



# SOUL BODY SPIRIT

Our health is the most valuable possession that we are privileged to own. Once we lose it, it is difficult to regain it. The one who acquires wealth, reputation, or success at the cost of health pays a high price, and the desired happiness does not result anyway. Physical and mental health are necessary for true well-being. Unfortunately many, if not most, health-related problems are self-inflicted. Through a lack of knowledge, through bad habits, or an unhealthy lifestyle or work-style, the body is weakened and reacts sooner or later by some form of sickness. Nervousness, stress, lack of harmony, a feeling of inner emptiness, conflict, and misunderstanding — who of us does not recognise these in our own experience in one or another form?

But what can we do to retain health's precious gift?

How well are we acquainted with the principles and laws, which our bodies and our health are grounded upon? Do we create through our food, our pace of life, our clothing, etc. the conditions for a healthy organism? Do we create a lifestyle which is in agreement with nature, with

exercise, fresh air, and sunshine? Or are we under the control of substances which make us sick, such as cigarettes, alcohol, and coffee? Do we fail to discover the proper health-promoting limits concerning good things, such as work, appetite, and pleasure? Do you ever take time to think

experience a miracle within himself. Even in those cases which appear hopeless, the potential of nature's renewing power still may be enormous.

The eight remedies, which we present to you in this brochure, are convincingly simple, amazingly beautiful, and available to all people, almost without restriction:

sunshine, fresh air, rest, nutritious food, exercise, water, temperance, and trust. Already your intuition is telling you that you would be healthier with such a regime. Try for yourself these eight remedies! There is a God, who desires to come nearer to you in a pleasant and healing manner. He invites you to be pampered by His nature. Everything stands ready for you! As those responsible for giving out this brochure, we desire to give you an insight into the secret of true health. We cannot

keep to ourselves that which God has shown us — and it makes us even healthier when we share with others what we have received. It is beneficial also to do that which we are convinced about. And helping and supporting other people gives you health, more than anything else.



## HOW MUCH DO YOU VALUE YOUR HEALTH?



about such things? Maybe tomorrow will be too late?

There are eight simple principles concerning how we can preserve or restore our physical, mental, and spiritual health. The one who holds to these principles will

## The Origin of the Eight Health Factors

Did you know that our value system and our constitution take their orientation from the Ten Commandments, which were in existence more than 3000 years ago? Did you also know that in addition a large number of health principles, now largely forgotten, for the body's hygiene, for healthy food, sexuality, and treatment of the sick, were given to the people of Israel together with the Ten Commandments?

Even if some people smile at them, scientific progress of today confirms for us how highly topical and important these rules are for modern man. They flow forth from deep springs, for their originator is none less than the Creator Himself, the Father of humanity. His motive? Endless love for His created beings.

We will gladly make you acquainted with these eight partly forgotten but, nonetheless, highly effective principles for a healthier and more harmonious life. Read on and change your own life in this positive direction!





## Sunshine

*"Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun." Ecclesiastes 11:7*

The sun is one of nature's most powerful remedies. That we rotate around the sun at exactly the right distance and with exactly the right speed is not a coincidence. Sunshine influences our body's functions positively in several respects. It raises the spirits, which prevents depression. It influences the production of melatonin,

which promotes sleep. The sunshine reduces the pulse's frequency and regulates blood pressure, strengthens the

immune system, and lowers high blood sugar by activating the pancreas. It also plays a central role through building vitamin D. A preliminary stage of this vitamin is built in the skin with the help of ultraviolet light. If vitamin D is missing from the body, the skeleton absorbs less calcium, which leads to a corresponding loss of bone strength. Ultraviolet light also has a fatal effect

on bacteria. So it is important to air the home daily and allow the sunshine in to improve the climate of the room and our health. The more the light spectrum from artificial light sources differs from the sun's rays, the more negative their influence will be upon our health. Studies done in offices and in hospitals have shown that artificial light brings an increase of the stress hormone ACTH and cortisol, and that melatonin production decreases. This leads, on the one hand, to nervousness and irritability and, on the other hand, to increased tiredness through disturbed sleep. These symptoms were revealed in a submarine crew after a month-long submersion without sunshine. This clarifies why we, like plants, long for the sun. To receive a sufficient provision of vitamin D, 15 minutes per day are sufficient. If it is possible, we should, regardless of the weather, spend at least 15 to 30 minutes daily out of doors. With proper clothing (sunhat) damaging sunburn may be avoided.

