

## Health Talks

### “The Battle for Your Mind”

#### 09. God's 8 Laws Abstemiousness, [Temperance]

“Pure air, sunlight, abstemiousness, [temperance] rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them.” Ministry of Healing 127.

The third law of health is abstemiousness, or temperance. Temperance means not taking anything into the body that will harm it, and taking in moderation the good things. The meaning of temperance is two things; 1. There are some things that should never enter the body, and 2. is taking in moderation the good things. Temperance closely involves self-control and discipline, therefore the Frontal Lobe needs to be in charge here, not the taste buds or the wild horses of feelings!

Some people say, ‘moderation in *all things*’, but you would never say moderation in cyanide or arsenic, no! There are some things that should never be taken into the body, but all the healthful things should be done in moderation.

The old saying is, All play and no work makes Jack a silly boy, and all work and no play makes Jack a dull boy. It is a surprise that we've come to a time on planet earth where adults don't include children in the work of the home! A British pediatrician who came to the west said, “I thought the slave trade was abolished, but it's alive and well over here; it's called ‘mother’.”

A young girl came to the health retreat to help while her mother did the health program. She was 15 but she was totally useless. She couldn't do a single thing. She'd never cleaned a toilet, never made a bed, she couldn't even chop up an apple. We ended up getting her to just sit and listen to the lectures, because we couldn't afford a staff member to teach her. She got angry with her mother! She said to her mother, “Why didn't you have me work, why didn't you teach me?” The mother said, “I thought I was being a good mother!”

Now when you do everything for your little baby, that is right. But some mothers find the transition from baby to little toddler hard. Consider this, if the child dirty the plate, who should clean the plate? Child throws jacket on the ground, who should pick up the jacket? So it's very important to teach your child to work, because then you've got time to play with them too, and both are very important.

Mrs. O'Neill's daughter taught her seven children to work and they are good workers. The twin girls are 16 and they're working two days a week now in a nursery. The boss told them recently, “I wasn't going to employ you because I am sick of teenagers; they don't show up to work, they don't know how to work, they don't want to work. But I needed some workers so I thought I'd try you. I have never met teenagers like you!”

Now where did they learn to work? They learned to work at home when they were little. When you deprive children of work, you deprive them of the joy of accomplishment; so please include them, and when you include them in the work in the home then you will also have time to play with them, and both are very important for them and you! So basically it's a balance, all good things should be done in moderation.

There are some things that should never enter the human body if you're looking for truly good health,

and we must consider the pure crystallized acid extracted from the sugar cane plant, known as sugar, one of the most lethal substances you can use! In his book, 'Pure, White, and Deadly', Dr John Yudkin claims it should be banned, it is so dangerous. How is it dangerous? There are several ways! It is extremely addictive! As much or more than heroin. It has an effect on the body to create acidity. It has an effect on the blood to thicken the plasma, the liquid part of the blood. This greatly affects the circulation and blood pressure.

It gets the blood sugar level up very high very fast, and then the body to cope with this, sends a huge amount of insulin to get it out of the blood and into the cell. And now it drops too low and when the person's down too low, what do they do? Have more sugar, is that right? So you get this bounce up and down effect with the blood sugar, too high and then too low. This puts a strain on the pancreas and can contribute to diabetes.

But it also has another effect that few people recognize the cause of, both High Blood sugar and Low Blood sugar, [called hypoglycemia] affect our brain and nervous system! They cause people to be over excited and then when it falls, they are irritable and shaky! Many family quarrels, even violence and divorces, are actually caused by the use of refined sugar and its effects!

This is also the cause of over activity, over excitement and short attention span in children! They suffer this effect from the high sugary food they are often being fed! A lot of mental and activity problems in children just disappear in days when no more sugar or sugary foods are given them, and instead they are give nutritious things like fruit and veggies, they are like new children!

Even worse in their effects are foods that contain both sugar and dairy products. Ice-cream is one of the worse things one can put in their body for harmful effects on the nerves, brain, immune system and all the organs of the body. Sugar also is a big cause of pain in muscles and joints, it has a clogging effect in the entire body! Artificial sweeteners are even more harmful to the brain, if possible!

Here is a list of things that stimulate cravings and addiction, and one tends to lead to another like a circle; Caffeine, Sugar, Dairy, Spices, Meat, Alcohol, round and round it goes. Yes it is true! All these harmful food additives create cravings that gradually widen and get stronger. The person who starts using "just a little" of any one of them will gradually find himself using more and more, and then branching out to the other parts of the circle until the poor, craving victim can no longer enjoy simple, natural, healthy food, but must be striving to satisfy the unnatural cravings these harmful things have set in action in his body.

