

27 SEVEN KEYS TO A HEALTHY LIFE



God wants us to be healthy and live happily. 3 John 2.

- Our happiness is closely related to our health.
- We should take care of our body, because God considers it His temple. 1 Corinthians 6:19, 20.
- God wishes to give us wisdom so we can avoid illness or recover our health.

1. The Bible says that our body is the temple of the Holy Spirit. What will God do to those who deliberately defile it? 1 Corinthians 3:16, 17.

As we consider our great responsibility in caring for our bodies, let us take into account seven important points.

Seven Keys to a Healthy Life:

- **One:** Use water internally and externally. Doctors recommend six to eight glasses of water a day, drunk between meals, to detoxify the system. Showering daily is also very advantageous, as it stimulates the elimination of toxins through the pores, thus contributing to excellent physical health.
- **Two:** Rest sufficiently. We should sleep at least 8 hours a day (though children need more) because it strengthens the nervous system. Furthermore, a weekly rest day, such as the Sabbath, is a blessing both for the body and the soul.
- **Three:** Implement regular habits. Keep a fixed eating schedule. Eating between meals overloads the stomach. When we finish eating, we should rest the stomach for about four to six hours, without ingesting anything else but liquids.
- **Four:** Practice temperance. One should be temperate when eating, at work and in all activities: sexual, intellectual, etc. Even the healthiest food, if taken in excess can be detrimental to our health. We should leave the table feeling that we could have eaten more. Digestion starts in the mouth, so chew your food well. Temperance means balance. We should not to eat just because we like something but also because it is good for us.
- **Five:** Consume natural foods. We will expand below:

2. What kind of food was man given when he was created in Eden? Genesis 1:29.

Fruits, plant yielding seeds, and cereals were foods given to man in the beginning.

3. When was man allowed to eat certain kinds of meat, called clean meats? Genesis 7:2; 9:3, 4.

Before the flood, about 1,500 years after creation, God's people did not eat meat. There were people who lived up to 500 years; but when meat was permitted in man's diet, longevity immediately diminished.

Although man was allowed to eat meat after the flood, he was never allowed to eat blood, fat or unclean animals. He could only eat the kinds of animals mentioned in Leviticus 11 and Deuteronomy 14.

4. When the people of Israel were in the wilderness on the way to Canaan, the Promised Land, God wanted to give them a special diet without meat. What punishment did they suffer for not wanting to obey God's rules? Numbers 11:4, 19, 20, 33, 34.

5. Who should learn from the above example, and what command did the Lord give the people living at the end of time? 1 Corinthians 10:5, 6, 11.

God's purpose is that His people return to the healthful food given to man at the beginning of the world: fruits, nuts, vegetables and cereals; a natural diet without meat.

6. Will meat be eaten in heaven and for eternity? Revelation 21:4; Isaiah 25:8.

The delicious fruits that grow each month will be eaten (Revelation 22:2). The diet man received in paradise, which was altered by sin, will be restored at Jesus' coming.

7. What advantages did Daniel and his friends have by avoiding the consumption of meat and alcoholic beverages? Daniel 1:8-20.

8. What advantages are there to a lacto-ovo vegetarian diet?

PHYSICAL:

- a) Ten times less risk of contracting diseases.
- b) Less intake of cholesterol, thus avoiding cardiovascular diseases.
- c) Less intake of uric acid, thus avoiding rheumatoid arthritis.
- d) Better digestion and less risk of cancer.
- e) Avoid hormones, vaccines, and general injections that are administered to animals to enter our body.
- f) More resistance since our body is not full of toxins.
- g) Increased longevity.

MORAL:

- a) Compassion toward animals.
- b) Less tendency to violent passions.
- c) Less irritability, as meat contains stimulants.
- d) Moral sensibility is not weakened.
- e) Less expense and more people can be fed.
- f) Avoid homosexual tendencies, which is partly due to foods with feminine hormones.
- g) More sympathy towards others.

SPIRITUAL:

- a) Fewer risks of weakening the fine sensibilities of our mind.
- b) Temperance and self-control.
- c) Greater spirituality.
- d) Creatures made by God are not killed to satisfy our appetite.
- e) No danger of consuming animal blood, which is prohibited by God.
- f) We glorify and praise God when taking care of our body.
- g) We return to the original diet, thus fulfilling God's plan for our time.

➤ **Six:** *Avoid stimulants and drugs.*

- Tobacco is a merciless murderer of millions of people. One in five smokers dies of cancer. We should not destroy our body, because it is the temple of God (1 Corinthians 3:16, 17).

9. What does the Bible say about the consumption of alcoholic beverages? Proverbs 20:1; 23:29-33.

10. What kind of diet was John the Baptist, who prepared the way for the first coming of Jesus, to have from his mother's womb? Luke 1:15.

As we prepare the way for Christ's second coming, do you think our diet is less important now than it was in those days?

11. What other stimulants are detrimental to our health?

- Coffee, tea, mate, and soft drinks all contain caffeine (mateine and theine are similar), which affects the nervous system and produces physical distress. They should, therefore be avoided.
- Drugs such as LSD, morphine, marijuana, cocaine, and certain medicines make the body sick, destroy the mind, degrade the soul, and offend our Creator.

➤ **Seven:** *Use natural medicines, and ask God for help.*

12. Why were plants created? Psalm 104:14.

Jesus used clay to cure a blind man, and He recommended the use of water (John 9:6-12). King Hezekiah was cured with a fig poultice (2 Kings 20:5-7), showing God's approval of natural methods of healing.

13. What should we do when we are sick? James 5:14, 15.

The Bible foretells that there will be many false miracles and wonders at the end of time. There may be salvation without a cure and a cure without salvation. Many will be deceived at the final judgment (Matthew 7:21-23).

Let us glorify God in our body (1 Corinthians 10:31). Jesus, in His unparalleled love, gave His life to save me; should I neglect to take care of this body, which He created and for which He died?

14. What can I do in response to His love? Romans 12:1, 2.

If those who look for worldly glory in sports take such good care of their bodies how much more should we do so, since we are serving God (1 Corinthians 9:24-27)?

15. How can we lead a temperate life, according to God's precepts? Philippians 4:13.

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My decision: *I intend to nourish myself naturally, according to the indications God gave to man in the beginning.* Yes No
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NUTRITION: EDEN TO EDEN

