

Health for You: 17. Water Sunshine:

"Physicians often advise invalids to visit foreign countries, to go to some mineral spring, or to traverse the ocean, in order to regain health; when, in nine cases out of ten, if they would eat temperately, and engage in healthful exercise with a cheerful spirit, they would regain health, and save time and money. Exercise, and a free, abundant use of the air and sunlight, blessings which Heaven has bestowed upon all, would in many cases give life and strength to the emaciated invalid." Christian Temperance and Bible Hygiene 160.

Water: Water in the Bible

"And a river went out of Eden and watered the garden." Genesis 2:10

"But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." John 4:14

Notice Jesus equates Himself and His truth with Water; the Water of Life.

"And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst." John 6:35

Jesus is the one who cleanses us from sin within and without; another function of water. And just as it is necessary to our physical life for each cell to be washed clean of impurities, so it is necessary if we are to have eternal life that every part of our minds and hearts be surrendered to Jesus to be cleansed of sin by His blood.

"Water is the best liquid possible to cleanse the tissues.... Drink some, a little time before or after a meal." Healthful Living, p. 226

How far would you get if you tried to wash your dirty clothes in soda-pop? How about coffee, tea and cappuccino? Hmmm. . not likely eh?

"The bath soothes the nerves. It promotes general perspiration, quickens the circulation, overcomes obstruction in the system, and acts beneficially on the kidneys and the urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion and instead of the system being weakened, it is strengthened...and a more easy and regular flow of the blood through all the blood vessels is obtained." Counsels on Health, p. 104

"Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter....and if the garments worn are not frequently cleansed...the pores of the skin absorb again the waste matter thrown off. The impurities of the body... are taken back into the blood, and forced upon the internal organs." Healthful Living, p. 143

"God is the source of life and light and joy to the universe. Like rays of light from the sun, like the streams of living water bursting from a living spring, blessings flow out from Him to all His creatures. And wherever the life of God is in the hearts of men, it will flow out to others in love and blessing." Steps to Christ, p. 77

“And the LORD said unto Moses, Go unto the people, and sanctify them to day and to morrow, and let them wash their clothes.” Exodus 19:10

The saying, ‘Cleanliness is next to godliness’ is not found in the Bible, but if you read the careful instruction given to the children of Israel by the Lord in regard to cleanliness of person, clothing, and surroundings, you will clearly see that hygienic practices of cleanliness and order will truly be followed by anyone who is obedient to God. To appear before God in dirty garments or with dirty bodies is an offense; also when we realize that we have the holy angels with us when we belong to Jesus, and they come from heaven where all is clean and orderly, we will want to do our best to have this in our own surroundings as well.

“And he showed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.” Revelation 22:1

Can you even imagine what that water is going to be like? None of us have any idea how wonderful it will be. I once read about when the first white explorers found the Great Lakes in North America that the water was crystal clear and you could see down to great depths in it, we can’t even imagine that, let alone what water in heaven and the New Earth will be like.

Lessons from Water

Jesus likens Himself to the ‘Water of Life’. There are many things we can learn from this comparison. Water is cleansing; Jesus cleanses us from sin. Water is essential to life; Jesus is essential for eternal life. Water always seeks the lowest place; it cheerfully and without complaint, quickly goes to the ‘lowest room’. Jesus is the meek and lowly One; He is the humble God, who came down to the very depths to reach His fallen children.

“And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.” Philippians 2:8

When we are imbued with His spirit, we will never be found seeking the highest place, but like the water, singing with joy we will seek the way of lowly service.

If you have ever sat beside a sparking, splashing stream, you have seen another spiritual lesson from water. When flowing over rocks and rough places, water sings joyously. So may we rejoice in tribulations, and as water surely wears away and smooths rough and jagged rocks, so does Jesus’ grace in our lives smooth the path we must travel with peace and joy.

When you are near flowing water in a falls or fountain, this singing, joyous water seeking the lowest place, imparts an invigorating, refreshing atmosphere to all around it. So the life of Jesus, and his true children filled with His Spirit, has a heavenly and refreshing effect on all around that do not harden their hearts to this blessing.

