

Created Whole, with a Warrantee: Part 20:

Jesus Christ Maketh Thee Whole! Acts 9:34

Summary of our Twenty Lesson Course

"And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee." Exodus 15:26

"Disease is an effort of Nature to free the system from conditions that result from a violation of the Laws of health." Ministry of Healing, Pg. 127

In our series we have learned that we were created a 'whole being' which is greater than the sum of our parts. We learned that God built many mechanisms into our bodies designed to keep us well and happy. He also told us that if we obey His simple laws of health He will take all sickness away from us. Disease comes as a result of our violating God's laws of health.

We learned that whole foods from the plant kingdom were what God intended for us to use as our food. We saw that all the facets of our lives work together and each affects the others, either for better or worse. We have learned of certain changes in diet and lifestyle habits that can benefit all conditions of ill-health, and for some the improvement may even be amazing!

We also learned a little about how the processed and fast food industries, selling foods that have done so much harm to people's health in the richer countries, are now busily moving in to try and push their highly addictive products in the developing world. Don't be fooled by them! Many of your traditional foods are a much healthier choice and when once people get addicted to these chemical-laden taste-traps, it is hard then to return to the simple, satisfying and healthy fare our ancestors thrived on. It may be seen as a 'status symbol' to consume these things—but believe me; you don't need that kind of status!!!

God's laws of health are harmful to none, and available to all, although they require of us a positive choice and determination to carry them out.

Here is a basic list of simple steps that can surprise you with the improvement they deliver. The proof is in testing it out for yourself. First we need to know how to get the power to make these changes in response to our making the positive choice to do so.

➤ **Heavenly Help for Every Change, Every Day!**

It takes real courage and heavenly power to make changes which require breaking free from media and cultural brainwashing that is often the source of our sufferings. You will need to address your Spiritual life seriously or you will only frustrate and fail. But God will carry you through if you surrender to Him and put Him first in your life.

The secret of making changes, overcoming habits and breaking free of addiction lies in the Power of God made available to us through Jesus Christ. Many know that forgiveness for past sins is made available to us by Christ's death for us; but fewer realize that victory over sin is available because of Christ's life of obedience to His Father's laws; including the natural laws of our bodies. He won the victory for us! The power Christ used to live a sinless life, His very victory over sin, is willingly given to us for the asking; but the asking requires us to make a positive choice.

God has given us freedom of choice; that is all we have to work with, and all we need. He gives the Power but only when we make that determined, positive choice and cry to Him to back it up with His Grace and Power. When tempted, frustrated or discouraged, say firmly "Lord, I CHOOSE to do what I know You want me to do. I

God's Way School of Health

am weak, but I believe, in the name of Jesus, Help Thou my unbelief and empower me to break free!" He never fails to hear and respond to that kind of prayer!

The Power of God created the world, and it is available to re-create you and set you free. It comes to us from the Holy Spirit, and is accessed through the Word of God. Lay aside all other reading and get into the old-fashioned, Authorized, King James Bible and the Spirit of Prophecy writings. Pray first before reading and ask God in the name of Jesus, for the aid of the Holy Spirit and holy angels. Tell the Lord you are making a positive Choice to obey Him, allow Him to set you free and lead you into a new life in harmony with His will.

Prayer without the Word and without a positive choice to believe and obey is a waste of time. God hears *us* when we are hearkening to Him!

God's true Word has power to Create! He spake and it was done. When you read something in the Inspired Word, it is there for *you*. If God tells you to do something, the *Power* is already there in the Word to do it, just ask for it.

Don't try to force your whole family to change at once; until you get yourself past these first steps just work with yourself. Later you can *invite* them to join you or better still, wait until they see changes in you and start wanting the same for themselves.

It is best not to go telling everyone around you what you are doing, as you will get a lot of discouraging feedback and you don't need that right now. The less said, the more done, and time will provide the evidence. If you are the meal provider you can just add some extra fruits and fresh things to the menu, and, if it is not made into a 'crisis situation', your family will no doubt cheerfully welcome the additions.

If you make a big issue of what you are trying to accomplish, friends and family will say you are crazy and will surely harm yourself, but don't try to convince them; you do not need their permission to obey your Creator and improve your health. You can politely and cheerfully ignore them. When you succeed in His strength then, they will have the evidence that speaks louder than words.

