_\_ day God ended His \_\_\_\_\_ which He had made, and He \_\_\_\_\_ on the \_\_\_\_\_ day from all His work which He had made.

◆ **Jesus Christ confirmed which day this is about 2000 years ago, so we do not have to go all the way back to Adam to find it. *Luke 4:16***

And He (Christ) came to Nazareth, where He had been brought up, and as His custom was He went into the synagogue on the \_\_\_\_\_ day, and stood up to read.

◆ **What is the value of this weekly rest?**

It gives us time to rest our bodies after six long days of work, to reflect on the past week, and to study, pray, and fellowship with God's people. It is a day of great joy that pictures life in the coming new age of peace and prosperity, a return to the Garden of Eden, just as it pictures the creation in the original Garden of Eden.

## Law 6: Get a Lot of Fresh Air

### ◆ How does one get plenty of fresh air?

That is gotten in the same way as one gets plenty of sunshine, like Adam and Eve got in the Garden of Eden: be outdoors at least part of every day. The air inside many homes and businesses is not very clean and good for you, so you need to be outside where the air is fresh and clean. It may be hard to find really good, clean air in the city, but outside air is usually still better than inside air. That is why open windows are so good, to let fresh air inside the house ... when the air conditioning is not on!

### ◆ What is so important about fresh air?

The outdoor air contains a good content of oxygen that our bodies need for good health, which oxygenates and gives life to the cells of our bodies through the red blood cells of our bloodstream. It also is usually purer than the air inside a building. *Leviticus 17:11*

For the life of the flesh in in the \_\_\_\_\_....

## Law 7: Avoid Accidents and Practice Safety

### ◆ What good does it do if you follow all of the other laws of health, but then get hurt in an accident? \_\_\_\_\_.

### ◆ Always be careful to protect the temple of God, which is your body. Watch out for the safety of those around you as well. Exodus 21:29, Deuteronomy 22:8

If the ox was known to push with his horns in times past, and it has been testified to his owner, and he has not kept him in, but that he has killed a man or a woman, the ox shall be \_\_\_\_\_, and his owner also shall be put to \_\_\_\_\_.

[Obviously, the owner of a dangerous bull must keep the animal away from people.]

When you build a new house, then you shall make a \_\_\_\_\_ (a railing) for

your roof, that you bring not blood upon your house, if any man \_\_\_\_\_ from hence.

- ◆ **We should always be careful to avoid automobile accidents, look both ways before crossing a street, use tools carefully (especially power tools), don't run down stairways, and check for things around the house that may cause injury, such as toys on the floor that may cause a person to trip and fall.**

## **Law 8: Practice Good Hygiene**

- ◆ **What is *hygiene*?** (Look up the definition in a dictionary.)

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- ◆ **What are some of the things we should do to promote cleanliness and health?**

**1. Eat sanitary food** (wash vegetables and fruits, cook meat thoroughly, and avoid contamination).

**2. Bathe regularly** (every day or two).

**3. Brush our teeth** (use tooth powder made from soda and salt, or something natural, because most toothpastes have dangerous fluoride and glycerin in them that will cause harm to our bodies)

**4. Use soaps that are free of harmful additives**, like artificial scents, coloring agents, and other agents; homemade soap is best.

**5. Do not expose others to your own sicknesses**; when you have a fever or bad cough, stay home from school and other people's houses. Avoid being around others that are sick or you might catch what they have.

(Read about the laws concerning leprosy and diseases in ***Leviticus 13, 14, and 15***; notice especially how God required sick people to be quarantined for several days, and how even houses were destroyed if an infectious agent could not be removed.)

**6. Drink only pure water**; avoid city water.

**7. Keep the house clean and sanitary.**

- ◆ **What does God say we must do to avoid the plague of sexually transmitted diseases (STDs ) that are so common nowadays? *I Corinthians 6:18, II***

## **Timothy 2:22**

Flee \_\_\_\_\_.

Flee also youthful \_\_\_\_\_, but follow righteousness, faith, charity, peace, with them that call on the Lord out of a \_\_\_\_\_ heart.

◆ **Keep yourself pure throughout your youth for that one special mate that God will provide for you when you are old enough. Pray regularly for God to lead you to that person, which may not be until your are well over 20 years of age.**

◆ **Are immunizations necessary if one practices good hygiene and follows the laws of health?**

No, they are not. Even if you don't follow these laws well you should avoid vaccinations because they can cause you great harm. Notice the attached article. Vaccinated people get the diseases they are vaccinated for about as much as people that are not vaccinated.

## **What should I do if I do get sick? James 5:14-15**

Is any \_\_\_\_\_ among you? Let him call for the elders of the \_\_\_\_\_, and let them pray over him, anointing him with oil in the name of the Lord, and the \_\_\_\_\_ of \_\_\_\_\_ shall save the sick, and the Lord shall \_\_\_\_\_  
\_\_\_\_\_. This is referring to more serious illnesses, but even then we should ask for anointing so that God's healing can come upon us. We should also personally pray for God's healing of ourselves when we get sick.

u **What is the first thing one should consider after getting sick?**

What **caused** the illness. We should think through our habits — what we eat, how we exercise, how we think, if we are getting enough fresh air and sunshine, if we contacted a sick person, and so forth — and see what we have done wrong, and then change our habits to do what is right to avoid future illness.

◆ **Should we rely on medical doctors to keep us well?**

No. ***A doctor cannot heal you; only your God-given body can heal.*** You

are responsible for your own health, and must learn the laws of health to stay healthy and avoid getting sick.. Remember **III John 2**. In order to be healthy we must avoid getting sick in the first place. Doctors do not make or keep us well; they treat disease symptoms — not causes — and usually cover up the symptoms, not get rid of the cause, which will oftentimes make the underlying condition even worse. **God's way is to get rid of the cause of disease and suffering. Man's way is to cover up the effect so you can keep on sinning and making the same mistakes.** In the process, the doctors can keep charging you money as you keep coming back to them.

◆ **Are there proper places for medical doctors and dentists?**

Yes. They can set broken bones, stitch broken skin, fix teeth, and help patch up injuries. However, they are not good at treating chronic diseases that so many people get like cancer, arthritis, heart disease, strokes, and so forth. They *should* help people *prevent* these diseases, but usually they do not. To do so would lower their incomes. They use drugs, radiation, and surgery to try and repair body damage, but these are often not the best treatment.

◆ **Are there other types of doctors besides medical doctors that are useful in treating or preventing illnesses?**

Yes, there are many types. The best types are those who teach you how to be healthy and prevent illnesses. These doctors might include chiropractors, osteopaths, homeopaths, naturopaths, herbologists, and others. One has to find someone who really understands the body and what can do done to cure it and keep it healthy. By giving the body the things it is missing, be it the proper food, exercise, sunshine, fresh air, or good thoughts, it is amazing how quickly the body can heal itself. When the body heals we are witnessing God's healing power in action because He made the body and its ability to heal itself. Study about the body and how it works, and what different foods, herbs, rest, exercise, and so forth will do to affect its health.

***You are responsible for the health of your own body!!! Gain the knowledge and wisdom necessary to keep it healthy.***