Each day we breathe in approximately 8,000 litres of air. This fact alone shows how important clean, fresh air is. It increases the speed of the blood circulation and the supply of blood, supports the lungs' cleansing process, and preserves our body's health. Our minds will be healthier and more harmonious; the ability to concentrate and our thinking power will increase. The appetite and digestion will be stimulated, the sleep will be deep and refreshing. Each cell in our bodies responds to fresh air, or, to put it more precisely, to the oxygen found in it. In the lungs, the oxygen is bound to the red blood corpuscles and distributed throughout the body. The body's cells need oxygen for energy production. When the provision of oxygen is insufficient, the glucose is broken down into waste products such as lactate. When this happens, not only does energy production decrease. These waste products must be broken down further and be actively excreted. In this manner energy is lost from the cells. During physical

exertion, we automatically breathe deeply, and every cell in the body is provided with sufficient oxygen. However, the fact is that we today spend about 90% of our waking hours in closed rooms, most of the time sitting. What can we do? First and foremost, eliminate poisons and damaging matter such as cigarette smoke from the air that we breathe and then naturally provide for a sufficient supply of fresh air. When possible, one can breathe deeply over and over again before an open window. Even the body's posture is important.

If we sit bowed over, the lungs cannot expand freely which leads to a reduced supply of oxygen. A person that hardly receives any fresh air, because he takes the underground to work and works in an office with air conditioning can nonetheless sleep with the window slightly open at night. In principle, it is better to use an extra blanket than to shut out valuable oxygen.

## Fresh air

*"All the while my breath is in me, and the spirit of God is in my nostrils." Job 27:3*



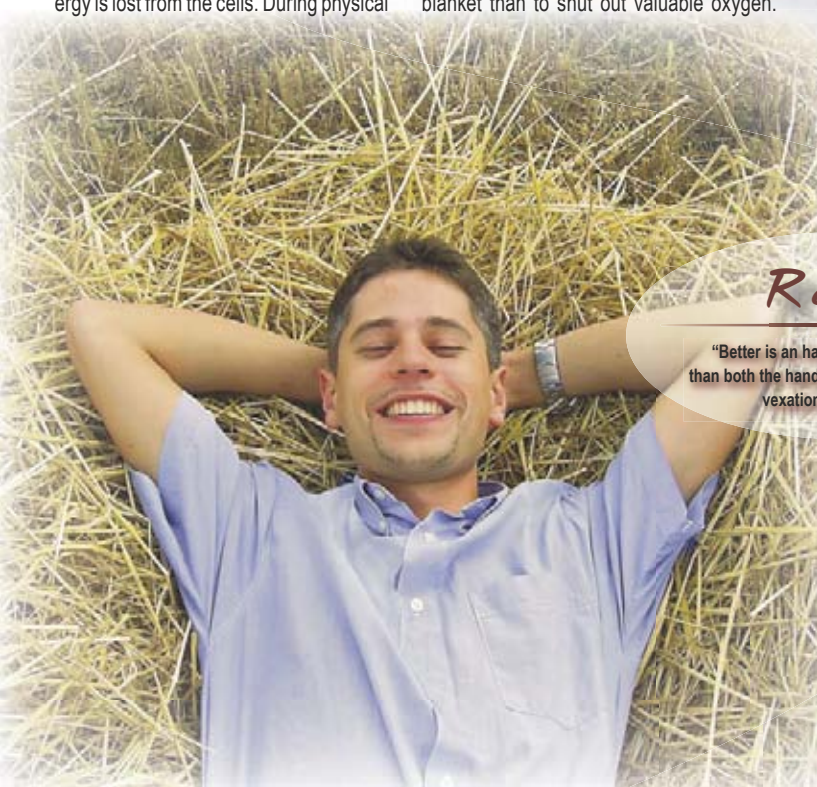
Regular pauses for rest belong to life just as much as activity does. God has given us six days to work. The seventh day He has given us as a regular, recurring rest day. He knew that we need this day for communion with Him, our family, and our fellow men. There are twenty-four hours, during which we, without a bad conscience, may rest from our work and our worries.

Besides this rest day which recurs each week, pauses for rest during the day, together with the nightly sleep,

are also vital for the body, soul, and spirit. An important condition for refreshing sleep is inner peace. That is what many people today lack. For example in Germany, more than 20 million prescriptions of sleeping medicine are prescribed annually, and over 600 million sleeping pills and sedatives are sold. The causes vary. Worries at school, problems with rela-

tionships, bullying, stress, the feeling of being unwanted or useless, hate and bitterness, feelings of guilt and meaninglessness all weigh us down hard. Jesus Christ yearns to deliver us from our soul's burdens: *"Come unto me, all ye that labour and are heavy laden, and I will give you rest."*

Matthew 11:28 Real rest is not sitting in front of the television or playing with the computer. Our minds are flooded today with all types of temptations and stimuli. How health-inducing it would be for stressed people living in the city to enjoy times of rest and freedom out in nature! Far away from the flashing neon signs, pulsating street junctions, and masses of busy people, we may discover, in nature's beauty, stillness, and peace, the necessary rest for our souls. We need consciously to make time for these periods of withdrawal from routine activity, time for us, time for our life partner, time for God—time during which those daily worries and sorrows will not get worse.



