

5. Proper Rest- And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. —



Genesis 2:2

The stomach must have careful attention.... After it has done its work for one meal, **do not crowd more work upon it before it has had a chance to rest**, and before a sufficient supply of gastric juice is provided. Five hours at least should be given between each meal, and always bear in mind that if you would give it a trial, you would find two meals better than three. — *Healthful Living* 83.6

Those who make great exertions to accomplish just so much work in a given time, and continue to labor when their judgment tells them they should rest, are **never** gainers. They are living on borrowed capital. They are expending the vital force which they will need at a future time. — *Healthful Living* 47.4

Those who are excited, anxious, or in a great hurry would do well **not to eat until they have found rest or relief**, for the vital powers, already severely taxed, cannot supply the necessary gastric juice. — *The Review and Herald*, July 29, 1884. — *Healthful Living* 50.2

...How sweet is rest after a proper amount of labor! **Sleep, nature's sweet restorer, invigorates the weary body and prepares it for the next day's duties.** — *The Adventist Home* 289.1

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* 70.2

6. Lots of Water- And a river went out of Eden to water the garden; and from thence it was parted, and became into four heads. — Genesis 2:10



The bath is a soother of the nerves. It *promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially* on the kidneys and urinary organs. **Bathing helps the bowels, stomach, and liver, giving energy and new life to each.** It also *promotes digestion*, and instead of the system being weakened, it is strengthened. Instead of increasing the liability of cold, **a bath, properly taken, fortifies against cold**, because the circulation is improved, and the uterine organs, which are more or less congested are relieved; for the blood is brought to the surface, and a more easy and regular flow of the blood through all the blood vessels is obtained.—*Testimonies for the Church* 3:70, 71 (1871).

Many make a mistake in drinking cold water with their meals. **Food should not be washed down. Taken with meals, water diminishes the flow of saliva; and the colder the water, the greater the injury to the stomach.** Ice water or ice lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. **Masticate slowly, and allow the saliva to mingle with the food.**— *Christian Temperance and Bible Hygiene*, 51 CD 106.4 - CD 106.5

God is the source of life and light and joy to the universe. Like rays of light from the sun, *like the streams of water bursting from a living spring, blessings flow out from Him to all His creatures.* And wherever the life of God is in the hearts of men, it will flow out to others in love and blessing.—*Steps to Christ* 77.1

7. Abstemiousness- I beseech you therefore, brethren, by the mercies of God, that ye **present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.** And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. — *Romans* 12:1,2



Indulgence in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur. A physician is sent for, *who prescribes some drug, which gives present relief, but does not cure the disease. It may change the form of disease, but the real evil is increased tenfold.*— Review and Herald September 5, 1899, par. 2

As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through the firm denial of appetite and passion. Abstemiousness in diet and control of all the passions will preserve the intellect and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers and to discern between right and wrong, the sacred and the common. — *Testimonies for the Church* Volume 3 491.1

8. Nutrition- 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

Whether therefore ye eat, or drink, or whatsoever ye do, **do all to the glory of God.** — *1 Corinthians* 10:31

In grains, fruits, vegetables, and nuts are to be found ALL the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food **free from the taint of flesh-meat.**— *Manuscript* 27, 1906. *Medical Ministry* 267.4

God gave our first parents the food He designed that the race should eat. **It was contrary to His plan to have the life of any creature taken.** There was to be no death in Eden. **The fruit of the trees in the garden, was the food man's wants required.** — *Counsels for the Church* 228.1



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GODSPLAN— THE 8 LAWS OF HEALTH

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Introduction

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.

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.

Too little attention is generally given to the preservation of health. *It is far better to prevent disease than to know how to treat it when contracted. It is the duty of every person*, for his own sake, and for the sake of humanity, **to inform himself in regard to the laws of life and conscientiously to obey them**. *All need to become acquainted with that most wonderful of all organisms, the human body*. They should understand the functions of the various organs and the dependence of one upon another for the healthy action of all. They should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed.—*The Ministry of Healing; 127.2.—128.1*

There are *many* ways of practicing the healing art; but *there is only one way that Heaven approves*. **God's remedies are the simple agencies of nature**, that will not tax or debilitate the system through their powerful properties. **Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying**; yet these remedies are going out of date because their skillful use requires **work** that the people do not appreciate. **Fresh air, exercise, pure water, and clean, sweet premises**, are within the reach of all, **with but little expense**; but **drugs are expensive**, both in the outlay of means, and the effect produced upon the system.

