

# THE SECRETS OF HEALTH

*The subject of health is one in which every one is interested, or at least ought to be. Paul said; "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." So you see eating and drinking played quite an important part in Paul's day.*

*When we think of what the Spirit of God has brought down to our time, it means everything to us. You have heard some very interesting statements here on the grounds, and one of them was that if we were going to have good, clear brains, we must have good food and plenty of exercise. Exercise plays an important part in the service of God. Three things are important in right living, air, water, and food; and exercise is just as important as these.*

God is Love. 1 John 4:8. At creation, it was not God's desire that man could fall sick, succumb under terrible pain of diseases and die. We can see this in His plan for the children of Israel, "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

## 1. WHICH ARE THE DISEASES OF THE EGYPTIANS?

Some of the curses dealing with disease mentioned in the bible are found in (Deut 28:22,27,35;59, 61 Lev 26:16)

### WHAT ARE THERE NAMES?

1. **Pestilence** = infections, deadly disease like AIDS (vs:22)
2. **Consumption** = tuberculosis OR a wasting of flesh(vs:22)
3. **Fever** (vs:22)
4. **Inflammation** = Edema; anything ending in "itis" like bursitis, arthritis, etc.(vs:22)
5. **Extreme Burning** = bones; heartburn; etc. (vs:22)
6. **Blasting** = to prevent from growing like dwarfism
7. **Botch** = a swelling on the skin; growth; ulcers; tumors(vs:27)
8. **Emerods** = Hemorrhoids(vs:27)
9. **Scab** = psoriasis, eczema, shingles, etc. (vs:27)
10. **Itch** = Scabies; athlete's foot; dandruff. Madness = Schizophrenia(vs:28)
12. **Blindness** = loss of sight(vs:28)
13. **Astonishment of Heart** = heart problems(vs:28)
14. **Smitten in the Knees** = knee problems(vs:35)
15. **Smitten in the legs** = leg problems; gait problems (vs:35)
16. **A Sore Botch** = painful swellings, painful ulcers, painful tumors(vs:35)
17. **A Trembling Heart** = heart failure; heart attack; cardiac arrest(vs:35)
18. **Failing Eyes** = vision problems like glaucoma or cataracts(vs:65)
19. **Sorrow of Mind** = any type of depression or worry(vs:65)
20. **Terror** = fear; phobia; anxiety(Lev 26:16)
21. **Burning Ague** = chills; shivering(cold/flu); shock; etc.(Lev 26:16)
22. **Disease & Sickness not listed** – examples are Mad Cow Disease and Swine Flu (Deut 28:61)

### What is disease?

Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.MH 127.

## 2. CAN WE CONTACT A DISEASE BY CHANCE?

"...the curse causeless shall not come." (Proverbs 26:2)

### CAN GOD LIE ABOUT HIS WORD?

"...God cannot lie..."(Titus 1:2)

*If God cannot lie, yet He said He would not put the diseases of the Egyptians on us, yet we have the very same diseases, the question is: **WHAT HAPPENED????***

### **3. WHERE CAN WE FIND THE SOLUTION OF ALL PROBLEMS INCLUDING HEALTH RELATED ISSUES?**

WE need to go back to the beginning of all things.

“And God saw everything that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.”(Gen 1:31)

### **4. WHAT IS THE GREATEST WISH FROM GOD?**

“Beloved, I wish above all things that thou mayest prosper and **BE IN HEALTH**, even as thy soul prospereth.”(3 John 2)

### **5. WHAT OTHER THING SHOULD WE PRAISE THE LORD OF?**

“I will praise thee; for I am fearfully and wonderfully made...”(Psalms 139:14)

### **6. WHEN GOD GIVES YOU LIFE? WHAT PROPORTIONS DOES HE GIVE?**

I am come that they might have life, and that they might have [it] more abundantly. John 10:10  
1 Thessalonians 5:23, 24. God’s desire is for you to have good health spiritually and physically. Verse 24. He says He will ensure you have the two. Hence He has a plan to keep you healthy. The plan he has is known as **GODSPLAN**. These are the 8 doctors of health or the natural laws of health. These laws are inscribed in your body. For spiritual health God gave the Ten Commandments. For physical health He gave the 8 laws of health.

### **7. WHAT ARE THE 8 LAWS OF HEALTH AND THERE SIGNIFICANCE TO OUR HEALTH?**

**G - Godly Trust** - Isaiah 26:3 **PERFECT PEACE** The Opposite of perfect peace = stress =75 % of disease. Stress increases acid and makes the immunity of the body weak. Live without worry of future. Tell God to protect you and He will: 1Peter 5:7 casting all your worries on him, because he cares for you. Philippians 4:6 In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. Mark 11:24 Therefore I tell you, all things whatever you pray and ask for, believe that you have received them, and you shall have them.