You may run into cravings and even feeling weak at first as you move away from harmful and addictive substances. Cling to the promises and pray as often as you need help. Remember, Jesus said He came to set the captives free; claim His promises and cling to Him. The power to overcome is assured if the decision is made solidly! I know by experience; I am not quoting a book. By the way, you don't need to go to a church or consult with clergy to talk with God; nor do you need to schedule an appointment.

Take the first step and walk forward calmly with your hand in the Hand that was nailed to the cross for you!

Precious Promises to Claim as yours:

"And ye shall know the truth, and the truth shall make you free." John 8:32

"If the Son therefore shall make you free, ye shall be free indeed." John 8:36

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." Isaiah 41:10

"The LORD will strengthen him upon the bed of languishing: thou wilt make all his bed in his sickness." Psalm 41:3

"And the whole multitude sought to touch him: for there went virtue out of him, and healed them all." Luke 6:19

"Jesus Christ the same yesterday, and to-day, and for ever." Hebrews 13:8

"Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed." 1 Peter 2:24

"Who forgiveth all thine iniquities; who healeth all thy diseases;" Psalm 103:3

God's Way School of Health

"But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed." Isaiah 53:5

"Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for thou art my praise." Jeremiah 17:14

"For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord." Jeremiah 30:17

"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." Matthew 11:28-30

Now you have your power-pack – let's get started!

➤ **If you are using any Diet drinks, flavored drinks, fizzy drinks, or any soft drinks--stop immediately!**

Make sure you are not using ANY artificial sweeteners; Aspartame, diet drinks, sugarless gum, or diet foods with artificial sweeteners in them. By the way, it is said that some of the worse products for problems with artificial sweeteners can actually trigger seizures in some poor folk after using them and they get labeled as epileptic, unless someone clues into to the real cause! Sugarless drinks and sodas can be detrimental to health!

I have found that many folk use Diet Drinks and other diet foods that contain Aspartame, Nutra-sweet® or the same chemical or artificial sweetener by a dozen other names. They often also use sugarless gum, and they do this thinking it is a healthy choice, even feeding it to their children! But sadly--it is a health disaster! ("Look Mom, No cavities! Look Mom! I'm on drugs for seizures! Look Mom I have Multiple Sclerosis!")

You may not think that something with such effects can actually be on the market; but it is, and I won't bother you with the details. Just to be brief, it messes up the nervous system, the hormonal system and other things, and as we said, for some it can even cause seizures.

The amazing thing is that diet drinks and sugarless gum actually cause weight gain; many folk lose weight once they get clear of those! My heart aches for the myriads of people struggling with weight, and trying to help themselves by using the very things that are causing it. It takes about 60 days to really recover from the effects of diet sweeteners; although improvements are often reported in just a few days. You will no doubt have some pleasant surprises as it gets out of your system.

More new names and slightly altered products in artificial sweeteners are hitting the market shelves continually. They all claim to be better and 'safe' but don't buy into the deception; walk away from them all!

Ditch the Diet Drinks, all artificial sweeteners, and sugarless gum.

➤ **Rehydrate your body!**

Get some good water; Distilled is best, or Reverse Osmosis. Avoid Mineral water, Flavored water, (which often contains aspartame and other chemicals) Sparkling water, vitamin water, or Re-mineralized water. I realize that many have little choice in their source of water. Drinking water is so important to our health, do your best to get good water, but even marginal water is better than none, so if you are stuck, drink what you have, but try to get better water if you can.

First thing in the morning drink at least a pint, then drink another pint an hour, or at least, a half hour before each meal. This prepares the stomach to receive the food. You will not need to drink with your meals then, and your digestion will improve. Water should not be drunk with your food. You can later increase the morning drink to a quart. If you can't manage the pint at first start with a large glass but increase as fast as you can; it is best to work up to a quart, then for most people, constipation vanishes and digestion improves. (A quart is roughly a liter.)

Most modern folk are chronically dehydrated, because the fluids they put into the body actually pull water *from* the body rather than adding to it. We need a minimum of 1 1/2 - 2 quarts to even hold our own in

hydration. Once the body has more of what it needs, it does some housework and many irritating toxins get washed away and the nerves feel so much better! Do not give up if you find yourself urinating a lot for a while. Many 'diseases' are actually brought on by a lack of sufficient water for the body to function properly.