—*Counsels on Diet and Foods 301.2*

1. Godly Trust- But without faith it is



impossible to please him: for he that cometh to God must believe that **he is**, and that he is a **rewarder** of them that diligently seek him.—*Hebrews 11:6*

Trust in the LORD with all thine heart; and **lean not** unto thine own understanding. It shall be **health** to thy navel, and **marrow** to thy bones.—*Proverbs 3:5, 8*

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*

A merry heart doeth good like a medicine: but a broken spirit drieth the bones.—*Proverbs 17:22*

Gratitude, rejoicing, benevolence, trust in God's love and care—these are health's greatest safeguard. To the Israelites they were to be the very **keynote of life**.—*The Ministry of Healing 281.3*

2. Open Air- And God made the firmament,



and divided the waters which were under the firmament from the waters which were above the firmament: and it was so. And God called the firmament **Heaven**. And the evening and the morning were the second day.—*Genesis 1:7,8*

Stomach, liver, lungs, and brain are suffering for the want of **deep, full inspirations of air**, which would **electrify the blood** and impart to it a bright, lively color, and which alone can keep it pure and give tone and vigor to every part of the living machinery.—*Testimonies for the Church Volume Two 67.1*

The influence of **pure, fresh air** is to **cause the blood to circulate healthfully through the system**. It **refreshes the body**, and tends to render it **strong and healthy**, while at the same

time **its influence is decidedly felt upon the mind**, imparting a degree of composure and serenity. It **excites the appetite**, and **renders the digestion of food more perfect**, and **induces sound and sweet sleep**.—*Testimonies for the Church 1:702, 1868*

The lungs should be allowed the greatest freedom possible. Their capacity is developed by free action; it diminishes if they are cramped and compressed. Hence the ill effects of the practice so common, especially in sedentary pursuits, of **stooping at one's work**. *In this position it is impossible to breathe deeply*. Superficial breathing soon becomes a habit, and the lungs lose their power to expand.

Thus an insufficient supply of oxygen is received. *The blood moves sluggishly*. The waste, poisonous matter, which should be thrown off in the exhalations from the lungs, is retained, and **the blood becomes impure**. Not only the lungs, but the stomach, liver, and brain are affected. The skin becomes sallow, digestion is retarded; the heart is depressed; the brain is clouded; the thoughts are confused; **gloom settles upon the spirits**; the whole system becomes **depressed and inactive, and peculiarly susceptible to disease**.—*Counsels on Diet and Foods 104.1-104.3*

3. Daily 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*

God designed that the living machinery should be in **daily** activity; for in this activity or motion is its **preserving power**.—*The Health Reformer, May 1, 1873. Healthful Living 131.3*

There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved.... **Walking, in all cases where it is possible, is the best remedy for diseased bodies**, because in this exercise all of the organs of the body are brought into use.—*Testimonies for the Church 3:78. HL 129.5*

It is not good policy to give up the use of certain muscles because pain is felt when they are exercised. The pain is frequently caused by the effort of nature to give life and vigor to those parts that have become partially lifeless through inaction. *The motion of these long disused muscles will cause pain, because nature is awakening them to life*.—*Testimonies for the Church 3:78. HL 128.1*

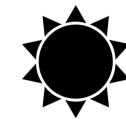
When **useful labor** is combined with study, there is no need of gymnastic exercises; and **much more benefit is derived** from work performed in the open air than from indoor exercise. *HL 128.3*

If work is performed **without the heart's being in it**, it is simply *drudgery*, and the benefit which should result from the exercise is not gained.—*The Health Reformer, May 1, 1873. HL 129.2*

Morning exercise, walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. **It is the surest safeguard** against *colds, coughs, congestion of the brain, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases*.—*The Health Reformer, September 1, 1868. HL 176.6*

4. Sunshine-

And God made two great lights; **the greater light to rule the day**, and the lesser light to rule the night: he made the stars also.—*Genesis 1:16*



Life in the open air is good for body and mind. It is God's medicine for the restoration of health. Pure air, good water, **sunshine**, the beautiful surroundings of nature—these are His means for restoring the sick to health in natural ways. To the sick it is worth more than silver or gold to lie in the sunshine or in the shade of the trees.—*Testimonies for the Church Volume Seven 85.3*

As the flower turns to the sun, that the bright beams may aid in perfecting its beauty and symmetry, **so should we turn to the Sun of Righteousness**, that heaven's light may shine upon us, that our character may be developed into the likeness of Christ.—*Steps to Christ 68.2*