

Health for You:

19. Exercise; Rest; Temperance:

Exercise:

And the LORD God took the man (Adam), and put him into the Garden of Eden to dress it and to keep it." Genesis 2:15.

God's original plan was for people to be active. Physical activity is necessary to maintain all our functional body units and to keep a reserve physical capacity to handle emergency situations.

"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 the 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

"Those who thus exercise the Christian graces will grow and will become strong to work for God. They will have clear spiritual perceptions, a steady growing faith, and an increased power in prayer.... Strength comes by exercise. Activity is the very condition of life. Those who endeavor to maintain a Christian life by passively accepting the blessings that come through the means of grace, and doing nothing for Christ, are simply trying to live by eating without working.... A man who would refuse to exercise his limbs would soon lose all power to use them. Thus the Christian who will not exercise his God-given powers, not only fails to grow up into Christ, but he loses the strength that he already had." Steps to Christ, p. 80

"The life of the flesh is in the blood." Leviticus 17:11. What is in the blood constitutes life; and 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." 2 Testimonies 531.

"The more active the circulation, the more free from obstructions and impurities will be the blood."

Healthful Living, p. 178.

The very best exercise is walking briskly outdoors.

"There is no exercise that will prove as beneficial to every part of the body as walking." Healthful Living, p. 130.

"I will praise thee; for I am fearfully and wonderfully made; marvelous are thy works; and that my soul knoweth right well." Psalms 139:14

Cells need four essential things to live and function properly:

OXYGEN: Without oxygen, cells die within three minutes; pure air brings life to the skin; for a lack of air the skin nearly dies;

WATER: Without water, the cells die in a few days;

NUTRITION: Without nutrients they die in a few weeks;

CLEANSING: Their own wastes must be removed promptly or death will result in a matter of minutes, or at the most a matter of hours

"The studied habit of shunning the air and avoiding exercise, closes the pores, the little mouths through which the body breathes, making it impossible to throw off impurities through that channel. The burden of labor is thrown upon the lungs, kidneys, etc., and these internal organs are compelled to do the work of the skin." 2 Testimonies 524

"And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed [is] the ground for thy sake; in sorrow shalt thou eat [of] it all the days of thy life; Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou [art], and unto dust shalt thou return." Genesis 3:17- 19

It is often said; Oh how terrible that God cursed the earth, but you will notice it said, 'for your sake' God wasn't 'getting even' as it were, He was making things so that man would have to work hard to live as that is the only way he would stay strong and well in a sinful world. God's plan for man's physical prosperity is not sports and games, but rather practical, worthwhile work. God's blessing is on those who follow His wise plan and they get more pleasure and satisfaction from life than the idle person ever does.

"The soul of the sluggard desireth, and [hath] nothing: but the soul of the diligent shall be made fat." Proverbs 13:4

"The sluggard will not plow by reason of the cold; [therefore] shall he beg in harvest, and [have] nothing." Proverbs 20:4

"How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep?" Proverbs 6:9

"Seest thou a man diligent in his business? he shall stand before kings; he shall not stand before mean [men]". Proverbs 22:29

"The sleep of a labouring man [is] sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep." Ecclesiastes 5:12

Yes, God means us to use the physical abilities He has given us and to use simple exercise to stay fit according to His plan; but Sports and Athletics are a snare, easily becoming an Idol, they are not God's way. These things lead to pride and take our minds from heavenly things, it is no help to have a strong body and lose your own soul. By the way, for genuine health and longevity, statistics show that athletes tend to live shorter lives even than people who don't exercise; and disabling, even fatal injuries are very common in professional sports!

Working, outdoors especially, and walking in nature are two excellent ways to stay in shape, as they allow us to contemplate the works of God and meditate on Him, they do not cost a lot to do them, and they do not engender pride and competitive attitudes.

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 needed. Work up to a minimum of 20-30 minutes at least every other day. If muscles are weak, every other day is better, as it takes 48 hours recovery time. Organic Gardening is also great exercise for health; and the side effect is yummy vegetables. Can't go out? A good exercise machine can be a worth-while investment.

Rest:

"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

"He rested on the seventh day from all His work which He had made." Genesis 2:2

- The greatest remedy for being fatigued is Sleep.
- The body requires plenty of rest to heal.
- Sleep is the greatest rejuvenator; it restores strength to muscles, nerves, and brain.
- During sleep the body repairs, reenergizes, and prepares for renewed activity.
- One hour of sleep before midnight is of more benefit than 2 hours of sleep after midnight.

During a day of work and activity, toxins build up in our system which cannot immediately be thrown off. These toxins produce fatigue--that well-known weariness at the end of the day. Sleep gives the body time to expel wastes and to make repairs.

