

Health Talks

“The Battle for Your Mind”

10: Rest

“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

Today we will talk about rest. The Bible has a lot to say about rest! First there is the Great Invitation of Jesus: **“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.**

So we see that true rest is found only in surrendering to Jesus. This is why as we look around in this world we do not see much real rest do we? The Bible tells us why. **“There is no peace, saith the LORD, unto the wicked.” Isaiah 48:22. “But the wicked are like the troubled sea, when it cannot rest, whose waters cast up mire and dirt. There is no peace, saith my God, to the wicked.” Isaiah 57:20, 21.**

Without peace of heart you cannot find true rest. Jesus also promises us peace. **“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.” John 14:27.** This world does not give us real peace or rest.

As we go back to creation week we see something interesting. Our Creator made this world in six literal days, and then what? **“He rested on the seventh day from all His work which He had made.” Genesis 2:2.** He created Adam and Eve later in the sixth day, and the first day they enjoyed on this earth was a Sabbath! So they had a Sabbath of rest and refreshment before they ever did any work.

Notice also in our list of the eight laws that rest is mentioned before exercise. Maybe it is showing us that we need to be rested, physically and spiritually, before we can be efficient workers.

Fatigue is associated with most modern disease conditions. In fact there is something called Chronic Fatigue Syndrome where the person experiences crushing tiredness and fatigue almost all the time and it can go on for years. What makes it even worse is those people have a hard time to actually sleep!

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

- Physical Rest -- sitting, lying down, or relaxing. Not eating late at night or before bed.
- Sensory Rest -- quietness and refraining from using the eyes in reading or watching screens.
- Emotional Rest -- withdrawing from person interaction by spending time alone with God, or out in nature.
- Mental Rest -- a detaching of the mind from all intellectual demands or activity. A mind vacation.

The greatest remedy for being tired is to Sleep. If you are sick, the body requires plenty of rest and sleep to heal. Sleep is the greatest agent for recovery; it restores strength to muscles, nerves, and brain. During sleep the body repairs, cleans house, reenergizes, and prepares for renewed activity.

One hour of sleep before midnight is equal to 2 hours of sleep after midnight. Your ‘Hours of Power’ to recharge mind and body are 9 pm to 2 am. Plan to be able to sleep these hours if at all possible. Why is this? There's a tiny little gland in the base of your brain called the Pineal Gland, and the pineal gland releases 4 hormones every night between the hours of 9:00 p.m. and 2:00 a.m. The hormones are

serotonin, which is your mood hormone. Another hormone is Arginine Vasotocin. This is a hormone that puts you into a deep sleep. A lot of people that can't sleep think if they go to bed later they'll sleep better because they'll get tired, but the opposite is true. The earlier you go to sleep, the more likely you are to fall into a deep sleep because of Arginine Vasotocin. Also Arginine Vasotocin is your natural painkiller. Did you know that you have a natural painkiller?

Yes, and when your body uses its natural painkiller, which it does automatically if you have pain of any sort, if a residue is left and if you don't get rid of that residue, then your natural pain-killer can't be released the next night. So what you need to do to get rid of the residue from using your natural painkiller, is exercise during the day.

The third hormone that's released is Epithalamin, this is a hormone that increases learning capacity. We should never stop learning. it's a mistaken belief that our brain decreases as we get old, our brain is supposed to get smarter and wiser with age. But if you don't use it you will lose it, and that's one of the reasons why so many people's minds deteriorate, because they stop using them, stop learning new things. Epithalamin also slows down aging.

The 4th hormone is Melatonin. Melatonin is called your 'fix and rejuvenate nighttime hormone'. So in those hours when healing accelerates, it's in those hours that our brain and our whole body experiences rest, rejuvenation, and renewal. What you can do to increase the output of those hormones is to exercise every day.

Another fact, to be aware of, is that the most harmful times to be exposing our eyes and mind to artificial light, TV, and technology screens is during those same hour of 9 PM to 2 AM.