**O - Open Air and Cleanliness** - Genesis 1:7, 8. Fresh and unpolluted air is mandatory particularly in your Bedroom. Deep breathing exercise every morning. Cleanliness - Leviticus 15:10 Whoever touches anything that was under him shall be unclean until the evening. He who carries those things shall wash his clothes, and bathe himself in water, and be unclean until the evening. 11 "Whoever he who has the discharge touches, without having rinsed his hands in water, he shall wash his clothes, and bathe himself in water, and be unclean until the evening. 13 "When he who has a discharge is cleansed of his discharge, then he shall count to himself seven days for his cleansing, and wash his clothes; and he shall bathe his flesh in running water, and shall be clean.

Without air we could live only a very few minutes. I have many times been in homes where a member of the family was sick, and every window and door would be closed, while the sick person would be burning up with fever; and perhaps there would be a stove in the room, and if it was night, I would find a lamp or two, which use up as much oxygen as a person. Now, what would have been the greatest blessing in that room?--Fresh air! But people are afraid of air, and especially of night air. God made the night air as sort of a sedative to help us sleep. If any of you are bothered about sleeping, you ought to get out into the air at night; for it is pure, and that is more than you can say about the air in your bedroom. Some say they have slept too hard. There is no such thing as

sleeping too hard. The best kind of sleep is to be absolutely unconscious; then you get perfect rest. The result of "sleeping too hard," as some call it, is a dull, heavy feeling in the head. After exercising in the open air about half an hour, this feeling passes away. The trouble is that the body has been poisoned by the foul air.

If you have any troubles of a catarrhal nature, which almost every one has, the thing for you to do is to sleep outside. This condition may be brought about by sleeping with the mouth open, which is a very bad habit, and may be cured by simply placing a piece of celluloid tissue measured the size of the mouth, just outside the teeth.

The skin should be well cared for by frequent baths, for it has a work that no other organ can do. If one can react well after taking a cold bath, then it is a good thing, but care must be exercised.

**D - Daily Exercise** - Genesis 2:15 Take 30 Minutes for exercise daily always after meals. Lymphatic fluid is 3 times the volume of blood and the pump for it exercise. Walking and working on the farm are two best exercises that revives the organs of the body that's why Adam was given Eden to take of it. Idleness brings sickness. When you sweat, the toxins, dirt in the body is removed via the skin hence living your body clean and healthy.

**S - Sunshine** - Genesis 1:3-4. Bask in the sun to 9am and from 4 pm to sunset for Vitamin D. Ecclesiastes 11:7 Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun.: VITAMIN D control over 2500 life processes and help in the utilization of the mineral calcium in the body. Without it, your immunity will be impaired.

**P - Plenty of Rest** - Genesis 2:3 Psalms 104:19-23. Genetic repair happens from 10pm -12 midnight. 8 hours of rest every day and 24 hours of rest every week is the ideal prescription of God for repairing the body. God said: Remember the Sabbath day and keep it holy from. Leviticus 23:32 Friday sunset to Saturday sun set so shall you keep the Sabbath. Jesus himself kept the Sabbath Holy and God kept him healthy Luke 4:16. Many of the diseases are brought about by disregarding God hence he takes away his protection because we don't want him in our lives. Since no parent can force himself to their child, God can not force us to do anything but sadly remains far away from us as we reject him Isaiah 59:1, 2 The enemy changed the times and laws Daniel 7:25 and we need to go back to the times and laws of God if we want our bodies to have good health. Many people have left God and following men that's why we are having many calamities and diseases. Deuteronomy 7:11-15

**L - Lots of Water** - Ezekiel 4:11. Drink water at set times and by measure. Your body 70% water. A - Always have Temperate and eat Food at a time - Gen 2:16-17. Exercise self- control in everything. 1 Corinthians 10:31 says we should be eating and drinking all to the glory of God. It is because of gluttony that Eve fell into sin Genesis 3:6-11

Now a few words about the value of water. People will tell you you should feel thirsty before drinking. But this is not an infallible rule. The daily normal use of water is two quarts for the kidneys, almost the same for the skin, the lungs have to throw off about the same amount of moisture, the liver has to use that much in manufacturing bile, and the alimentary tract uses still more. Even granting that the lungs take much moisture from the air, it still leaves a large quantity that should be taken in by drinking. But the body can only use that which it has, and often there is not enough water taken into the body to supply more than a fourth of its needs.