## Rest

*"Better is a handful with quietness, than both the hands full with travail and vexation of spirit." Ecclesiastes 4:6*

Man is what he eats. To be healthy we require all that the cells in our body need to function; that is much more than merely carbohydrates, proteins, and fats. They also need vitamins, minerals, secondary plant matter, fibre, and much more. To live in a healthy manner, we are, fortunately, not required to eat meat. Because of today's methods of livestock management, meat consumption has become a serious health risk. Reports from the mass media confirm this. Through a skilful combination of ingredients and methods of preparing food of plant origin, known in earlier times, an adequate diet with all the necessary nutrition, is feasible. It is generally known that the diet will be healthier with less sugar and less fat, with more fruit and vegetables, more raw food, and more whole grains. Even nuts have a high health value. Most people think that it is difficult to change their diet. Give yourself and your taste buds the time needed for this. Regularly set

yourself new, small, realistic goals. Begin, for example, with a meat-free day once a week or a weekly fruit-day in the summer, when it is warm. For our digestive organs it is important to have regular mealtimes and sufficient time between mealtimes (about 4-5 hours). In this way, it is guaranteed that the stomach has been completely emptied before the next intake of nutrition. The last meal should be taken four hours before a person goes to sleep, so that even your sleep is properly revitalising.

Here is a simple rule: For breakfast, eat like a king, for lunch eat like a lord, and in the evening (if one eats at all then) eat like a pauper. Give this a try! Especially important is a relaxed environment while a person is eating and an open-minded approach to the subject of diet. Even a sociable atmosphere at mealtimes is beneficial and can give us emotional strength for the day.

## Nutrition

"I have given you every herb bearing seed...and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Genesis 1:29



To move oneself is a law of life. How important this statement is for us today, when machines take almost all strenuous bodily labour from us! The positive consequences of regular physical activity are magnificent. The heart is exercised, blood pressure is decreased, the muscles are conditioned, performance and stamina are improved. Excessive calories are burnt up, the blood sugar amount is normalised, and digestion is stimulated. Exercise strengthens our immune system, which, in its turn, protects us from infections and cancer. This health principle even shows itself to be an important measure to promote strong bones. It puts us in a good mood, cheers the spirits, breaks down

stress immediately, and makes the night's sleep more rejuvenating. What is the best way to proceed? A half hour's physical activity daily is beneficial in securing a lasting effect. Regularity here is very important. Better a little exercise every day than a lot once a month. A quick walk is one of the cheapest and best methods for keeping our body in shape. What is fantastic about this is that we receive at the same time sunshine, fresh air, rest, and exercise! It has also been proved that exercise out in nature gives a much more harmonious result than in closed rooms. Be inventive, leave the car or lift, and go by foot. Maybe you enjoy working in the garden, swimming, or cycling. It is certain that, with a little perseverance, we will experience an improvement in our ability to perform, our mental well-being, and our stamina.

## Exercise

"And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it." Genesis 2:15



Water also plays a central role in maintaining our health. The human body consists of approximately 70% water. Water serves as a means of transportation in the body and is necessary for chemical reactions in the cells. Through the sweat, waste products are excreted and the body temperature is regulated. Ideally, we should drink daily from two to three litres (8 - 12 glasses) of pure, soft water, and it is best to begin the day at once with two or three glasses of water. If possible, one should not drink anything at all directly before the meals and continuing until two hours after the meals; otherwise, the digestive juices are diluted and digestion is hindered. That it is important to drink sufficiently is showed by actual investigation. According to research, 73% of the people living in the USA are suffering from a chronic lack of water without realising it! The cause for this lies in the fact that many have forgotten how to listen to their body's signals and mistakenly understand thirst as hunger. For outward use water is likewise a blessing. It is not without cause that we say

after a shower, "I feel as if I have been born again!" Since we continually eliminate waste products by way of our skin, it is very important to bathe or shower daily. It is especially stimulating for the blood system and the immune system to take a contrast shower. Here you take a hot shower until in your own mind, you are properly warmed up. Then you finish with a short cold shower. You will see the difference — this is not at all foolish but enormously refreshing. The one who suffers from difficulties in falling asleep will probably be helped by a warm body bath immediately before going to bed. A warm footbath for approximately thirty minutes can give relief to headaches. A warm footbath, on the other hand, may also suppress a potential cold before it develops, if the treatment is taken at the very first signs of sickness (feelings of coldness, sneezing, hoarseness in the throat). Why not experience from now on water's beneficial effect upon your body!

