

LAWS OF HEALTH

When you want to purchase a TV, mobile phones, vehicles and any electronic



gadgets, they will come with a free manual. The engineer of a particular product is the one who knows pretty well of what that product is all about and how to properly handle and operate it so that it will last for a longer time. If you will not follow what the manual tells you to do, sooner or later, you will encounter issues and problems with that item you bought.

God in heaven created man. He is the very Being who knows our nature pretty well even to the finest hair in our head (**Mat 10:30**) He left us with a free manual wherein if we read and follow what was written therein we will find blessings in good health. This manual is contained in the Word of God (**John 1**). If you want to enjoy good health away from these deadly illnesses, please read the manual and apply what was written you will see the blessings from being obedient to the One who created us. The manual (Bible) includes few important principles that we need to follow in order to maintain good health. God wants us to prosper in good health so that our spiritual health will also prosper (**3 John 2**)

Principle #1 – Diet (Nutrition)

Genesis 1:29, “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.”



In the garden of Eden, God gave man fruits and herbs but after the flood God permitted man to eat animal flesh. But when vegetation started to grow again, God told man again the same diet He gave to Adam and Eve in the garden. This diet did not include animal

flesh. (**Gen 9:3-4**) God permitted man to eat animal flesh after the flood since all vegetation were wiped out. But man forgot about the original diet that God gave to man in the garden of Eden. Remember friends, there are two types of diet that God allowed man to eat (#1 – original diet which does not include the flesh of animals, #2 – permitted diet which includes selected flesh of animals or animal meat).

But even when God permitted man to eat the flesh of animals, He still gave a distinction between clean and unclean meat. This guide is found in Leviticus 11. Even when God permitted them to eat animal flesh, still this did not please Him.

God said through the prophet, Jeremiah says 6:16; “*Thus saith the LORD, Stand ye in the ways, and see, and ask for the old paths, where [is] the good way, and walk therein, and ye shall find rest for your souls...*” Which one is the old path regarding God’s instruction about what man needs to eat? Is it the original diet that did not include animal flesh or the permitted diet which included animal flesh? Sad to say, man forgot about the original diet that God gave to him. He got contented eating the flesh of dead animals even to devour the flesh of unclean animals that God said His people should not eat.

More principles regarding nutrition:

1. Eat 2 -3 times a day only
2. Choose regular hours of meal and follow it
3. Eating in between meals (snacks) is dangerous to the body since it overworks the digestive system including the pancreas which will result to improper production of insulin resulting to diabetes

Principle #2 - Exercise

Regular exercise have shown great benefits to our body. Benefits include:

1. Slows down aging process
2. Improves quality of life
3. Heals illnesses
4. Improves blood circulation



5. Improves cardiovascular functions
6. Releases toxins from the body through perspiration
7. Aids digestion
8. Aids the function of the lung
9. Helps prevent degenerative diseases

Principle #3 – Pure Water

More than half of our body is composed of water especially major organs like the liver, heart, brain, kidneys and skin. Throughout the day, our body lacks water through urination and perspiration therefore we need to refuel our body with pure water 10 – 8 glasses a day. The more the better but not too much. Not only water is good to drink but let us also utilize it’s benefits by bathing. The impurities that we collect throughout the day need to be cleansed by bathing. Let us make it a habit and we can prevent skin diseases like acne, skin infection, boils and such. The Engineer, Christ who created us the source of the water of life. Let us come to Him and drink. **John 7:37**.