Physical Facts about Water

Your body is about 75% water. Lots of water is needed for optimal function. Every process in your body depends on the presence of adequate water.

Drink lots of pure, soft water daily. Distilled or reverse osmosis water is best. Juice, tea or soft drinks do **not** take the place of water. Your weight in pounds ÷ 2 is a rough guide to the

minimum number of oz. of water to drink daily. Adequate fluid intake will increase your endurance and energy levels. Studies show dehydration at the cellular level to be the root cause of many diseases. Carry a supply with you at work, on walks, and workouts.

On arising take a pint (two glasses) of room temperature or comfortably hot water and drink it. A couple large glasses of hot water first thing in the morning will assist your bowels in elimination. Use just the water or if you prefer you can squeeze some fresh lemon into it.

Drink between meals; 2 hours after a meal up to 1/2 hour before, but not with meals. Taking 2 glasses 1/2 hour before each meal, prevents mealtime thirst, aids digestion and prevents and relieves ulcers. Food should not be washed down; no drink is needed with meals.

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. Eat slowly and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meal, the more difficult it is for the food to digest, for the liquid must first be absorbed

Shower daily with cool or tepid water using a bath brush or good rough washcloth to rub your skin all over. This improves circulation and gets toxins out. Other beneficial uses of water are hydrotherapy, hot and cold fomentation, enemas, colonics etc. Be aware that it is important to use a shower filter to avoid the absorption of harmful chemicals through the lungs and skin pores. This is not a problem if you have a central water purifying system.

Which Water?

There are a lot of opinions on the go about what water is best for our health. The authorities fill our water with poisonous chemicals and assure us it is healthy to drink; mineral water sellers hold up their product and say it is best; water bottlers sell us spring water. We will give you some facts that I am sure will solve the problem for you and start you on your way to better health. Reverse osmosis water is also acceptable.

Inorganic minerals do nothing but harm in our bodies. People who live in areas where the water contains high levels of minerals find their arteries and veins get hard like cement as they age. Chlorine and fluorine are two deadly poisons that the authorities see fit to lace our water with on a regular basis and both have been shown to contribute to cancer and disease.

Common Sense Reasons why you should Drink Pure, Distilled Water

There are over 12,000 chemicals on the market today, 500 more being added yearly. Regardless of where you live, in the city or on the farm, some of these chemicals are getting into your drinking water. Traces of every prescription and over the counter drug also ends up in the water supply.

1. No one on the face of the earth today, knows what effect these chemicals can have, as they go into thousands of different combinations. It is like mixing colors, one drop can change the whole shade.
2. There has not been equipment designed to detect many of these chemicals.
3. The body is made of 65-75% water. Therefore, don't you think you should be particular about the kind of water you drink?

4. The Navy has been drinking distilled water for several generations.
5. Distilled water is chemical and mineral free. Distillation removes the chemicals and impurities from water that are possible to remove, and if distillation doesn't remove them, there is no known method that will.
6. Our body does need minerals. However our body can only use organic minerals. That is minerals from plant or animal sources. We cannot use inorganic minerals; only plants can use inorganic minerals. All those nice sounding minerals listed on your mineral water bottle are only able to be used by plants. That's right; they are totally unavailable to your body. What do they do in there? They clog it up, making deposits in joints, stones in kidneys and gallbladders, rock-like plaque lining our arteries, making them hard and easy to break, leading to strokes and senility. Want your minerals? Dump your mineral water on your plants and then eat their fruit; it's the only way you actually get it.
7. Distilled water is used for intravenous feedings, inhalation therapy, prescriptions, and baby formulas. Doesn't it make sense that it is good for everyone?
8. Thousands of distillers have been sold to individuals, families, doctors, clinics, hospitals, government agencies and nursing homes. And these informed and alert consumers are helping protect their health by using pure distilled water.
9. With all of the pollutants and impurities in our water, doesn't it only make sense to clean up the water you drink, the inexpensive way, through distillation? Nature's way of purifying water.