"The stomach, when we lie down to rest, should have its work done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours." Healthful Living, p. 84

Rest is not synonymous with sleep. Four types of rest are:

- Physical Rest -- sitting, lying down, or relaxing.
- Sensory Rest -- quietness and refraining from using the eyes.
- Emotional Rest -- a withdrawing from the ups and downs caused by personal interaction.
- Mental Rest -- a detaching of the mind from all intellectual demands or activity.

First, get the sleep your body needs, around 8 hours a day and beginning some hours before midnight. Second, do not neglect the important relaxation we also need, such as taking morning walks, sitting in a garden or other pleasant surroundings, or by a mountain side, looking at a forest or lake, going to the ocean, or quietly reading the Scriptures.

"A life in Christ is a life of restfulness. There may be no ecstasy of feeling, but there should be an

abiding peaceful trust. Your hope is not in yourself; it is in Christ. Your weakness is united to His strength, your ignorance to His wisdom, your frailty to His enduring might....Let the mind dwell upon His love, upon the beauty, the perfection of His character." Steps to Christ, p. 70

Get adequate restful sleep. An early, light supper, well before bedtime and no eating before bed will help. A relaxing warm bath may help you unwind; avoid stressful and stimulating activities before bedtime. Regular times for going to bed and rising will also help. The best time to go to bed is between 8 and 10 PM. This sounds strange, because in our culture, it almost seems in bad taste to sleep. 100 years ago the *average* person got 9 or more hours sleep. Now it is more like 4 or 5. Exercise during the day also helps set the stage for restful sleep.

Avoid using drugs for sleep, as these are harmful, and sleep thus attained is of little benefit to your body. Lack of restful sleep is often the root of the 'enervation' that brings on disease. For healing and cleansing to occur, much rest and sleep is needed, as these actions are done only while asleep.

Those who have trouble falling asleep can try a little hops, chamomile or catnip tea before bedtime and there are simple but effective herbal formulas available in natural health stores. Slow, deep breathing or soaking in a neutral bath with a cup of Epsom salts added may also help. Blot the skin dry and move slowly and quietly off to bed.

Rest and Enervation

One of the laws of health is adequate rest and sleep. Why is this so important? Well as we study the physiology of the body, we find out that healing, growing, body-cell housecleaning, repair work, brain recovery, and a lot of immune system work, occurs mostly, or only when we sleep. Even our eyes clean themselves while we sleep!

One of the most destructive attitudes to come on the scene in modern times is that which says; "You've got to keep going! Don't waste your time lying around sleeping. Don't you dare lie down and take a nap in the day. Get up, go somewhere, do something, socialize more, exercise more, be a super person, always on the go!"

Add to this the media entertainment and partying that tends to keep people up late, and you have a situation where not one person in a hundred really gets adequate restful sleep enough to keep his body in proper running order! Even children commonly are up all hours of the night.

At the turn of the century, people averaged 9-10 hours of sleep, now most try to function on a fraction of that. The human body has not changed; indeed with all the extra stress in our lives and environment, we need more sleep, not less. And if you are ill or have chronic disease you need 8-10 hours a day just to keep stable, and if you want to get well, you may need more!

It takes energy to go to sleep; that is why insomnia is rampant these days. Our bodies are so exhausted and we are constantly whipping them with stimulants to keep going. Our minds are overloaded, so that when we do try to sleep, we cannot; our minds just keep on running!

One of the most important things you can do to keep or restore your health, is to turn off the TV, put away the novels and magazines, take a leisurely stroll in the fresh air, have a nice cup of catnip or chamomile tea, and go to bed. If you cannot go to sleep right away, lie there and talk to God, think of your many blessings, commit your life to Him and rest in His Love. It will take a while for your body to realize, you are finally going to let it sleep so it can catch up on all its housework. But if you persist in

scheduling yourself a bedtime unwinding period, and getting to bed early, it will pay off.

All the running to health clinics, and nutrition classes, exercise programs, and holistic health treatments, won't accomplish anything for you in the long run if your body is enervated from lack of restful sleep. If you have a chronic illness of any kind, you **are** enervated, as chronic illness cannot develop until enervation has set in.

Remember, mental work is harder on you than physical work, so watching TV is not rest; it is hard work for your brain. See the following article:

Does TV help you Unwind or Unravel?

After a long day at school or at work, do you ever feel like rolling up the sidewalk, turning on the TV, and just "forgetting" about your troubles? It works. But watch out—you may forget more than you bargained for! Instead of "unwinding" you may actually be "unraveling!"

