

# Health Talks

## “The Battle for Your Mind”

### 11: Exercise

“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

God created the human body to be active. He did not create us to sit all day under artificial lights, eating junk food and breathing stale air. When God created Adam, He gave him the task of keeping a garden. Have you ever kept a garden? It is physical exercise and very pleasant and healthful work. Thus God insured that Adam exercised and received the benefits from being active.

The body has over 600 muscles, and the rule with muscles is that if you don't use them, you lose them. Muscles that are strong hold the bones and body organs in their proper places. Muscles that are weak do not hold things in their proper places, and thus we end up with backaches, bad posture, swaybacks, extended stomachs, slouched shoulders, and other weak areas. These, in turn, result in frequent sprains, strains, pains, pulls, and dislocations.

Ask any thinking health expert, they all will tell you that exercise is one of the most important requirements to regaining and maintaining health. Three most important contributions to health are rest, nutrition, and exercise. Notice that exercise is vitally important for a healthy life. Why is exercise so important, and how does it affect the body?

The body is made up of cells. Cells, in turn, make up tissues; and tissues, in turn, make up the organs of the body. Every function carried on by the body is directly related to the life of the cells. Each muscle in the body is made up of individual muscle cells. Since all cells require energy to function, any movement by these muscle cells requires energy. All cells use amino acids and fatty acids combined with glucose and oxygen to make energy. Amino acids come from protein, and fatty acids come from healthy fats found in certain whole plant foods, while glucose comes from natural sugars in whole foods, and oxygen from the air we breathe. Thus, for the muscle cells to function, they need a sufficient amount of proteins, healthy fats, glucose, and oxygen. The more energy the muscle cells burn due to exercise, the more of these, especially oxygen is necessary to allow the cells to continue in exercise.

Oxygen can only be supplied to the muscles through the red blood cells. When muscles are being used in good exercise, the heart must pump more blood through the body to supply the extra need for oxygen. This, in turn, causes the lungs to be expanded to fill the need of oxygen required by the red blood cells being quickly moved through the body.

Leviticus 17:11 says, "**The life of the flesh is in the blood.**" What is in the blood constitutes life? If there is life in the blood, but bad circulation, the entire system cannot receive the life it needs. Each cell in the body requires nourishment and cleansing from its own wastes to be healthy. Nutrients are delivered to each cell through the blood stream, and, in turn, the wastes are picked up and deposited in the eliminating organs. Thus we can understand the statement, "Perfect health depends upon perfect circulation." (2T 531). "The more active the circulation,

the more free from obstructions and impurities will be the blood." Healthful Living, p. 178.  
Why? Because the blood is constantly moving the wastes to the eliminating organs for disposal.

How does exercise result in good circulation? Due to the fact that the muscles require more oxygen to create energy, the body naturally increases the amount of oxygen inhaled. The heart rate increases as it pumps the blood through the system faster to supply the necessary oxygen to each muscle. Thus the circulation of the blood is greatly increased. This increase in circulation has a twofold benefit to the body. First, an abundant supply of oxygen is taken not only to the muscles, but also to every part of the system. And second, the blood is circulated through the eliminating organs in a much greater amount, resulting in an increase in the elimination of the body's wastes. Both of these are essential for good health and healing.

Begin a program of walking; walk as far as is comfortable, gradually working up to 3 or 4 miles a day. Take a walking stick for stability if you need it. Work up to a minimum of 20-30 minutes at least every other day. If muscles are weak, just persist doing what you can and gradually you will be surprised what you can do! We must learn to listen to our body's true signals, not to our habits and cravings and what the Tell-Lie-Vision tells you!

All can be benefited by getting a set of stretching and bending exercises and doing them each morning. Organic Gardening, if you have a bit of land, this is also great exercise for health (and the side effect is yummy vegetables.)

Some practices promoted as healthy exercises are not good because of the false, spiritualist beliefs they promote. Yoga, Tai-Chi, Martial Arts, and such things, while they may involve physical exercise, carry serious spiritual dangers with them. Especially the practicing of the eastern forms of meditation. Organized sports are not part of God's true plan either, as they create a competitive spirit which is opposite to the character of Jesus. We are told they were invented by Satan, and certainly we do know that they were a big part of pagan sun worship!