Principle #4 - Sunlight

Sunlight is one of nature’s agents to heal diseases. A simple remedy is to go out and enjoy the morning sunlight for about 10-15 minutes. Benefits of sunlight:



1. Kills bacteria.
2. Prevents skin problems
3. Heals diseases
4. Strengthens lungs and muscles
5. Reduces risk of breast cancer
6. Lowers blood pressure
7. Lowers cholesterol level
8. Increases production of white blood cells
9. Improves blood circulation
10. Helps loss weight
11. Helps production of Vitamin D which is a vital element in calcium absorption

Just like sunlight gives us healing benefits, Jesus Christ also is the sunlight of righteousness that brings healing to all nation. **Malachi 4:2**

Principle #5 – Pure Air

Fresh and pure air is an important part of our life. You can live in few weeks without food, few days without water, but minutes without air. Every cell in our body needs oxygen for their proper function. Fresh air is needed so that the cells can receive oxygen. If we breathe in fresh air, then the blood that runs in our veins will also be clean blood. Impure air brings in bacteria into our body and is one of the causes of diseases like lung cancer, emphysema and other diseases of the lungs. We need to make sure that our surroundings are clean and no foul smell of piggery, poultry farms and anything that will become a source of foul smell.



In our homes, a free circulation is also needed. Windows and doors must be opened regularly. Deep breathing is also important so that the lungs can work and expand in much freedom.

Principle #6 – Rest

After the labor for the day has ended, how sweet is the sleep in our bed. In sleeping, the work in our body changes. Some parts of the brain will shut down and some parts will also start to work. Because of our work during the whole day, cells need to repair so that they can be useful the next day. Sleep is one way for cells to repair. It is important to consider that by 9pm to 12 midnight we should already be sleeping. Lights must be out early. Every hour of sleep gained before midnight is worth 2 hours of sleep than sleeping after midnight which will not be able to supply the hours you missed from 9pm – 12 midnight. Turning night into day and day into night is a dangerous practice. The Lord designed our body to rest and sleep when night falls.



Aside from daily rest, the Engineer of our body also gave us a weekly rest which is found in the 7th day of

the weekly cycle which today we know as Saturday. This is the Sabbath day. After God created the heavens and the earth, He blessed the 7th day. **Gen 2:2-3**. Great is the benefit if you enter that rest in the Sabbath day because then you will be able to gain more strength in order to face another week of labor. Christ can give us rest. **Matt 11:28**. He made the Sabbath for men (**Mark 2:27**) so then let us enter into this blessed rest and we will find great blessings.

Principle #7 – Temperance

The best condition of our health depends on the principle of temperance. It means to discard anything harmful for the body and wisely use the things that are good whether it be about working, drinking, eating or anything that we do. To eat fruits, grains, nuts and vegetables is really good for the body but too much eating of these, meaning, you continue to eat even when hunger is already gone, then the excess food



renders no good for the body. Overeating is harmful to the body. Salt is good but too much salt could also result to high blood pressure and other diseases.

It is also important to discard food color, preservatives like sodium benzoate commonly found in most grocery items, artificial flavors like magicsarap, knorr cubes, MSG (Vetsin) and anything like these.

In drinking, discard any drinks that will harm the body such as softdrinks or soda drinks (coke, pepsi, sprite, mountain dew), artificial juices like Tang, 8-oclock, C2, Tea and all types of alcoholic beverage. Drunkards cannot enter the kingdom of God. (**Gal 5:19-21**)



Principle #8 – Trust in God

God gives us life. He is the One who can heal our diseases. He created men. He knows what is best for us but when we violate his laws, we commit sin against

Him (**1 John 3:4**) Sin is the reason why men gets sick. Sickness is the result of a violation to God's laws of health. If you overwork, your immune system will be weakened therefore making yourself an easy prey to viruses and bacteria. If you lack sleep, your immune system will become weak and you will easily get sick. If you do not eat the best kind of food prescribed by the Creator Himself, you will easily get sick. Friends, if we truly believe in God the Creator who created us according to His own image, wouldn't our faith come with fruits of obedience since faith without works is dead? **James 2:18, 20**. We cannot receive good health if we only profess to know God but will not obey His laws of health. We cannot receive good health in willful violation to His commandments. Don't you also know that when sickness comes, God already provided natural remedies by following His principles of health? Follow these principles and you will see wonderful works of God.

When trials come, it is important to trust in God. Happy is the man whose trust is of the Lord and who lives an obedient life to the Lord. A merry heart does good like a medicine. **Prov 17:22**

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