Believe it or not . . . The fluoride added to tap water is NOT pharmaceutical-grade? In fact, it is a toxic industrial waste product that can also harbor industrial contaminants like lead, arsenic, radio-nucleotides, and aluminum, and other toxic chemicals that you would NEVER ever consider drinking! Also, there is absolutely no real scientific verification that it provides any benefits to dental health; also fluoride promotes thyroid dysfunction by displacing essential iodine.

Sunshine and some Oily Facts

Sunshine has several benefits to the body. It furnishes the natural Vitamin D and helps to lower cholesterol. Vitamin D is actually a hormone rather than a vitamin and regulates many processes in the body.

"And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years: and let them be for lights in the firmament of the heaven to give light upon the earth: and it was so. And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also. And God set them in the firmament of the heaven to give light upon the earth, and to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good. And the evening and the morning were the fourth day." Genesis 1:14-19

Every living thing in our world is dependent on sunlight. Without sunlight nothing would live.

"Truly the light is sweet, and it is pleasant for the eyes to behold the sun" Ecclesiastes 11:7

"Pure air, good water, sunshine, the beautiful surroundings of nature...these are God's means for restoring the sick to health." Testimonies, Vol. 7, p. 85

"As the flower turns to the sun, that the bright beams may aid in perfecting its beauty and symmetry, so should we turn to the Sun of Righteousness, that Heaven's light may shine upon us, that our character may be developed into the likeness of Christ." Steps to Christ, p. 68

Almost all of the food we eat depends upon sunlight to grow. In fact, the energy our bodies receive from the food we eat is, in a sense, solar energy that the plant has stored in the form of fats, carbohydrates, and proteins.

Ultraviolet rays are antiseptic and are capable of killing harmful bacteria, viruses, fungi, yeasts, molds, and some mites in air and water, and on surfaces. Even reflected light from north windows can destroy bacteria in the dust on window sills and floors. Since most window glass filters about 95% of the ultraviolet rays, it would be well if they could be opened and the curtains pulled back for a period of time each day. Ultraviolet light also kills germs on our skin. This makes sunbathing a useful treatment for many skin diseases, such as diaper rash, athlete's foot, psoriasis, acne, boils, or impetigo.

Sunlight also toughens and thickens the skin, making it less susceptible to injury and infection. Regular, controlled, moderate, exposure to sunlight, instead of damaging the skin and aging it, actually protects the skin by building up a natural resistance to the harmful effects of ultraviolet light, while giving it a nice velvety texture.

Vitamin D, Working for You

Ultraviolet light converts cholesterol in the skin to vitamin D. Vitamin D is not really a vitamin at all, it is a hormone generated by the skin in response to exposure to the UVB rays of sunlight. It is essential for the proper handling of calcium in the body and thus in the prevention of rickets and adult osteomalacia, and studies are showing more and more of the wonderful things that Vitamin D accomplishes in our bodies.

Vitamin D can be taken as a supplement and is added to some of the food we eat. There can be some negative effects from this, especially the D2 form which sadly, is the only non-animal source type. D3 from animals is safer and more effective; however it might be possible with oral supplementation to get too much; but not when we get it from sunlight, since the body makes only what we need. Getting out in the sun, therefore, is a good way to lower cholesterol levels in our bodies and gain many great benefits.

Sunlight helps to regulate almost all our bodily processes. Starting from the top with our mind and eyes, and working down, sunlight has been shown to increase our sense of well-being and to improve sleep; even solve depression problems. Ultraviolet light coming into our eyes stimulates the pineal gland, which helps to regulate our activity cycles. It has been said, "Dark nights and bright days will help keep the hormones in the body functioning properly." In one experiment, abnormal hyperactivity in school children was decreased dramatically when the classroom's fluorescent lights were changed to full spectrum lighting. Thyroid function often improves and hormone imbalances tend to level out.

Resting heart rate, blood pressure, and respiration rates are all decreased after a sunbath. This result is especially true if any of them were high to begin with. Blood sugar levels also can be

stabilized. Note: Diabetics must use extra caution in the sun, as they are at greater risk of injury from sunburn especially in legs and feet where sensation is often reduced.

