

Health For You: 2: Do our Bodies come with a Warrantee?

(or is sickness just inevitable?)

When God created the heaven and the earth in the beginning, as He completed each item He saw that it was good. Obviously God had a strict policy of quality control and double-checked His work after each day of creation. But then He created Man, and did He announce, "Well, this is a sort of a half-baked creation, it might be good after a few million years of evolution". No.

Did He say, "Well the rest of the living things are all good, but this one is subject to unexpected breakdowns and malfunctions; that's just how it is." No.

Did He say, "Well for this one to keep functioning I am going to have to set up a huge system of doctors and nurses and piles of chemical drugs just to keep it right-side-up and running." No.

What did He say? He announced "Behold, it is Very Good!"

So God did not create a faulty product. In fact the Psalmist declares:

"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.

Well then, is it God's will that we are sick a lot? The Bible informs us:

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 1:2.

So it is not God's will that we end up sick and suffering; so whose will is it? Here we have a clue:

"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

This looks like God's warrantee to me! Here He is saying that if we obey His laws and do what is right in His sight, we will not have all these diseases. So whose will is it that we are sick? It appears that it is our choices that break the warranty.

"Well, don't germs and things just float around seeking to hurt somebody, and so when I get sick it is because something just fell on my head as it were?" Not according to the inspired Word:

"As the bird by wandering, as the swallow by flying, so the curse causeless shall not come." Proverbs 26:2.

In other words, I don't catch a sickness, I earn it. How do I earn it? By neglecting to follow the counsels and commandments of God, that are the terms of the warrantee.

As we saw already, man was intended by God to live forever and never know sickness or death. But mankind chose to rebel and side with the mutinous angels led by Lucifer; who was, after his fall, known as Satan. But even though mankind lost access to the Tree of Life and eternal life was forfeited, the patriarchs before the flood lived for hundreds of years.

What was the diet given to man? Before the fall:

Genesis 1:29 “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. 30 And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.”

After the fall the herbs of the field, originally meant only for the animals, were now also assigned to man:

“Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;” Genesis 3:18.

After the flood, man was given permission to eat animal flesh; but he was only to eat the ‘clean’ animals, and not to partake of any blood or fat from them. Even with that provision, the life-span of mankind was drastically lowered within a few generations. We are told:

“After the flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the flood the race began to rapidly decrease in size, and in length of years.” Counsels on Diet 373.

God allowed flesh eating after the flood, but He never said it was the ideal. Here again we see that man’s own intemperate choice is what brought the deterioration of the race.

When God called Israel out of Egyptian Bondage and led them out into the wilderness, it was His intention that they would live on a plant based diet. He promised them freedom from disease if they did so; but they lusted after flesh-meats and murmured against God, so that His intentions for them, which were first and always for their own best interest, were thwarted. God wants His people to have the best and yet so often we choose the worse.

“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. That is a promise worth seeking after; when we chose what God wants for us, we are satisfied with good things. We find ourselves enjoying the simple whole food plant based diet more than the flesh foods and sweets that destroyed our health in the days of our ignorance, or before we chose to make the change. Desire for harmful indulgences fades away and we do find our youth being renewed. Here are some more guidance quotes:

“The commandments of God are not a yoke of bondage, and in obedience to them we have nothing of which to be ashamed. We should not feel that we are severely restricted in being required to keep God's law. The Lord withholds from us nothing which is for our good. We should be ashamed of disobedience to his precepts.” Signs of the Times, October 15, 1894.

“Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth.” Counsels on Diet 349.

Note: Have you noticed any new animal diseases lately? How about Mad Cow; Swine Flu; Bird Flu; deadly strains of E-coli; the list is very long! Notice this next quote and consider, how did she know that

was going to happen, when in her day no one dreamed of animal disease getting so bad as to make animal products unsafe? She didn't, but God did!

"The Lord would bring His people into a position where they will not touch or taste the flesh of dead animals. Then let not these things be prescribed by any physicians who have a knowledge of the truth for this time. There is no safety in the eating of the flesh of dead animals, and in a short time the milk of the cows will also be excluded from the diet of God's commandment-keeping people. In a short time it will not be safe to use anything that comes from the animal creation. Those who take God at His word, and obey His commandments with the whole heart, will be blessed. He will be their shield of protection. But the Lord will not be trifled with." Counsels on Diet 411.

"Human beings are suffering the results of their own course of action in departing from the commandments of God. The beasts also suffer under the curse. Disease in cattle is making meat-eating a dangerous matter. The Lord's curse is upon the earth, upon man, upon beasts, upon the fish, and as transgression becomes almost universal, the curse will be permitted to become as broad and as deep as the transgression. Disease is contracted by the use of meat. The diseased flesh of these dead carcasses is sold in the market-places, and disease among men is the sure result." Unpublished Testimony, July 26, 1898.

The best diet?

"In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food. "Behold," He said, "I have given you every herb yielding seed, . . . and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food." Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also "the herb of the field."

"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet." Counsel on Diet 81.

"It is a mistake to suppose that muscular strength depends on the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed without its use. The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood. These elements are not so well or so fully supplied by a flesh diet. Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed man in the beginning." Child Guidance 384.

It is not a hardship or a deprivation to follow the ideal that God has set before us. For health, longevity, vigor, strength and mental acuity the whole food plant based diet tops the list. Diet guidance is only part of our God-given warrantee, there are actually eight foundational principles He has given us and we like to call them:

God's Eight Laws of Health

Our Designer's Plan For Glowing Health.

"Beloved, I wish above all things that thou mayest prosper and be in health as thy soul prospereth." 3

John 2

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

Genesis 1.29 "...and thou shalt eat the herb of the field;" Genesis 3:18

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope." Jeremiah 29:11.

