

## Created Whole, with a Warrantee: Part 3:

Jesus Christ Maketh Thee Whole! Acts 9:34

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1: Nutrition: we will address this in upcoming lessons; now we will look briefly at the other laws. Remember, as you learn these things, apply them to yourself and consider if you have them all in place in your life: each one is part of the 'wholeness' God wants for His people!

### Exercise

"Notwithstanding all that is said and written concerning its importance, there are still many who neglect physical exercise. Some grow corpulent (fat) because the system is clogged; others become thin and feeble because their vital powers are exhausted in disposing of an excess of food. The liver is burdened in its effort to cleanse the blood of impurities, and illness is the result. Those whose habits are sedentary should, when the weather will permit, exercise in the open air every day, summer or winter. Walking is preferable to riding or driving, for it brings more of the muscles into exercise. The lungs are forced into healthy action, since it is impossible to walk briskly without inflating them." Ministry of Healing 240.

"Those who are feeble and indolent should not yield to their inclination to be inactive, thus depriving themselves of air and sunlight, but should practice exercising out of doors in walking or working in the garden. They will become very much fatigued, but this will not injure them. . . . It is not good policy to give up the use of certain muscles because pain is felt when they are exercised. The pain is frequently caused by the effort of nature to give life and vigor to those parts that have become partially lifeless through inaction. The motion of these long-disused muscles will cause pain, because nature is awakening them to life." Counsels on Health 200.

"Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use. . . . In some cases, want of exercise causes the bowels and muscles to become enfeebled and shrunken, and these organs that have become enfeebled for want of use will be strengthened by exercise. There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved." Testimonies for the Church, vol. 3, p. 78 (1871).

Folk in Africa do not have as much of a problem with getting exercise as do people in the western countries; most Africans are great walkers; but make sure this law is in place for you personally!

Recent research has shown that exercise is also the key to preserving our mental integrity as we get older also; this is certainly very important. Consistent, vigorous exercise can actually restore damaged parts of the brain. It also helps people who are studying, to learn better if they have an equal amount of study and exercise.

"For many years I have kept before our people the need, in the education of the youth, of an equal taxation of the physical and mental powers." 7 Testimonies 267.

However, some things people expect to get from exercise alone, they will not obtain. One example is weight loss; overweight and obese people are told, "You just need to get more exercise and you will lose the extra pounds, you're just lazy that's all!" Exercise alone has been proven to be of little or no help for weight loss. Other factors need to be addressed first.

Can vigorous exercise make up for an unhealthy diet? A 'health' teacher named Mr. Fixx answered that question in a very sad way; here is his story as documented by John Robbins in his book *'Healthy At 100'*:

"Exercise is tremendously important, but sometimes people try to accomplish with exercise alone what can be achieved only with a combination of exercise and nutrition. Those who believe that exercise can compensate for a high-fat diet, excess sugar consumption, or other dietary transgressions could learn from what happened to a remarkable man named Jim Fixx.

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"Jim Fixx had not always been a runner. Up until his mid-thirties, he smoked two packs of cigarettes a day, loved his burgers and shakes, and weighed 220 pounds. But at age thirty-five, he stopped smoking and began running. Within a short time he was running eighty miles a week and racing marathons, and had lost all his excess weight. His belief in the healing powers of running was so great, though, that he did not think he had to change his diet much. In his bestselling book, Fixx repeatedly quoted Thomas Bassler, M.D., who was then claiming that any nonsmoker fit enough to run a complete marathon in under four hours would never suffer a fatal heart attack.

