

plants (phytotherapy), diet (trophotherapy), clay (geotherapy), exercise (physiotherapy), and confidence in Divine power are the resources that God has placed within our reach.

God desires to help us with our problems and wants to cure us of our pain. The Bible says, *“And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him”* James 5:15.

Pray to God and believe in His power, accepting His will, whatever it may be.

### **TO LIVE A HEALTHY AND HAPPY LIFE**

Take care of your body by observing the seven keys to a healthy life previously mentioned. When you are very stressed, exercise for at least twenty minutes without interruption. In addition to keeping active, the friction of cold water on the skin in the morning hours tones the body. Food should consist of raw fruits, vegetables, and nuts, along with legumes and whole grains.

Love and be grateful. Love and gratitude are great remedies. Many nervous problems begin during infancy. Love your children. Understand them when they are afraid. Listen to them when they ask questions, and don't live with complaining and murmuring. Be firm yet tender as you educate them.

Love in a horizontal way by helping others. Don't live your life by focusing on your own problems. Help others, and you will be helped. Don't expect love; give love. Make those around you happy, and you will be happy also!

Love in a vertical way. Look for God. Don't forget that your spiritual life is a very important part of your being. Every person has an emptiness that only Jesus Christ can fill. He said: *“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.

God desires to alleviate us of our worries, He says, *“Come unto me, all ye that labour and are heavy laden, and I will give you rest”* Matthew 11:28. How beautiful are the words of the apostle Peter: *“Casting all your care upon him; for he careth for you”* 1 Peter 5:7.

The study of the Bible has helped millions of people to find themselves and God.



Through the study of the His Word, you will find inner peace, new hope, more faith, and a new life. In its pages, the Bible mentions *“do not fear”* 360 times. This alone will help us in all of life's situations.

Through its 2,300 fascinating prophecies it reveals the past, present, and future with astonishing exactness. It answers life's greatest questions. It is true that there are some things that are a little hard to understand, but they become simple when you have guidance. In the Bible Study Guide, *“At the Feet of Jesus”*, you can find all that you need to know. Here are some titles of the topics:

- **Rich Without Knowing It**
- **Is it Possible to Know the Future?**
- **The Best Solution for My Concerns and Problems**
- **What is the Cause of so Much Suffering?**
- **The Best Help to Overcome Stress**
- **The Fascinating Prophecies of Daniel and Revelation**

And much more! Each one is more interesting than the previous and provides clear answers to your questions! Don't miss it!

**International Missionary Society**



### **Live Healthy and Happy!**

#### **Have you seen rich people begging?**

Yes, there are millions who wander from doctor to doctor to beg for health. This greatly desired treasure has a major impact on our well-being and happiness.

But should we wait for disease and pain to knock at our door?

The world has become a global hospital. It's time to do something! Discover the causes of disease and learn about the seven keys to a healthy life!

A few years ago, a study was conducted in the United States regarding the health status of 100,000 people from various cities. It showed that 40% had some type of surgical intervention while the other 60% had undergone medical treatments. Not a single person considered himself completely healthy.

God desires our well-being. He tells us, *“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth”* (3 John 2).

#### **WHY DO WE GET SICK?**

While some believe in fate and others blame either God or the devil for their ailments, the true cause of disease stems from the transgression of nature's laws. Whether by ignorance or free will, breaking these laws always brings unfortunate consequences.

The life of a car engine depends on the use of the correct oil as well as the proper fuel recommended by the car's manufacturers. But if the wrong products are used and the engine fails, should you blame the manufacturer or fate?

The most common causes of diseases include:

- \* *An artificial or unnatural lifestyle*
- \* *Lack of hygiene, air, or sunshine*
- \* *A sedentary lifestyle*
- \* *Poor nutrition*
- \* *Abuse of drugs or pain killers*
- \* *Use of tobacco, alcohol, and stimulants*
- \* *Contaminated air*

Just as it is necessary to have good digestion and adequate absorption of nutrients, it is also necessary to have correct elimination, either through the digestive system, urinary tract, or skin.