Sunlight stimulates the production of more red blood cells, increasing the oxygen content of the blood, and thus increases muscular endurance. It also stimulates production of more white blood cells, optimizing immunity, and enhances oxygen utilization, which helps the body maintain its defense against disease. While certain skin cancers are thought to be associated with extreme exposure to sunlight, the incidence of many of the more serious internal cancers is shown to decrease.

Appetite improves, along with digestion, assimilation, elimination, and metabolic processes. Poisonous chemicals and heavy metals are removed from the bloodstream faster, while levels of healthy trace minerals are actually increased in the blood. Muscular strength has been seen to increase, even in those unable to exercise. Sunlight has even been found helpful in the treatment of stomach ulcers.

As with most good things, there are some precautions to consider. The main concern is that of burning the skin. Normally, invisible pigment in the inner layer of the skin is converted to melanin, a much darker pigment that tends to reflect the sun's rays. This is called tanning. But this process can take a little time. Blue-eyed blondes and red-haired people are not as adept at this, and these are the very ones who tend to burn easiest. The amount of natural pigment in the skin is the most important factor. For this reason Blacks have more rickets, due to a lessened vitamin D production.

The amount of tan acquired from previous exposure is a factor too. A good tan may screen out up to 90 percent of the burning rays. Also, there are persons who for some reason are supersensitive to even a brief exposure to the sun. Some drugs, deodorants, soaps, cosmetics, and beverage alcohol can sensitize the skin to sunlight, making it more vulnerable.

Fats, Oils and Sunshine

You have no doubt heard the hype that sunshine is harmful and can cause cancer? Truly the last 20 years or so could be termed the 'Sunshine-phobia era'. Well it is partly true, but for a much different reason than we are told. The fact is, if our diets were free from unnatural processed fats, like the huge amounts of trans-fats and hydrogenated vegetable oils that came in like a deluge in the post-WW2 decades, we would find cancer of the skin to be very rare indeed. With the advent and huge growth of the Fast Food industry also in this time period, the use of deep fried foods just reeking with dangerous carcinogenic chemicals keeps increasing as part of the average person's daily fare. You see it is the action of the sun on all these toxic wastes, that the body stores in our skin to get them away from the vital organs, that trigger the mutations that lead to skin cancer and other cancers.

Eliminate fried foods by learning better ways to cook, and you won't miss them. Eliminate refined vegetable oils, shortening, margarine, and foods containing them. You will be surprised to find out that if you were a person who sunburns easily, after a while you will be no longer.

There are certain essential oils that we can lack in our diets and this can also cause us to burn easily, these are the Omega 3 fatty acids. The best way to get these, while eliminating free fats

and oils in our diet, is to fresh-grind 2 tablespoons of raw flax seed in a little coffee grinder and use it daily on cereals, fruits or anywhere you like. It is best to buy the whole flax seed and grind it fresh, eating it within 20 minutes, and not buy it ready ground, as the oils lose their nutrient value once the seed is broken and become rancid rapidly!

Toxic Oils

Cotton seed oil's toxicity is partly due to high amount of pesticide present in the crop, but also contains toxic fatty acids itself. Canola, Rape and Mustard seed oils contain toxic fatty acids and are not health oils even though canola has been falsely promoted as such.

If you live in the U.S. and drink Mountain Dew, Gatorade, and certain other sodas, then you are also getting a dose of a synthetic chemical called brominated vegetable oil (BVO). BVO was first patented by chemical companies as a flame retardant. The chemical is banned in food throughout Europe and Japan. But BVO has been added to about 10 percent of sodas in North America for decades, even though it has resulted in soda-drinkers needing medical attention for skin lesions, memory loss and nerve disorders; all symptoms of overexposure to bromine.

Bromines are common endocrine disruptors, and are part of the halide family, a group of elements that includes fluorine, chlorine and iodine. When ingested, bromine competes for the same receptors that are used to capture iodine. This can lead to iodine deficiency, which can have a very detrimental impact on your thyroid, breast and prostate tissue and general health.