## Water

"By his knowledge the depths are broken up, and the clouds drop down the dew." Proverbs 3:20



**T**emperance [moderation and self-control] determines how the eight health factors influence our physical and mental health. People have the tendency to go to extremes. Some burn themselves for hours in the sun on the beach. Some spend their lives in the gymnasium. Sunshine and exercise are good but this kind of attitude restricts the pleasure in things that God has devised for our well-being and our joy; such people have not found temperance. Since we are all different and have different needs, there is, thankfully, no single formula that fits everyone. On the contrary, there is a meaningful principle: "Abstain from all that which is harmful to you and use with temperance all that is good for you." No smoker will, in all seri-

ousness, claim that the cigarettes which he smokes are useful for his health. That is also true with alcohol, drugs, caffeine — but it is equally true for the things that we watch each evening on our television sets. If you are aware of any addiction, which you want to be free from, pray to God for help. He has promised, "If the Son therefore shall make you free, ye shall be free indeed." John 8:36

A person can also eat too much of healthy wholegrain bread or take upon himself so many tasks in service for his fellow man, that he breaks down from them. So practise temperance, and you will find that less is often more.

## Temperance

"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city." Proverbs 16:32

**S**cientific studies have shown that trust in God improves the quality of life. Faith, prayer, and worship services make us healthier and more contented; they even increase the length of life, on average, by six years. Believers take fewer drugs and less alcohol, commit fewer suicides, divorce less often. Most of all, people, who confidently leave their future in God's hand and are able to let go of their worries, experience faith's supporting power. Typical of this attitude are prayers in the style of "Thy will be done". This trust finds its security in God, even in the midst of stormy circumstances. This trust gives inner peace. Since humanity fell out of harmony with the Creator, through transgressing His commandments, it divorced itself from the source of life and from genuine joy in life. Man's trust was lost; problems, sickness, and death were the result. But Jesus has come to take the burden of our dark past and to make us free from everything that destroys us. He desires to give us our trust back. He lived according to the teaching which the Creator had given for health and happiness. His life changed the world. His death

on the cross showed how God wants us to be whole again. For there it was clearly shown that He is determined to save us, even though men, with their egoism and blindness, took His life. To trust again will be easy for all who take time to read the Bible and who in its pages meet the Father through Jesus. Let His love come into your life! He will remove your problems of guilt, change your nature, and refine your personality. He will give your life the direction that you yourself would choose, if you could look upon yourself with the all-knowing, loving Father's eyes. Immerse your mind daily in what He writes to you in the Bible. Speak with Him, as often you can, about anything! No one understands you as well as He. No one can help you better. Trust Him! You will be renewed in thought, feeling, speech, and action. Don't allow setbacks or bad news to paralyse you into inactivity. You will never be abandoned in any situation. Trust in your heavenly Father gives you access to His power, which will not only change your life into something good, but also, through you, change the lives of people who come into contact with you. Allow God to use you as a messenger of hope. Many people are awaiting your smile, your confident attitude, your help. Trust in God, that He can change you!

## Trust in God

"Cast not away therefore your confidence, which hath great recompense of reward." Hebrews 10:35

His life changed the world. His death

HOLY BIBLE

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### Health and Hope

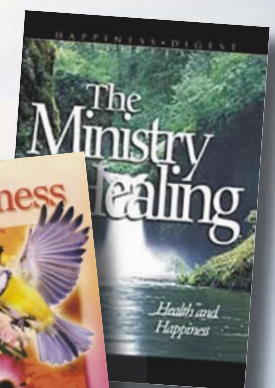
The free health course offers you 12 booklets that does not hold out a cure, but a revitalized body system, a new beginning and renewed hope. They are designed to look at total health in a new, practical and refreshing way.

### Keys to Happiness

Millions of people have found the answer in a relationship with Jesus Christ. This book shows how you too can experience His joy and guidance and offers help in the calm assurance that God is in ultimate control of your life.

### The Ministry of Healing

This book will point you to a life full of joy and gladness - a life in touch with the Source of healing power. The chapters on the relation between teaching and healing, on mind cure, and what constitutes a true knowledge of God are priceless.



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