"Pure air, sunlight, abstemiousness, 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. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

"The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind." MH 127

1. NUTRITION

2. EXERCISE

3. WATER

4. SUNSHINE

5. TEMPERANCE (abstemiousness)

6. AIR

7. REST

8. TRUST IN GOD

How do we know that this is God's only health plan?

Any plan for health from God would have to fill the following specifications:

1. It would have to have been available to all generations since creation
2. It could not be available only to people in our century or only in developed countries.
3. It could not involve any high technology.
4. It would have to be able to be done at home.
5. It would have to be able to be understood by all, educated or not educated.
6. It must be 100% natural.
7. It must be inexpensive so the poor could also use it.
8. It would cause absolutely no harm to the body.
9. It would not depend on the torturing and death of myriads of God's creatures to develop it.
10. It would not require skilled personnel to administer it.
11. It would not use items so poisonous that a small error in dose is deadly.
12. It would be available to all; not just a privileged few.

There is no other plan out there that meets all these requirements: This *is* God's health program and He throws it out to you as a life-ring. Grab it and be blessed. We build on this foundation throughout this course.

A Quick Scan Of The Plan:

NUTRITION:

The Healthy Diet: Eat no foods of animal origin. (Eat nothing with a face or a mother); Use no processed, fried or refined foods.

Enjoy an abundance of fruits, vegetables, nuts and seeds, legumes and grains, as fresh and as simply prepared as possible.

Avoid oil and fat, including margarine and vegetable oils and things made with them; when a small amount of oil is needed use extra virgin olive or coconut oil. (Read Labels)

Use no refined sugar, aspartame or artificial sweeteners: replace with organic honey or dried fruits and use these sparingly.

Avoid 'salt-bomb non-foods' such as cheezies, chips, pretzels and party snacks.

Avoid 'hot' spices and vinegar.

If you can, get organically grown foods.

Avoid GMOs, microwaved and irradiated produce.

A good rule is: "If it grows on plants, eat it; and eat it in as natural a state as is reasonable." The more man does with a food, the less nutritional value it has left when he is finished, and the more expensive it is. In Other Words: Go Whole Food Vegan! The Life you save may be your own!

EXERCISE:

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 required. Work up to a minimum of 20-30 minutes at least every other day. If muscles are weak, every other day is better to allow recovery time.

Organic Gardening is also great exercise for health, and the side effect is yummy vegetables.

Can't go out? A rebounder, (mini trampoline) is helpful for some, or a well-made exercise machine like an elliptical trainer.

WATER:

Your body is about 75% water. Lots of water is needed for optimal function. Every process in your body, especially your brain function, depends on the presence of adequate water.

Drink lots of pure, soft water daily. Distilled or reverse osmosis water is best. Juice, tea or soft drinks do NOT take the place of water. Your weight in pounds $\div 2 =$ the minimum number of oz. of water to drink daily. Adequate fluid intake will increase your endurance, brain power and energy levels. Studies show dehydration at the cellular level to be the root cause of many chronic diseases. Carry a supply with you at work and on walks etc.

On arising drink one to two glasses room temperature or comfortably hot water. This will improve bowel function amazingly! Drink 2 hours after meals and up to 1/2 hour before, but not with meals. Taking 2 glasses 1/2 hour before each meal, prevents mealtime thirst and aids digestion.

Shower daily with cool or tepid water using a bath brush or good rough washcloth to rub your skin all over. This improves circulation and helps the body to flush toxins.

SUNSHINE:

Sunshine has several benefits to the body. It furnishes the natural Vitamin D and helps to lower cholesterol. Sunlight increases the volume of oxygen in the blood. Start with 10-15 minutes daily to

face and hands and work up to 30-45 minutes daily. The best time for sunbathing is 9-10 am and 4-6 PM. Avoid burning. To lessen skin cancer risk, reduce the free fat intake, such as animal fats, oils, margarine and foods containing refined, processed oils. It is faulty Diet that causes skin cancer, not God's Healing Sunshine.

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 herbal tea) colas and soft drinks, diet or regular. The bit of pleasure they might give is not worth the misery they cause in the long run.

FRESH AIR:

Pure fresh air is very important to our well being. That means good air with lots of oxygen. Walking in forests and nature is great. Do some deep breathing exercises daily, this is very helpful in the morning. Even in winter have windows open a little and air rooms daily. Avoid smoke, chemicals, room fresheners and aerosol sprays.

REST & SLEEP:

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 for a couple hours before bedtime. Regular times for going to bed and arising will also help. The best time to go to bed is between 9 and 10 PM. This sounds strange, because in our culture, it almost seems in bad taste to sleep. A century 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 the sleep thus attained is of little benefit to your body. Lack of restful sleep, is for many, the root of the 'enervation' that brings disease. For healing and cleansing to occur, extra rest and sleep is needed, as these actions are done only while asleep.

TRUST IN DIVINE POWER:

An abiding faith in our loving God will help you. He has made every provision to forgive and cleanse all our past mistakes. He will give power to break harmful addictions and help us overcome bitter and angry attitudes that 'eat us up' inside. If we are 'Willing to be made willing' He will work with us, take away our love for sinning and make us free in Him. Ask Him.

Have you ever really read the Bible? Oh, I don't mean just looking up a text at church; I mean really read it as a letter of love from God to you personally? Well, when you do, you will find it full of precious promises; each one meant for you just as much as anybody else.

Do you know what 'Faith' is? Well, it is simply taking God at His word; in other words, believing that He means what He says in His Word, the Bible. If you take time every day to read God's Word as personal to you and talk to Him about His promises; your life will blossom as you have never dreamed. Remember too that Faith is an action word and Faith without corresponding works, is dead.