Coffee, Tea, soft drinks and Colas take more out than they put in because the poisons in them have to be flushed from the body. It takes about 3 cups of water to flush toxins contained in one cup of coffee and it can take up to 3 days to do it! Soft drinks are the same idea. So ditch the coffee/tea/cola bit and do the pure water bit; your body and nerves will love you for it! (Yes I know it is rough for a few days because of the addiction, but the water soothes the symptoms and the withdrawal is not as bad. Feel the cravings? Drink a glass of water or lemon-water; it is well worth it to break this habit!) Although Caffeine hypes one up, studies have shown it actually decreases mental acuity. Plainly put, caffeine and stimulants hype you up and dumb you down.

You can use herbal teas for a hot drink; but not 'green tea' or anything that contains actual tea. It is best to avoid teas with cinnamon or spices, as they irritate the nerves. The Rooibos bush of South Africa is a healthy tea herb. Plain is the key. Sweeten with a little natural honey if desired.

Give your body plenty of Water for all its many needs!

➤ **Can the Caffeine and Chemicals!**

Use no coffee, cocoa, colas, soft drinks, or tea as they contain caffeine and other chemicals and your nerves don't need that! Sometimes there is more to stress than just the overwork part. While you keep whipping up your body with poisons, you cannot have good health. You may seem to get away with it, you may feel you are not bothered by it, but sooner or later the pay-back time comes, and sometimes deadly illness strikes and there is no recovery. You will never regret learning and practicing good health habits.

Most people are aware of how dangerous alcohol and nicotine are to the body, but fail to realize that the caffeine in coffee, tea and soft drinks is also a very harmful substance! Caffeine is called a stimulant because it excites all of the nerve endings in an effort to rid the body of this poisonous substance. If a person drinks over two or three cups of coffee a day on a regular basis, they will usually develop severe drug withdrawal with headaches if they suddenly stop drinking it. Alcohol, nicotine and caffeine are all harmful, disruptive drugs.

Addicted to Alcohol or Tobacco? As your body is relieved of toxins and receives hydration and some living food, you will be able to also break free from addictions. Did you know that Caffeine is called "Bad Habit Glue"? Yes! It makes other addictions much harder to break; so get the glue out first. Replace bad habits with good and remember—no addiction is stronger than the mighty Power of God available through the name of Jesus Christ. You can be set free! Make the determined choice today.

Get away from MSG and related chemical additives in food and eat more simply prepared fruits and vegetables. READ LABELS!! Canned and package soups, fast foods, and most pre-prepared frozen entrees, are chemical bombs. I know the simple foods will taste bland and unexciting for a while--but hang in and gradually your natural taste receptors will return to life and you will be amazed how delicious the natural, unprocessed foods really are. One of the easy rules you can have to improve your health is to eat what you prepare at home from the basics; by doing this you will eliminate piles of chemicals the processed food companies add to pre-prepared and fast foods that do your body no good.

Can the Caffeine and Chemical Additives!!

➤ **Break Free from the Sweet-Sweet Sugar Blues!**

Sugar and Sweet craving seems natural because we were meant to live mostly on whole fruit and other whole foods, but our appetites are deranged and we use sugar to satisfy cravings created by our unnatural diets. As you use fresh and raw, whole fruit, veggies and whole grains, you will lose the craving for sugar, but it is a

God's Way School of Health

battle for a while. You can use small amounts of natural honey, or whole dried fruits for sweetening, but no sucrose sugar of any type, white or brown, or any other processed, refined sweeteners.

One serious problem is that it works the other way too; when a person is using sugar-laden foods, the taste does not relish the natural, plain fruits. Children love and thrive on whole fruit, but as soon as processed sugar foods are introduced into their diet, the interest in eating fruit fades away rapidly and you have instead children that clamor frantically for more and more sweets.

Sugar is an addictive drug, not a nourishing food. Some researchers say it is as addictive as Cocaine! Many Dieticians deny that there is any difference in the effect from refined sugar compared to fruit or raw, natural honey, but actual research and careful observation of cause and effect denies this assumption.

Sugar is so changed, refined, and concentrated from its original plant form; that it is actually a drug! Just 10 teaspoons (approximately the amount found in one soft drink) will immobilize the immune system by about 33 percent. Approximately 30 teaspoons of sugar (One large ice-cream sundae) will slow down the immune system for a whole day; and people wonder why they get sick!