Here are some inspired quotes about exercise: "God designed that the living machinery should be in daily activity. For in this activity or motion is its preserving power.... The more we exercise, the better will be the circulation of the blood." Healthful Living, pp. 131-132

"There is no exercise that can take the place of walking. by it the circulation of the blood is greatly improved. Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this, all of the organs of the body are brought into use." Testimonies, Vol. 3, p. 78

"Moderate exercise every day will impart strength to the muscles, which without exercise become flabby and enfeebled." Testimonies, Vol. 2, p. 533

"Exercise will aid in the work of digestion. Take a walk after a meal; but no violent exercise after a full meal." Testimonies, Vol. 2, p. 530

"Morning exercise, walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is the surest safeguard against colds, coughs, congestion of the brain, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases." Healthful Living, p. 176-177

"If physical exercise were combined with mental exertion, the blood would be quickened in its

circulation, the action of the heart would be more perfect, impure matter would be thrown off, and new life and vigor would be experienced in every part of the body." Counsels on Health, p. 572

The body has two main types of fluids that need to circulate in the body. We know of the blood and it has the heart to circulate it, and yet exercise does improve blood circulation. The other fluid is in the lymphatic system. The lymphatic system is a network of tissues, vessels and organs that work together to move a colorless, watery fluid called lymph back into your circulatory system (your bloodstream). But unlike the blood, the lymph does not have its own pump but mostly relies on our movement and exercise of the muscles to circulate it, so lack of exercise can cause blockage and stagnation in this system. Let's learn a little more about it.

Some 20 liters of plasma flow through your body's arteries and smaller arteriole blood vessels and capillaries every day. After delivering nutrients to the body's cells and tissues and receiving their waste products, about 17 liters are returned to the circulation by way of veins. The remaining three liters seep through the capillaries and into your body's tissues. The lymphatic system collects this excess fluid, now called lymph, from tissues in your body and moves it along until it's ultimately returned to your bloodstream.

Your lymphatic system has many functions. Its key functions include:

**Maintaining fluid levels in your body:** As just described, the lymphatic system collects excess fluid that drains from cells and tissue throughout your body and returns it to your bloodstream, which is then recirculated through your body.

**Absorbing fats from the digestive tract:** Lymph includes fluids from your intestines that contain fats and proteins and transports it back to your bloodstream.

**Protecting your body against foreign invaders:** The lymphatic system is part of the immune system. It produces and releases lymphocytes (white blood cells) and other immune cells that monitor and then destroy foreign invaders, such as bacteria, viruses, parasites and fungi, that may enter your body.

**Transporting and removing waste and abnormal cells from the lymph.**

So we can see that regular exercise is important for the function of this system also as it has a vital role in the immunity, health and fitness of the body. Have you noticed as we have looked at the various laws of health that they all connect together and each benefits all the rest. This is the way of everything that God has created. We can say, **"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."**

**Psalm 139:14.**

Truly the Laws of Health are like the Ten Commandment Moral Laws, you cannot break one without affecting all the others! There is another Law that connects with the eight that we will share here. It is woven all through the Bible and is a mighty weapon in the 'Battle for the Mind'. It is An Attitude of Gratitude! We see it in action right in that psalm we just quoted, "I will praise Thee" this is an attitude of Gratitude!

**"Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee**

**with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's." Psalm 103:2-5**

**"Be glad in the LORD, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart." Psalm 32:11**

**"Rejoice in the LORD, O ye righteous: for praise is comely for the upright. Praise the LORD with harp: sing unto him with the psaltery and an instrument of ten strings. Sing unto him a new song; play skilfully with a loud noise. For the word of the LORD is right; and all his works are done in truth." Psalm 33:1-4**

Why does the Lord put so much emphasis in His Word about being thankful, singing praises and having right attitudes? Is it because He needs us to flatter His ego? No! Indeed Not! Everything God ever commands or suggests to His human children is always and only for Our Best Good! God know that by doing these things we come into a healthy and happier frame of mind and every aspect of our lives including our health will be vastly improved. Also, not being thankful and grumbling attract the dark spirits and they only harm and destroy.