When he can no longer gain stimulation through these indulgences, he often resorts to tobacco, street drugs, or prescription drugs "for his nerves". His health breaks down, he feels hungry and craving most of the time, but only seeks more of the harmful substances he now calls 'food'. He can no longer enjoy natural foods that would nourish his abused body; what a pitiful slavery!

Behind the scenes his nervous system becomes depleted and exhausted from lack of nutrients and the constant presence of irritating stimulants. (All stimulants are irritating poisons to the body) His nerves clamor, he is tired unless hyped up by increasing doses of stimulants. His weight begins to increase, his self esteem to go down, and he is losing IQ, skills and abilities he once had. To get him to see what is happening to him is often impossible as these things happen so gradually and they do not seem to be connected. If warned, he will usually reply; "Oh I don't use much [whatever]." Or "It doesn't bother me". Or "My diet is pretty good."

Parents make a dreadful mistake when they allow any of these unnatural, harmful things to come into the diet of their children. The drunk wasn't always a drunk; the road to addiction usually begins right at home in the family diet.

Friends, do you want to be irritable, angry, out of control, enslaved and live in an atmosphere of fights, quarrels, and such with your family? Who would want that? Then take these vicious slave-masters out of your diet, off your table, and out of your home! You will find it hard at first but in a few weeks the tastes will return to normal, and nervous systems will heal. Health will improve, and so will tempers. Truly sugar is a number one killer, and I'm not referring to the natural things like raw honey, or fruit, but to the pure crystallized acid extracted from the sugar cane plant, and also High-Fructose Corn Syrup used in canned sweetened drinks.

Caffeine: So many people use caffeine drinks these days. Breakfast, which should be the most nutritious meal of the day, is usually Coffee or caffeine tea and some kind of sugary food like muffins, or pastries, or refined, sugary cereals. The caffeine just makes the energy drop in a couple hours even worse, so then they have more coffee and sugary foods. Nothing to sustain the body in its proper functions. Sad thing is that hardly anyone realizes there is something wrong with this!

What's the problem with caffeine? It has a very harmful effect on our brain and nervous system but also other organs as well. Our brain and nervous system is made up of nerve cells, Nerve cells are different than other cells, they make up our electrical communication system and they communicate with each other by little chemical messengers sent from one cell to another. When caffeine goes into the body it interferes with these neurotransmitters.

When people stop using caffeine they may experience withdrawal symptoms, pain and suffering, things like headaches, and can hardly function for the first 24 hours without it. For those who use a lot of these drinks it is best to ease off the coffee little by little by little. Every day just have a less and less. Instead of having three cups of coffee a day, have three half cups of coffee a day then a quarter cup and then you just ease it out altogether.

However most find it is a lot easier to plan a few days rest time, where you can give full attention to your health and not have to go to work. Plan ahead and set a date. Replace the harmful food and drinks with something healthy, and get all the bad stuff completely out of your house! The body adapts quickly and in 2 to 3 weeks at the most, the habit is overcome! Keep in mind that stopping harmful things is not depriving yourself! Do not allow the 'Oh Poor Me!' thoughts to come in at all! Rejoice that you are breaking loose to freedom!

Coffee users tend to feel grouchy until they have their coffee and then they feel better for a while, but it is like borrowing money, you have to pay it back! So here you are taking out another loan to pay off the one you already owe! Eventually your adrenal glands are exhausted and it's not doing it anymore so instead of three cups of coffee a day that has to go to five cups of coffee a day. It's an addictive cycle. How much better to be free of all addictive substances!

Neurotoxin means brain poison, it means it kills brain cells. Alcohol is a neurotoxin and there is no safe dose of alcohol. In history in America there was prohibition that's 1920 to 1933. This was when it was illegal to sell alcohol! It made a big change to the country in those years. If you can get the true story of those 13 years, which is very hard to get. They like you to think that alcohol was legalized to stop the black market, the mafia gangsters, and the moonshiners. Sure some people did seek and buy alcohol

illegally, but this was not the case with the majority.

During those years when alcohol was illegal, Mental institution occupancies dropped to 8%. Domestic violence almost wiped out, and the jails were a lot emptier. Alcohol is a neurotoxin, there is no safe dose of it. I sure don't want any more of my brain cells to die! The brain cells we have, we need for life! So Alcohol must go!