Escape Away from Refined and Processed Sugar and products containing it!

➤ **Replace Junk with Whole Living Food!**

Think of it this way: if you build your house of fine quality bricks, you will have a good, brick house. But if you build your house of mud, you will have only a mud house. Whole, natural, good quality food will build a healthy body; but artificial, chemical-ridden, refined, counterfeit food-like substances can only build a sickly, junky body.

As our bodies get damaged by unwise eating choices, and we are addicted to harmful food-like-substances, it becomes harder to choose the good food because it seems boring to us; however, if we will persist for about three to six weeks, the addictions will be broken and we will relish the good food far more than we ever did the bad. I have to testify that I have far more pleasure from my Whole Food Diet today than I ever had from the junk I used to eat. The taste for junk will disappear and a hearty appetite for what the body really needs will take its place, sometimes very quickly. To gain this though, one must kick the junk entirely and not just cut down on it; as long as we continue to indulge in these things at all, even occasionally, we will continue to have a perverted taste.

The other essential if you are to succeed, you must add lots of whole, starchy foods along with your colorful fruits and vegetables. This includes white potatoes; Sweet potatoes and squash; whole-grain bread; and whatever type of whole grains are available in your local culture.

The Bible asks, "Wherefore do ye spend money for that which is not 'bread'?" Isaiah 55:2. In other words, for that which is not nourishing.

Get to recognize the difference between Whole, Natural Food and Food-Like-Counterfeits; eat freely of the Whole and scrap the Junk!

➤ **No more than Three Meals a Day and only Water Between!**

Keeping to a meal schedule, and not eating or drinking anything but water between meals, is a wonderful shortcut to better health. Stomach problems and digestive distresses often seem to disappear as if by magic once the plan has been followed for a few weeks. This, along with the use of water before meals even clears up ulcers for many folk.

Cravings are easier to manage as the body gets used to only being fed at certain times, especially if enough fuel is taken in at those mealtimes. There really is no such thing as a 'healthy snack' because eating between meals is a pernicious habit that actually interferes with proper digestion, the well-being of the digestive organs, and assimilation of nutrients.

God's Way School of Health

The problem is that many are hypoglycemic from the use of sugar and junk food, and it can be a struggle for a while to overcome the 'eating every 2 hours' pattern. So don't limit the quantity at your meals, eat all you want of vegetables, including starchy vegetables, fruits, whole grains and bread until you feel satisfied. As your body gets rid of the junk you will feel hungry if you don't add enough starchy whole foods, so eat all you want, but not between meals.

Starving between meals? Drink a large glass of water and see if that does not allow you to get through to next meal-time. If not, and you feel shaky, it is a good idea to have some dried whole grain flat-bread and slowly eat a piece, chewing well. Then at the next meal time make sure to eat more whole starch foods like potatoes, sweet potatoes, or whole grains.

Set a meal schedule and stick to it; give your Digestive System a Break!

➤ **Decrease Animal Products and Increase Whole Foods; Vegetables, Fruits and Grains!**

Focus on addition, not subtraction. Increase the use of whole fresh fruit, fresh and raw veggies and greens, and whole starches, adding some to each meal and at the same time reduce the serving size of animal products. As your body gets more whole and live food, the craving for flesh meat lessens. For example, eat a large fresh salad, some whole grain bread and a couple large baked potatoes and then see how much you are craving meat.

The hormones, antibiotics and other toxins in meat and dairy are worse these days than ever before. Seventh-Day Adventists were told by Inspiration that the time would come when there was no safety in using animal products, and that is certainly true today. We see now that modern Animal Factory practices are harming the very Planet we live on!

Dairy is a big hazard to regaining your health. In fact the first animal product to eliminate totally should be animal milk, and things made of it. You will find cheese to have a very addictive influence, which makes it hard to eliminate. I also found that every time I would partake of even a little cheese it tended to set off other cravings, more so than any other animal product. The chemical found in cheese is not only a highly addictive substance similar to morphine, but has a detrimental effect on the brain, especially the frontal lobe, and the neurotransmitters in the entire nervous system.