The story is told by a Pastor Cooper of a lady he was asked to visit. This poor lady was well off in worldly goods, but remained a self inflicted prisoner within her home for years, shut away from life and light, and totally miserable. Anyone who did visit her was told all the details of her unfortunate life and the unfair way she had been treated. After hearing all this, the Pastor made a simple suggestion to her:

"Take a notebook and write down ten things for which you are thankful, and think about them and thank God for them one by one. Then the next day write a few more and continue to think about them and to thank God for them. Do this each day."

"Oh, what in the world," blurted the lady, "do I have to be thankful for?"

"Well", responded the Pastor, hesitating, "You have a lovely piano over there, you might be thankful for that."

"I guess so," murmured the lady, "It is rather lovely, isn't it? I am thankful to own it."

"And what about eyesight? Isn't it good that you are not blind?"

"Oh, well yes, I guess so," she admitted.

"That is the way", smiled the pastor, "just keep looking for things you can thank God for." He then prayed with her and bade good-bye promising to return in a few weeks.

When he next knocked on the door of this recluse he was amazed at what greeted him. She flung open the door and welcomed him in with a smile. The house was changed, the windows beamed with sunlight and the songs of birds drifted in through open windows. She was radiant and well groomed and the joy of life shown from her eyes.

"Why look, Pastor, she said handing him a full notebook, "I have so much for which to be thankful! How could I have missed it all these years?"

The **Attitude Of Gratitude** had changed her life by putting her back in touch with God, the source of joy and peace.

Here is the story from another Pastor who took hold of this secret prescribed by the Great Physician and placed in His manual, the Bible, for happy, delightful living. He had learned it himself when going through a very trying illness and now he passed it on to Gail, a counselor who was so depressed as to be planning suicide. Here was the result.

Gail was a little skeptical about the ten-point program. Her education didn't accept this simple program. How could anything so simple work? Pastor reported; "Just two weeks later, Gail came to see us. We were holding a series of meetings in the local church. Gail entered the church, along with the other worshipers, and sat down. I had to look a second time before I recognized her! Her whole countenance had changed! I just could not believe my eyes. Was this the same lady we had seen just two weeks ago? I said, "Gail, what has happened since we saw you last? You don't look the same. You look wonderful!"

"Well, it's really very simple; I went home to my school; as you know, I'm teaching some rather unruly children, I thought if this program will work for me, it will work for my children too. If it doesn't work for them, I decided it wouldn't work for me. So I put the ten-point program to a test for my entire classroom.

"I offered a special prize to each child who would bring a list of ten things for which he or she was thankful each day until school closes. There are twelve weeks of school left. When you multiply twelve weeks by five days by ten things each day, you know how long a list these children will have!"

Gail did not ask the children to go over their lists as she and I had done. All they were to do was to bring the new list each day. But in just two weeks the program was paying huge dividends, to herself and to the children. The classroom was changed.

"And I feel wonderful! I just never realized how powerful a simple little program like this could be," Gail said, still beaming.

Gail later sent us a most glowing report of the changed atmosphere in the school. Problem children became near honor students. Happiness, joy, and gladness chased the tattling away.

Then a bigger surprise came to Gail. The parents began to help the children find and write their lists day by day. Then the parents themselves, some of whom were real "sourpusses," became happy, wholesome, cooperative souls. The school and the church became almost a little heaven on earth."

Why? How did this happen? What was the reason for the change? The thinking pattern of the people, the children, and their teacher was changed. Instead of focusing on the negative side of life, they began to think thankfully, hopefully, cheerfully. It is a demonstration of the philosophy found in Proverbs 23:7. Which says. "**As he thinketh in his heart, so is he.**"

A happy heart is better than any medicine or pill you can find. Go ahead, be happy, you have a right to!

Dear Father in heaven, Thou hast promised that in Thy presence there is fullness of joy. Psalm 16:11. We ask that this joy may flow into the hearts and lives of all here today. We believe that Thou art standing at the door of our hearts offering "joy and peace in believing." Romans 15:13. And we receive this answer, in dear Jesus' name. Amen.