When this doesn't happen, the body is overcome by its own poisons and its natural defenses are handicapped. Constipation is an ailment that affects millions of people. There are numerous causes which are usually aggravated by a diet low in fiber yet high in refined foods and meat, while lacking fluids and exercise.

One of the main causes of disease comes from worry, stress, and nervous tension. It has been proven that 70% to 90% of sicknesses are psychosomatic, that is, the "psyche" (mind) creates sickness in the "soma" (body). It is so important then, to control our thoughts and emotions!

How can we counteract disease? Is it better to address the symptoms or the causes? Consider the following example. If there are many mosquitos in a place where stagnant waters exist is it better to just keep killing mosquitos or, as far as possible, eliminate the cause? If a body is intoxicated, malnourished, and has low defenses, then diseases form easily. The foundations of natural medicine are aimed at attacking the root of disease.

Pure air, sun (heliotherapy), water (hydrotherapy) in its multiple forms of use,

## SEVEN KEYS TO A HEALTHY LIFE

Our happiness is intimately related to our state of health. Let's give it the importance it deserves because God wants to provide us with the wisdom to avoid disease and recover our health.

But can we deliberately neglect our health and remain unpunished? The Bible says that our body is the temple of the Holy Spirit, and we must not abuse it. 1 Corinthians 3:16, 17. In view of this great responsibility to care for our bodies, we will now consider seven keys for important health:

### • **First Key: Utilize water inside and out.**

Four or five glasses of water a day, consumed between meals, will help detoxify your body. The first glass should be consumed on an empty stomach.

We obtain great advantages from bathing daily. It activates the blood's circulation and nervous system, cleans the pores, and facilitates a good elimination of waste, thus promoting an optimal physical state.

### • **Second Key: Rest sufficiently and exercise.**

You must sleep at least eight hours a day, (children need more), because sleep strengthens the nervous system, helps in cell reproduction, hormone secretion, (especially the growth hormone), and in general, keeps the body in good working order. In addition, a weekly day of rest is a blessing for the body and soul.

Movement is crucial for blood circulation. Walking, running, swimming, bicycling, or any general exercise helps conserve health.

### • **Third Key: Regularity. Maintaining fixed schedules.**

Eating between meals overworks the stomach. When we finish eating, we must let our stomach rest for about 4-6 hours. Aside from drinking water, it is not advised to eat anything else during these periods of time.

### • **Fourth Key: Be temperate.**

Temperance means equilibrium and moderation; this may be in eating, working, sex, intellectual activities, or anything else. Even healthier foods may become harmful when consumed in excess. We should leave the table with a small desire to still eat more. Chew your food well, because digestion begins in the mouth.

### • **Fifth Key: Eat natural foods.**

We should not only eat because we like something, but because it is good for us.

The plant-based diet is very advantageous, because it:

- \* *Lowers the risk of diseases*
- \* *Lowers the risk of cancer*
- \* *Lowers the consumption of cholesterol which helps avoid cardiovascular conditions*
- \* *Lowers the intake of uric acid, which is the main cause of rheumatic problems*
- \* *Provides the body with greater immune function and resistance towards disease because it doesn't have to deal with toxins*
- \* *Promotes longevity. The Hunza people, who consume a natural diet and live in the Himalayan Mountains, give evidence of this, as they have an average lifespan of more than 100 years.*

### • **Sixth Key: Avoid Stimulants and Drugs**

Tobacco is a ruthless killer that has destroyed the lives of millions—one in five smokers dies of cancer. Alcohol dulls the fine sensibilities of the mind, produces terrible diseases such as liver cirrhosis, and has led many to ruthless addiction. Stimulants such as coffee, tea, and mate should be replaced by other beverages or infusions. Their content of alkaloids damages the central nervous system (neurons). Drugs like marijuana, cocaine, morphine, LSD, and others, sicken the body, dull the mind, degrade the soul, and offend our Creator.

### • **Seventh Key: Use natural remedies, and ask God for help.**

He made the plants "for the service of man" Psalm 104:14. A poultice of figs was recommended to king Hezekiah. 2 Kings 20:5-7. Jesus Christ used clay to heal a blind man and recommended the use of water. John 9:6-12. Through examples like these, God wants to show us that we must intelligently make use of the natural resources He has given us.