"Jim didn't just ignore expert advice that he needed to eat more healthfully. On at least one occasion, he went out of his way to criticize those who offered such advice. At the time, probably the world's foremost advocate of a low-fat diet as a means to open and heal clogged arteries was Nathan Pritikin. In his book titled *Diet for Runners*, Pritikin described a conversation he had with Jim Fixx that took place in January 1984:

"Jim Fixx phoned me and criticized the chapter "Run and Die on the American Diet" in my book *The Pritikin Promise*. In that chapter, I said that many runners on the average American diet have died and will continue to drop dead during or shortly after long-distance events or training sessions. Jim thought the chapter was hysterical in tone and would frighten a lot of runners. I told him that was my intention. I hoped it would frighten them into changing their diets. I explained that I think it is better to be hysterical before someone dies than after. Too many men, I told Jim, had already died because they believed that anyone who could run a marathon in under four hours and who was a nonsmoker had absolute immunity from having a heart attack."

"Sadly, only six months after this conversation, a passing motorcyclist discovered a man lying dead beside the road in northern Vermont. He was clad only in shorts and running shoes. The man was Jim Fixx. The real moral of Jim Fixx's tragic death is that while exercise is wonderful and necessary for a healthy life, it cannot make up for poor eating habits."

"Ultra-marathoner Stan Cottrell said he and Fixx appeared together at a conference," [authors Murphey and Kuzma] write. "Just before Fixx went in to speak, he 'stuffed himself with four donuts and said, "I didn't have time for breakfast." ' ' He was claiming to teach others and yet he died at only 52. All the 'Laws' need to be in place!

What activities, besides walking, are God's approved methods or exercise? Useful and practical physical labor, indoors and out; I question women who pay to go to the gym to 'work out' and then pay for someone else to clean their houses. Gardening and working on the land is also very good exercise.

What about sports? This is not what God wants His people to be doing; sports are the devil's invention and have always been connected with pagan worship! Sports develop pride and competitiveness; God wants humility and cooperation. Satan catches all too many of even those claiming to be Christians, in his two big snares: Fashion for women (and sometimes men too), and Sports for men (and sometimes women too). Sports also are carried to excess and become 'wreck-creation' instead of 're-creation'! Ideal forms of exercise are simple, helpful and practical, and within the reach of all.

### **Water**

"Those who treat the sick should move forward in their important work with strong reliance upon God for His blessing to attend the means which He has graciously provided, and to which He has in mercy called our attention as a people, such as pure air, cleanliness, healthful diet, proper periods of labor and repose, and the use of water." Counsels on Diet and foods, 303.

"Thousands have died for want of pure water and pure air, who might have lived. . . . These blessings they need in order to become well. If they would become enlightened, and let medicine alone, and accustom themselves to outdoor exercise, and to air in their houses, summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy instead of dragging out a miserable existence." Counsels on Diet and foods, 419.

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"Water can be used in many ways to relieve suffering. Drafts of clear, hot water taken before eating (half quart, more or less), will never do any harm, but will rather be productive of good." Counsels on Diet and foods, 419.

Those whom I have counselled to restore their health could tell you that water is one of my first instructions. Taking a pint of water on arising and then a pint more about thirty minute to an hour before each meal, works wonders in restoring health. The water should be comfortably hot or at room temperature and not icy cold.

Once establishing a consistent and regular program of the use of water, rehydration of the body works wonders! Digestion improves, bowel troubles vanish, headaches go away, the skin becomes healthier and the mind more keen. Joints become more flexible; pain of arthritis and rheumatism eases; there are so many benefits to the use of water inside and out.

Let me share with you the amazing story of Dr. Fereydoon Batmanghelidj. Let's just call him Dr. FB OK? Well, he was put in prison for political reasons over in Iraq back a couple decades ago, and one day there was a man who was suffering very much from pain in the stomach and the guards told Dr. FB to take care of him. The Doctor examined and diagnosed he had an ulcer. So what could he do? He had no drugs; no equipment; nothing at all to use to treat the man there in the prison. But he had to do something; so he told him to drink a glass of water and take another one every 20 minutes until the pain was gone. He had no hope at all that it would help because he was like all doctors, trained to use drugs to treat illness.