What about Tobacco? Tobacco affects every organ in the body because it affects the blood! It particularly affects the respiratory system. A person who smokes can get cancer in the nose, tongue, throat, lungs, and even kidneys. There are many harmful chemicals in cigarettes today, and there is no safe dose of alcohol or of tobacco! Smoking is toxic, please don't do it!

Drugs. Drugs never cure disease, they just change the form and location of the disease. There are some drugs that cannot be stopped immediately and there are some drugs that can be stopped immediately. There are drugs that need to be eased off. Yes drugs can save a life in a crisis, but we're not talking about a crisis we're talking about day-to-day lives. God has shown us how that we can conquer our ailments naturally and then we seldom have a crisis.

What about the chemical sweeteners and MSG? Monosodium glutamate, these stimulate the nerve cells and also affects the brain cells. They are called 'excito-toxins' as they stimulate the nerve cells until they are exhausted and can even die. It is used in processed foods to make them more addictive. We have to read labels or better still, do not buy food that even has labels. With natural fruits, nuts, seeds, grains, greens and vegetables, we don't have that problem with additives.

Electromagnetic fields, EMF are also harmful, please make sure not to charge your gadgets in your bed rooms where you are sleeping, or have your phones or tablets in your bed. Be very cautious with the children if your children in your home are used to a lot of technology, start easing them off it. Some researchers recommend much less for our children! Be very cautious of children's exposure to technology including TV and gadgets, especially up to teen age years.

Here are selected counsels on Temperance: God has supplied man with abundant means for the gratification of an un-perverted appetite. He has spread before him the products of the earth, a bountiful variety of food that is palatable to the taste and nutritious to the system. Of these our benevolent heavenly Father says we may freely eat. Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, ... make, the most healthful diet. They impart nourishment to the body, and give a power of endurance and a vigor of intellect that are not produced by a stimulating diet.

Those who use flesh-meats freely, do not always have an unclouded brain and an active intellect, because the use of the flesh of animals tends to cause a grossness of body, and to benumb the finer sensibilities of the mind. The liability to disease is increased by flesh-eating. We do not hesitate to say that meat is not essential to the maintenance of health and strength.

Those who subsist largely upon meat, cannot avoid at times eating flesh which is more or less diseased. In many cases the process of fitting animals for market produces an unhealthy condition. Shut away from light and pure air, inhaling the atmosphere of filthy stables, the entire body soon becomes contaminated with foul matter; and when such flesh is received into the human body, it corrupts the blood, and disease is produced. If the person already has impure blood, this unhealthy condition will

be greatly aggravated.

Few can be made to believe that it is the meat they have eaten which has poisoned their blood and caused their suffering. Many die of diseases wholly due to meat-eating, when the real cause is scarcely suspected by themselves or others. Some do not immediately feel its effects, but this is no evidence that it does not hurt them. It may be doing its work surely upon the system, yet for the time being the victim may realize nothing of it.

Pork, although one of the most common articles of diet, is one of the most injurious. God did not prohibit the Hebrews from eating swine's flesh merely to show his authority, but because it is not a proper article of food for man. God never created the swine to be eaten under any circumstances. It is impossible for the flesh of any living creature to be healthful when filth is its natural element, and when it feeds upon every detestable thing. The heathen used pork as an article of food, and many people have used pork freely as an important article of diet. Swine's flesh would not be palatable to the taste in its natural state. It is made agreeable to the appetite by high seasoning, which makes a very bad thing worse. Swine's flesh above all other flesh meats, produces a bad state of the blood. Those who eat freely of pork can't help but be diseased.

No one should use the fat of animals which God's word expressly forbids: "It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood." "Moreover, ye shall eat no manner of blood, whether it be of fowl or of beast, in any of your dwellings. Whatsoever soul it be that eateth any manner of blood, even that soul shall be cut off from his people." Meat is served reeking [dripping] with fat, because it suits the perverted taste. Both the blood and the fat of animals is consumed as a luxury. But the Lord has given special directions that these should not be eaten. Why? Because their use would make a diseased current of blood in the human system. Disregard of the Lord's special directions has brought many diseases upon human beings.

It is not the chief purpose of man's life to gratify his appetite. There are physical wants to be supplied; but because of this is it necessary that man shall be controlled by appetite? Will the people who are seeking to become holy, pure, refined, that they may be introduced into the society of heavenly angels, continue to take the life of God's creatures, and enjoy their flesh as a luxury? From what the Lord has shown me, this order of things will be changed, and God's peculiar people will exercise temperance in all things.