We can live a great deal longer without food than without water. No one can live over ten days without water, and people have been known to live sixty days without food.

I have seen many patients who took a large amount of food, and yet lost in weight every day. They disliked water, and would not touch it. I remember one case in particular. We promised this person that, if he would abstain from food altogether, we would guarantee that he would not lose in weight as when taking food. He was losing a pound a day, and eating enough for three persons. He abstained from food for twenty-four hours, taking two glasses of water, and he lost only half a pound. I finally persuaded him to abstain from food for three days, and to increase the water to six or eight glasses. Then we began to give food. The first day we gave him three granose biscuits. With five glasses of water, he did not lose a particle in weight. With four ounces of granose and five glasses of water, he gained half a pound in one day. The water was the valuable thing with him.

If a person has too much fat, drinking water will bring him to his normal weight; for it increases alimentionation and helps oxidation. On the other hand, if a person is too thin, he is lacking in assimilative power. Water helps to carry out the waste matter and improves the assimilation, thus tending to bring the weight up to normal.

Distilled water is the only absolutely pure water. When we think of the waste matter that must be washed out of the body, it will be seen that the purer the water, the better it will do its work. The best time of day to drink water is early in the morning, and preceding the noon hour. Water increases the blood pressure, and that stimulates every secretion of the body, and we need that in the morning to stir us up.

**Question:** Which is the better, cold water or hot?

We consider cool water better if the digestive organs are in proper shape. But I do not mean ice-water. The nearer it is to the temperature of the body, the better.

**How much should we drink?**

Divide your body weight by two, that is the quantity of water in ounces.

**N - Nutrition** - Gen 1:29 and Ezekiel 4:9-10 (grains and fruits with seeds in them) Gen 3:18 and psalms 104:14 (vegetables) Rev 22:1-2 (Fruits and Vegetables.) Before there were drugs there was nature. God knew the right fuel for our bodies. Your body will always be alkaline hence high in immunity and no diseases. Clogging your body with diesel (junk food) is a disaster. Isaiah 1:19 If you are willing and obedient, you shall eat the good of the land. There is but one source of disease and that is **IMPURE BLOOD**. Pure blood is alkaline. The Ph. of the blood ranges between 7.35-7.45. when this range falls below 7 you will be at the risk of suffering acidosis. Parasites, viruses, bacteria, fungi and protozoans thrive in an acidic blood. WE MUST KNOW that flesh diet, dairy and poultry products, the use of processed sugar, **GMO FOODS**, processed and refined grains like wheat and rice, confectioneries, beverages, anger, stressful life, strife, jealousy, gossip and unkindness; all results to acidic blood causing an environment for disease to thrive. You need to win evil with good , Romans 12:21. Thru acts of kindness, feeding the hungry, helping the poor and showing compassion to people we gain health. We need further to sustain this alkaline blood by eating proper invigorating diet like: Dark green leafy vegetables, Non GMO foods-grains, fruits and vegetables. We need to be obedient to the Laws of Nature.

We now notice the matter of our food, and we shall have time only to touch a few principles about food that we eat. Simplify, simplify, simplify, is the word that we have given to us in reference to our food. There is no question about it. If we only had for each meal one article of diet, we would

feel better; but when we have a number, then the danger is that we take too much. How many times people will tell you, "O, if I could only eat less!" If you wish to eat less, take one thing.

Another very important thing is what used to be called **chewing**, but nowadays is called Fletcherizing. Mr. Fletcher called attention anew to what this would do for the system. And it has been discovered that people could get along with one third of the amount of food as before, and have better health in every way, and gain in weight, by properly masticating. If any are troubled by their food distressing them, I would say, **thoroughly masticate it**, and then see the difference it makes. Food that is not thoroughly masticated forms gases in the digestive tract, and it has been found that there are **sixteen forms of gases** formed there. Many people will tell you what peculiar odors come from their breath. One of the most common is sewer-gas. We are much frightened to inhale this in our houses; but when we manufacture it in our digestive tract, we get accustomed to it. Now the thorough mastication of your food will help you to overcome this. Nine tenths of all our trouble in this line is overcome by thorough mastication. The starch digestion starts with saliva; and if the food is thoroughly mixed up in this, when it reaches the stomach, the normal stomach has about three fourths of an hour in which the starch digestion can be carried on before the acid of the stomach reaches the point that it stops starch digestion. Therefore if we thoroughly masticate our food, digestion is well under way before that point is reached.