To get sufficient, restful sleep it is important not to eat a large meal in the evening, and not to eat anything for 3 or 4 hours before bedtime. An early, light supper of some fruit or soup, well before bedtime, or no evening meal at all, and not eating before bed will help you to sleep. Remember, the stomach needs rest also and if it has to keep going all night to digest a big meal it is harmful, as well as it interferes with restful sleep!

People who say they can't eat breakfast and feel sick and miserable in the morning, it is usually because of this bad practice of eating a large evening meal or too close to bedtime. After all when we are sleeping is the time we do not need extra energy like we do when working in the day.

The use of coffee and other caffeinated drinks during the day also interferes with restful sleep!

Regular times for going to bed and rising 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. 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 restful sleep. Even a quiet stroll is helpful for some. Avoid using drugs for sleep, as these are harmful poisons, and sleep thus attained is of little benefit to your body, as it is struggling to rid itself of this harmful substance.

Make sure your room is dark; or if this is impossible, wear a simple eye-mask.

Lack of restful sleep is, for many, the root of 'enervation', which is an exhaustion of the vital forces of the body and mind, that brings on chronic disease. For healing and cleansing to occur, much rest and sleep is needed, as these actions are done efficiently only while asleep.

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

So First, get the sleep your body needs, 8 hours a day and part of them before midnight. Second, do not neglect that important spiritual rest we 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, and also 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.

Did you ever notice a store that is open in the day time and at night they are closed? During those hours the cleaners come and clean the store and workers come and restock the shelves and put things in order for the next day. This is what our bodies do also. This is why the old saying is, "Early to bed and early to rise, makes a man healthy, wealthy and wise."

What is 'Enervation'? So this law of adequate rest and sleep is very important. Why is this? 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 only when 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 time lying around sleeping! Don't dare lay 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!" Following this is more likely to make you a stupor-person!

And when we add to this the media entertainment and partying that tends to keep people up late and you have a situation where not one in a hundred gets adequate restful sleep enough to keep his body in proper running order! Even children are commonly up all hours of the night! As we said, A century ago, 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 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 need more, even 12!

Did you know it takes energy to go to sleep? That is why insomnia is common these days, our bodies are so exhausted, we are constantly whipping them up with coffee and caffeine to keep going, and 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 computers, i-pads, phones, and technology! Take a leisurely stroll in the fresh air, a nice cup of catnip 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 that you are finally going to let it sleep and catch up on all its housework, but if you persist it will pay off.

All the running to health clinics, doctors and treatments won't accomplish anything for you in the long

run, if your body is enervated from lack of sleep. If you have chronic illness, 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, doing social media, email, texting or other work with electronic screens is hard work for your brain and it is more harmful, especially in those special hours of 9 to 2. These things are better done in the day time, especially the morning.

A report from a researcher in mental problems. Does TV help you Unwind or Unravel? After a long day at school or at work, do you ever feel like 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 and sugar diet, inactivity, or chronic stress, to name a few. Now medical researchers are turning their attention to the possibility of excessively 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 glucocorticosteroids (adrenal hormones) 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.” So think how much worse the problem is now with all our technology!

We also have another factor in our modern world we call EMF, this means Electro-magnetic-fields. WiFi is an Electro-magnetic-field and our technical gadgets produce these emissions. Our brains run on their own electric fields and so these artificial signals can interfere with our brains and certainly disturb our rest and sleep. Some rules are, do not have your technical gadgets in the room when you are sleeping. Do not charge up your gadgets close to where you sleep. If possible turn off your WiFi at night. Never sleep with your phone under your pillow or close to your head! These dangers are not imaginary and taking a few precautions will pay off in better rest and health.

God considers rest so important that He gave us an entire day each week for spiritual, mental, and physical rest. This is the Holy Sabbath, the 7th day of the week. This day should be planned for and prepared for. It is indeed a special day for us and our families! He says even about preparing food; **“And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe [boil] that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.” Exodus 16:23.** So we are to do all our preparation for the Sabbath on the day before, so it can be a Sabbath of rest for us all! Enjoying that special day with the Lord each week is a big asset to our health of mind and body. And we need to keep in mind it’s also a Command, the Lord blesses the obedient!