But what about all the protein hype? Even doctors and dieticians can make it sound as if you will quickly perish on the spot if you don't devour a great slab of dead flesh with each meal. Sadly, they have received their training subtly from the meat and dairy industries themselves. The most reliable research has shown quite the opposite and that research is irrefutable today!

Any combination of legumes and grains has complete protein. High percentages of the people of the world live on various grain-legume combinations and hardly ever get any animal products. Good, whole-grain bread eaten with vegetables or legumes gives enough protein. Baked potatoes are a food that we can live on, and no, they are not fattening unless fried or smothered in fatty dressings. Baked sweet potatoes are a wonderful staple, a complete food. No plant can exist unless it contains protein!

You see, we don't need near so much protein as is commonly believed. The time when the human grows the fastest is the new-born, and mom's milk is only around 2% protein. It is a fact that the high level of animal protein is what triggers most of our terrible diseases today and also the overweight epidemic. When you add on top of that, the hormones naturally occurring in animal products and the hormones they feed the animals to grow them fast; one can't help but be overweight; those hormones can grow us fast too!

You can easily learn how to make your own simple patties and roasts--recipes abound. Learn to enjoy the Whole Foods in their natural state, simply prepared as our ancestors did.

Lower the animal content as you add an abundant variety of whole plant foods!

➤ **Hunt Down Other Health Hazards!**

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Avoid using aluminum cooking utensils, foods or drinks in aluminum tins or packages, and all foods made with baking powder, (which contains aluminum) or alum, and any chemical that has aluminum or alum in its name. They are often used to keep foods crisp or as a lightening agent in biscuits, crackers, pancakes, quiche, some pizza and cookies.

Avoid fried and oily, greasy food, and all snack foods like chips and cheezies. Animal fats are definitely harmful but sad to say, so are most of the products people use to substitute for them. Our bodies need some fat but it is better if we get the small amount we need from natural foods such as nuts, seeds, olives, avocados and such. In the natural state these items are in balance, but when the oils are taken out and refined, they become harmful and clog the body's functions. Avoid hydrogenated oils, trans-fats, and shortening.

Even extra virgin olive oil; or virgin coconut oil should be used very little if at all. You can use those for your skin; but limited within! Eliminating all refined free fats and oils is a big step towards becoming heart-attack proof and reducing chronic disease risks dramatically, it even helps your brain. A healthy margarine really does not exist, but there ways to make spreads that can take the place of the harmful ones.

More Chemicals: It is of great benefit to move away from any use of strong chemical cleaners and aerosols in cleaning and use simpler more natural things like vinegar, baking soda, hydrogen peroxide, and of course, old-fashioned soap. The same thing applies to personal grooming items, toothpaste, deodorants and cosmetics. Remember, if it goes onto your skin--it goes into your body!

Chuck the oils and be Alert to potential poisons and unhealthy conditions in your environment!

➤ **Keep it Simple!**

Keep meals whole, simple and natural, using more fresh and raw fruits and vegetables. Avoid using a great many foods at one meal or complicated dishes with many different foods combined. One African once told me that if they made several dishes to serve at a meal, the older folk would take a few and say, "Let's save this for tomorrow." They knew it was better all round to keep meals simple.

One to three dishes, containing approximately three main ingredients or less, is a good rule to follow to avoid digestive complications which can cause nutrient loss as well as irritability, dizziness and sluggishness. However, raw fruit or vegetable salads can contain several items with no problem.

Increase the use of fresh fruit and fresh and raw veggies. Plain whole-grain bread and a big raw fruit salad make a refreshing meal in the evening. Children like fruit meals too given the chance. Fruit is easy to digest, soothing and cleansing, and if you eat a third meal at all, a fruit based meal in the evening allows for more restful sleep at night.

There are so many delicious vegetables to make tasty meals from—the variety is endless, I am sure you have your favorites. Greens are very high in excellent quality protein and other nutrients. The many varieties of legumes are a great source of good meals. Each traditional culture has its own healthy, whole food dishes, but may have some unhealthy ones also.

Chuck the Fast Foods or modern processed foods as they are chemical bombs and you really do not know what you are eating! Hot, spicy foods are irritating to stomach and nerves. Want a healthy Fast Food? Grab an apple or a banana!

Simplify your diet and lifestyle, look for the whole and real, and throw away the artificial food-like substances!

God Bless!

For more information visit: www.hygienic-healing.com

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