You can have every symptom that you can imagine, of every disease produced, from disorders of the stomach. Here are a few of the striking ones: Nine tenths of the diseases of the heart, as acknowledged by our best authors on therapeutics, come from the stomach; nine tenths of all forms of asthma are from the stomach; and you can have all kinds of pains in the head, pains in the eyes, and pains in the ears, and other parts of the body, as the result of interference with the circulation of that part of your body. It means much to us to keep the digestive tract in a normal state.

Another very important thing is not to take acid fruits and grains at the same time in the mouth together. They are the worst things to produce trouble that we have. I have had a great struggle along this line in fruit toasts,-- strawberry toasts, or cherry toasts, or any of these acid-fruit toasts. You can test them yourself. They will produce lots of trouble. You can take the subacid fruits, and they are all right. **Subacid** fruits are prunes, bananas, figs, dates, pears, sweet apples, blueberries, etc. You can use these with your grains; but look out for the others. The Concord grape is an acid fruit. Blackberries have quite a little acid. Raspberries have acid

Cow's Milk and vegetables should not be combined. People who have fair digestion may get along with this combination all right; but it is not a good combination. Keep milk and vegetables separate. And if possible discard the use of cow's milk in your diet.

The question is asked in reference to taking acid fruit and grains into the stomach, provided you do not have them together in the mouth. It is all right when they reach the stomach, because the saliva, which acts on the starch, will soon digest it. If your digestion is very poor, however, it will be better not to put them together. But with most people they may be eaten at the same meal, but not put in the mouth together.

Another thing that we have to contend with is that people who use grains will insist upon putting sugar on them, and then pouring milk on, and then they will tell you how bad they feel. If you leave the sugar out, you would not have so much trouble. A great many people can not use milk. Every person who has low acid and a stomach that is slow in emptying will have trouble with milk.

The question is asked if one can use fruit following milk and zwiebach. **Zwiebach are rebaked yeasted cakes.** It is not a real good combination. If a person has a strong stomach, it will be all

right. If there was no sugar in the fruit, it is possible you would get along all right; but sugar and milk are the worst combination that can be put into the stomach. One of the things we have to demonstrate constantly is along the line of desserts. The best thing we have is just the fruit itself, in its natural state. I find that people get along a great deal better without pastries.

The question is asked if milk is good for a person who has catarrhal trouble or ulcers. I answer No. it will form a coating on the walls of the stomach, which causes a relief for a while. The cause must be eliminated. Milk is the number cause of asthma, mucus buildup in the system and allergies. You better take milk from the plants like, soy milk, and nut milks. These are very beneficial for the body.

### **Dietetics from A scientific view point**

Dietetics has been defined as the science of the systematic regulation of the diet for hygienic or therapeutic purposes. There is a diet for health, liberal and varied; but the diet for the sick differs, according to the nature of the illness and the immediate condition of the patient. Thus we have a diet for nephritis, diabetes, constipation, fever, anemia, gout, obesity, etc. Then there are the liquid, dry, fruit, milk, and many other diets. We have also a diet for infants, invalids, and the aged.

I do not propose in this article to deal with detailed diets, but rather with scientific principles which ought to determine the selection of our food, no matter what specific diet we may be following. Science asks what is required for the sustenance of the body, and then seeks to obtain it from the purest and most wholesome sources, in order best to meet the requirements of the body.

Food serves the body by providing building material in childhood and youth, for the purpose of growth and development, and material for repair throughout life. The larger part of food at any age, and especially in adult life, is expended in providing heat to maintain the body temperature, and energy for the work of the heart and for locomotion and manual labor.

There are two great classes of foods, looked at from a scientific standpoint-- nitrogenous and carbonaceous. Besides these, we have salts, both organic and inorganic, and water. Nitrogenous foods are further divided into proteids orbumens, albumoses, peptones, and gelatines. They are essential to growth, repair, and the functional activity of tissues and organs; but their use is not confined to these purposes, for they contain a carbonaceous moiety, and are consequently capable of producing heat and energy to a considerable extent. Carbonaceous foods include sugars, starches, and fats--carbon, hydrogen, and oxygen only, without any nitrogen. This absence distinguishes them from nitrogenous foods. Their specific purpose is to supply the body with heat and physical and mental force and fatty tissue. But they also aid to some extent in nourishing and building up.

We have next to consider the sources of these various food elements. The ordinary diet of man is obtained from two ideal sources, vegetable, and mineral kingdoms. Most people, including so-called vegetarians, take animal food of one kind or another, either the flesh or the product of the dairy, but we need to go for the ideal food for the optimal function of the body systems.