Bromine is a central nervous system depressant, and can trigger a number of psychological symptoms such as acute paranoia and other psychotic symptoms. Bromine toxicity can also manifest as skin rashes, acne, loss of appetite, fatigue, and cardiac arrhythmias.

Why do they use it? One reason is to prevent 'ring-around-the-collar' an unsightly ring of residue that forms at the top of bottled juices and soft-drinks when left to stand for a long period. So our health is put at serious risk for simply cosmetic reasons.

The bottom line on a Whole Food Plant Based Diet is to avoid all refined free fats and oils as after all, even the ones considered best, are still not Whole foods.

If you use a lot of processed, fast and pre-prepared foods, you will inevitably consume a lot of harmful fats and oils. It is better to learn to prepare simple, fresh whole foods yourself so you know what you are eating. Once your taste adjusts away from the stimulation of the deliberately addictive chemicals rampant in these foods, you will enjoy simple foods more than you ever did the processed foods, which are basically counterfeit food-like substances.

A good idea is to eat as much as you can raw. For 'Fast Food' you can't beat raw fruit. An abundance of fruits, vegetables, and simply prepared whole grains in the diet provide many factors that help prevent the formation of free radicals and protect against their harmful effects; also allowing the body to properly handle natural exposure to sunlight.

There are two fairly natural oils that many feel are healthful and others say are not; these are extra-virgin olive oil and virgin coconut oil. These are claimed to have many health and healing benefits, but it is likely best to use them in moderation in food; they are great for skin and hair however.

Sunshine Habits

Overheating can lead to heat exhaustion or sunstroke; safeguard by keeping well hydrated. How can we best use sunlight to obtain the benefits while minimizing the risks? The first rule is tan, don't burn. Take into consideration the time of year and the hour of the day. As the sun moves more directly overhead, its intensity increases.

If you are not used to sunbathing, keep your sessions short at first, and gradually increase the duration and frequency of exposure. The therapeutic effects occur just below the level of turning red. Remember that it takes time for skin color to change. Benefits are enhanced with shorter, more frequent exposures.

When you have had enough sun but want to stay outside, the best sunscreen to wear is clothing. Chemical sunscreens are likely more carcinogenic than the sun itself. Clean, dry skin is best for sunbathing; creams or oils are not necessary. A helpful motto to remember when sunbathing is "Not too much at a time and as often as possible." Combine productive exercise in the fresh air and sunshine for a really healthful trio.

No Sunshine?

So if one lives in a country where for months of the year you get little sun or it is too cold to be out in it much—what to do? Vitamin D supplements are an option, but I would not go that way unless there is just no other alternative or you are shown clinically to be very low in Vitamin D.

Some folk in these situations have found tanning at a carefully selected, quality tanning salon is a good health benefit. For these people, the tan is not the goal so much as the UVB rays to produce the Vitamin D hormone. If you do go this route there are some precautions to take; avoid high-intensity beds. Use only low or medium beds. Spray tan of course is *not* what we are after; it is sunshine we are seeking not chemicals. Question the salon on what kind of rays their bulbs produce and how often they change the bulbs.

Some salon chains are very health oriented and these may be your better choice rather than the more fashion oriented ones. Make sure to buy and use the recommended eye protection but do not use the fancy crèmes and lotions these places sell.

Start with only a few minutes to see how your skin reacts and then increase very gradually. Some salons have guidelines in this. Remember that these beds are like super-sun; a few minutes on a good tanning bed is like an hour on a beach in the Riviera. To absorb the Vitamin D best, make sure to have clean, dry skin before tanning and then do not shower or bath for several hours after. I repeat, do not use their fancy lotions, but if your skin seems dry from tanning, use some olive oil or virgin coconut oil on your skin between tans.

A few minutes 2 or 3 times weekly can do wonders for those who live in areas where for months on end you can't sunbathe, and it is cheaper, more convenient, and safer than a trip to the tropics. Seniors can really benefit from tanning for bone health, as can those who have seasonal affective disorder; arthritis; and many skin conditions. By getting your sunshine you can advance your health and enjoy greater vitality.