Dementia is the clinical term used to describe an "irrecoverable deteriorative mental state." There are a number of forms of dementia, and various causes. Mental deterioration can occur as a result of alcohol consumption, certain diseases or drugs, a high fat diet, inactivity, or chronic stress, to name a few. Now medical researchers are turning their attention to the possibility of excessive television watching as a significant contributing factor in the development of senility.

Why? TV spectators are exposed to a mass of successive, rapid stimuli with little or no possibility of rationally processing what they are watching. In addition, much of what they see tends to be stress producing. Stress causes a biochemical response in the brain. It stimulates the production of glucocorticosteroid, an adrenal hormone, which in large amounts can actually damage the delicate nerve fibers in the hippocampus portion of the brain. And it is this area that is responsible for short-term memory storage. Clinicians are now being advised to inquire into suspected dementia patients' television viewing habits as a possible factor in the development of the disease. One study suggested that viewing TV four hours a day or more may induce stress-related damage to the brain. Quoted from Vicki Griffin in Inside Report; October 1995

Temperance:

Temperance is not only concerned with drinking alcohol or smoking; good health requires moderation and wise choices in all aspects of life. Over-eating, over-playing, over-working, and over-indulgence of the marriage privilege, can all contribute to poor health. Abstain from all harmful indulgences; Tobacco, alcohol, coffee, tea, (except non-caffeine herbal teas) colas and soft drinks. The bit of pleasure they might give is not worth the misery they cause in the long run.

"Out of the ground made the Lord God to grow every tree that is...good for food." Genesis 2:9

True temperance teaches us to dispense entirely with everything harmful and to use judiciously that which is healthful.

"Indulgence in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur." Review and Herald, September 5, 1899

"Abstemiousness in diet and control of the passions, will preserve the intellect and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers, and to

discern between right and wrong, the sacred and the common." Testimonies, Vol. 3, p. 491

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." Romans 12:1, 2

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Corinthians 6.19, 20

"And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: but of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die." Genesis 2:16-17

True Temperance

The dictionary defines the strange word "abstemiousness" (Temperance) as being sparing or moderate in eating and drinking. We have all heard the motto, "Moderation in all things." Usually it is understood that all "good things" are what is referred to. Surely we cannot endorse the moderate use of heroin, moderation in adultery, or being moderately disposed to negative attitudes like hate, bigotry or deceit. A precise definition of abstemiousness would be "moderation (avoiding extremes) in those things that are good, while avoiding or totally abstaining from those things that are harmful."

In the scriptures God gives us the principle of abstemiousness upon which the right to enjoy eternal life is based. Adam and Eve were created in the image of God and had no disposition toward selfish self-gratification, and so would naturally practice self-control or temperance. They had no tendencies towards extremes. They were to practice moderation in their free eating of every tree in the garden. But they were not to eat from one certain tree; the Tree of the Knowledge of Good and Evil.

God wanted them to experience only good. Satan suggested that they ought to find out what a little evil would be like too. They distrusted God; feeling He was withholding something that was important for them to have, and ate of the forbidden fruit. They broke the health principle of abstemiousness, and decided to go beyond the moderate use of those things that are good and also throw in a little of the bad. Their disregard caused a change to take place in their very natures. Once giving in to a selfish desire, they had now opened the floodgate of intemperance and eventual death. God had warned them, "In the day that thou eatest thereof thou shalt surely die."

If God in His great love and mercy had not intervened, their situation would have been hopeless. God had a plan already in store, just in case such an emergency should arise. This plan to save not only Adam and Eve from eternal death but also all their descendants as well, is the main theme of the entire Bible. It is God's way to restore to the human race perfect self-control, just as Adam and Eve had in the beginning. That way of redemption is through Jesus Christ, the Son of God.

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." John 3:16.

"And this is the record, that God hath given to us eternal life, and this life is in his Son. He that hath the Son hath life; and he that hath not the Son of God hath not life." 1 John 5:11-12.

The evidence that a person has received the Spirit of God in Christ is described in Galatians 5:22-23,

"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law."

We can summarize what has been said up to this point as follows:

Abstemiousness is the moderate use of those things that are good, while abstaining from those things that are harmful.

This abstention requires self-control or temperance.

True Temperance is a gift from God that comes to us only as we receive Christ.

Temperance, then, is required in order to build a lifestyle that is balanced, physically, mentally, socially, and spiritually. After all, without self-control, we can't put into practice the knowledge that we have. Unless we have the power to carry out all our good intentions, they are not of much use.

Once we have the power of God working in us, we can practice moderation in those things that are good. We also can avoid extremes; the "over/unders."

Overeating leads to stomach-upset and/or obesity. Under-eating leads to malnutrition, weakness, or starvation.