What was his surprise when in less than an hour the man was relieved of pain and smiling at him! In the days following he was called to help people with many different disease situations there in the prison. Each time he ordered his only available treatment: water! Each time he observed relief from symptoms in a short while. Having a lot of time on his hands there in the prison he did a lot of thinking and he began to take notes of what he was observing. He determined if he ever got out of prison alive he would do some deeper research into the effects of water on the human body!

When later he was brought into court, he told what he wanted to do and what his experiences seemed to indicate in the line of the treatment of disease. He was released and eventually came to America where he continued to experiment and wrote the book, "Your Body's Many Cries for Water". In it he tells how so many varied disorders, from headache to ulcers, to high blood pressure and asthma all respond to increasing water intake and re-hydrating the body. He showed that many 'diseases' are only symptoms of dehydration!

What makes things worse in our modern culture is that people drink coffee, tea, cola drinks, colored drinks and alcohol rather than water; and the toxins and effects of these drinks actually cause the body to lose more water than the drink puts in! For example, to rid itself of the effects of one cup of coffee, it would take three large glasses of pure water! So what happens when day after day all the body receives is more coffee and cola and chemical flavors and nothing at all to wash it out with? Nothing at all to be able to wash away the waste products and toxins from the cells!

How would you want to try washing your clothes in coke or coffee? What about if you had to use the same water over and over again? What would be the chances that you would ever get clean clothes? Never! Neither do we get clean cells.

There are ever so many uses of water externally also. Showering, bathing, soaking, hot and/or cold compresses, colon cleansing, the list is long indeed. Sometimes herbs or healing substances are added to baths, soaks, or compresses. We will learn some simple methods later when we look at natural remedies.

It is important to make sure that our drinking water is as pure and clean as possible. For many this means that it needs to be boiled to kill possible harmful bacteria that could cause one to be very sick. In history some great epidemics came about because of a well or source of water that was contaminated. At one time people did not know that there could be dangerous 'germs' in water that could carry disease.

A wrong use of water:

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“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. Ice water or ice lemonade, drunk with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Hot drinks are debilitating; and besides, those who indulge in their use become slaves to the habit. Food should not be washed down; no drink is needed with meals. Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed. Do not eat largely of salt; give up bottled pickles; keep fiery spiced food out of your stomach; eat fruit with your meals, and the irritation which calls for so much drink will cease to exist. But if anything is needed to quench thirst, pure water, drunk some little time before or after the meal, is all that nature requires. Never take tea, coffee, beer, wine, or any spirituous liquors. Water is the best liquid possible to cleanse the tissues.” Review & Herald, July 29, 1884

For us in modern days, we must add to the list to avoid all sodas like Coke and Pepsi; all colored and flavored drinks or powders to mix to make drinks; even bottled fruit juices should be avoided unless they are fresh made and raw; fruits are more healthy when consumed whole and raw because their fiber content prevents

insulin spikes, where the blood sugar rises rapidly only to drop shortly after making one feel shaky and weak and craving more sweets to bounce the blood sugar up again.

Water is what God provided for man's thirst. Remember in the wilderness when Moses struck the rock; what came out for them to drink? Was it Coke or colorful sweet drinks? No! Was it coffee or tea? No! It was pure, clean water.

“And he shewed 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.

Bible Water Stories

Find the hidden words within the grid of letters.

H S M G R E E L K J K F  
B R L P E L K B H O P L  
Y M A I B I J E D H E M  
Q Q G X E J C B V N T C  
B Y H Q K A H D M B E G  
E F U J A H Y X O A R V  
V Z T Q H R C Y S P V Z  
J E S U S T O N E T N L  
T Q P D C P B B S I M D  
S T P H I L I P X S N T  
B E T H E S D A H T T Y  
T T G N A A M A N C R C

Bethesda      Jesus      Moses      Peter      Rebekah  
Elijah      John-Baptist      Naaman      Philip

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