Overwork leads to exhaustion or injury. Under-work leads to atrophy and weakness.

Over-rest leads to weakness and laziness. Under-rest breeds mental confusion and exhaustion.

We also need a balanced intake of air, water, and sunlight; not too much and not too little.

Abstemiousness should regulate not only our physical health habits, but the mental and social aspects of life as well. Too much reading, too much talking, too much thinking, too much entertainment, too much work, too much play, all of these things, if not properly regulated, can overtax the mental powers and even lead to physical breakdown somewhere in the body. It could even be said that they are in a way, intoxicating when carried to excess.

The Bible teaches us, "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Philippians 4:8. This antidote would certainly be effective for many of society's mental and social ills.

Alcohol, tobacco, and caffeine, as commonly used (excluding rare medicinal usages), do no good whatsoever, and have been proved to trigger many harmful effects, depending on the pattern of use. Each one has its place to some degree in the lineup of prime suspects contributing to the epidemic of degenerative diseases; atherosclerosis, osteoporosis, cancer, hypertension, diabetes, obesity, and so on.

They also play a role in violent behavior, accidents and fires. There is almost always some degree of dependence involved in their use. Aside from the physical harm done, this dependency is detrimental mentally and socially, as the user is subconsciously conditioned to use them as crutches. The development of important problem-solving skills and everyday coping skills is retarded to the extent that the chemical crutch is used as a substitute. All that the user needs to do to discover the extent of their dependency, is to stop their use.

Illegal drugs should be rejected for the same reasons. They carry the additional drawback of moral guilt and possible civil punishment. Even over-the-counter prescription drugs should be avoided. They

always carry side effects, many times do not work as they should, and usually there are safer, natural, alternative remedies that could be used instead.

It must be remembered that genuine self-control is a gift from God that we can receive only in Christ. We often in this life find ourselves at the end of our rope; but in God we have an infinite store of resources. So much so that the apostle Paul could say;

"I can do all things through Christ which strengtheneth me." Philippians 4:13

Divine Power to beat Tobacco or other Addictive Substances

1. Realize that you need help to be set free.

("I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing." John 15:5)

("Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not." Jeremiah 33:3).

2. Know that God desires to provide this help to you

("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).

3. Acknowledge your need and your willingness to come to God and fully cooperate with Him in causing a complete change to happen in your life

("Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 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. 30 For my yoke is easy, and my burden is light." Matthew 11:28-30).

It is vital that you not live in a state of denial. Acknowledge to God, verbally, your condition and need. Ask Him to give to you a change of mind about tobacco or other habit. Tobacco or any addiction is not to be your master.

("Neither be ye called masters: for one is your Master, even Christ." Matthew 23:10).

This can only happen if you have a change of mind (heart). Confess your guilt and ask for release from the guilt and power of the addiction.

("If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." I John 1:9)

("He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy." Proverbs 28:13).

4. Ask for divine help to be set free from any addiction or any other habit.

("Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: 8 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened." Matthew 7:7, 8).

5. Choose to believe that God will fulfill His Word to give you perfect freedom over bad habits

("Jesus said unto him, If thou canst believe, all things are possible to him that believeth." Mark 9:23).

6. Express trust in God and His promise to help you gain perfect freedom from addiction or other problems.

("If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?" Luke 11:13).

7. Act on your belief by making a commitment to live a life of self-control enabled by God's power

("But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:" John 1:12).

It is not enough to be sorry; you must actively turn away from your former lifestyle

("Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. 25 And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. 26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: 27 But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." I Corinthians 9:24- 27).

8. Spend time fixing the divine promises in your memory. These promises will bring power into your life when you are assailed by perverted cravings. This is the weapon that Jesus Himself used when He was tempted on appetite.

("But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." Matthew 4:4).

9. Ask for help in every time of temptation

("And he spake a parable unto them to this end, that men ought always to pray, and not to faint; 7 And shall not God avenge his own elect, which cry day and night unto him, though he bear long with them? I tell you that he will avenge them speedily. Nevertheless when the Son of man cometh, shall he find faith on the earth?" Luke 18:1, 7, 8;)

("Submit yourselves therefore to God. Resist the devil, and he will flee from you. 8 Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. 9 Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness. 10 Humble yourselves in the sight of the Lord, and he shall lift you up." James 4:7-10).

God is not wearied by your continued requests for deliverance.

10. Express your joy verbally; thank God for helping you to control your appetites.

("Rejoice in the Lord alway: and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand. Be careful (worried) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." Philippians 4:4-7).

A healthful habit it to practice Gratitude by naming, or writing down, ten things you are grateful for every day, and thanking the Lord for them. This positive mind set assists in all kind of healing processes.