Why should we not eat animal flesh? There are a number of good reasons. We want to see this matter solely from the standpoint of science:--

1. It is not necessary to slay animals in order to obtain our food. There is no difficulty in getting all the requirements of the body in the way of nourishment, without butchering animals.
2. Animals are subject to diseases of various kinds, many of which may be transmitted to man. I will mention only a few: Anthrax; actinomycosis; glanders; foot-and-mouth disease; tetanus; tuberculosis; typhoid fever; dysentery and diarrhea; swine fever; pleuro-pneumonia; septicemia; cattle plague, blood-poisoning; trichinosis; hydatids; also the various tapeworms of fish, beef, veal, and pork. Both fowls and fish, as well as cattle, are subject to tuberculosis, and there is always danger of infection. Tuberculosis is the great plague of cattle, as well as of man. It is a safe estimate to say that from 15 to 20 per cent of the cattle throughout civilized lands are affected with tubercular disease. In some herds the proportion has been much higher, even reaching 90 per cent or more.

There is a further matter to consider, and that is the great difficulty that even an expert often finds in recognizing diseased meat. Extremely few have a chance to examine the pig, sheep, or cow before the animal is slaughtered. After the carcass is cut up and exposed for sale, the question of whether the animal was healthy becomes a very difficult one indeed, and requires for its solution special training and the closest observation. The novice is only able to recognize the more striking and outstanding cases which could scarcely escape detection under any circumstances.

3. Even though the diseased flesh does not convey directly a specific disease, it must be apparent to all that such flesh is wholly unfit for human consumption; for it has poor nourishing properties, makes a low grade of flesh tissue, weakens vital resistance, and, on account of the disease products that it contains, poisons the body, causes vague headaches and other aches and pains, and produces general discomfort and mental depression. In a word, diseased food of any kind, and especially diseased flesh, breaks down the resistive forces of the body, opening the door to any passing disease.

4. But suppose the animal is free from all diseases, including fever,--which is probably the exception rather than the rule,--and suppose it has been properly slain and bled, and then exposed for sale at once before undergoing putrefaction; and, further, suppose it is thoroughly cooked, even then I ask, Shall we eat it? "No," is our emphatic answer. And the scientific reason for that answer is a very simple one: ***Animal flesh, under the most favorable circumstances, always contains a large amount of refuse, which we call tissue wastes. This is fit only for the garbage barrel, and not for the human stomach.*** To be sure the stomach of a healthy man can take care of such refuse better than that of a sick person; but in any case it must be obvious to all that it is undesirable to take refuse matter of any kind with our food. The flavors of flesh are due solely to the presence of this refuse. To demonstrate this, take a piece of flesh, soak it in warm water, and cook it slowly for hours, to extract the juices. Then try a mouthful. How much flavor has it? --Practically none. It is insipid and tasteless, because the organic extractives, i.e., the refuse matter, have been removed. The flesh of a healthy animal, that has been cooked in this way for the purpose of getting rid of waste matter, is the least harmful and objectionable; but even then it should only be resorted to in the absence of other food.

Much might be said concerning the various animal products, but my space is too limited to deal with them as I should like to. Take milk, for example. The bacteriological method of analyzing milk is identical with that of sewage. Indeed, one sample of milk that contained a larger number of germs than any sewage we can find. I do not remember the exact number, but it was more than

40,000,000 per cubic centimeter. Suffice it to say that milk--at least that in the large cities--is undoubtedly the dirtiest food that is taken into the stomach. Such milk is a slow poison, and causes the death of tens of thousands of infants and children each year.

**Milk is also a prolific source of tuberculosis** It has also been known to carry typhoid fever, scarlet fever, diphtheria, dysentery, diarrhea, and other diseases.

Let us now turn our attention to the vegetable kingdom for a few moments. Here, too, we need to draw a line, selecting the wholesome and good, rejecting the harmful. The harmfuls are like the GMO's and inorganically grown vegetables

### **What of condiments?**

Of condiments, such as spices, pepper, mustard, hot sauces, and the like, I need only say that in my opinion all artificial appetizers are to be strictly avoided; for they not only conduce to overeating, which is quite as bad as taking unwholesome food, but, acting as irritants, they hinder the digestion and assimilation of food, and form a prolific cause of digestive disturbances. The best sauce is hunger, and the best appetizers are fresh air and hard work. Under ordinary circumstances, a person should not eat until he has a natural appetite. More people among us suffer from repletion than from starvation. Manual labor and physical culture are essentials to good digestion.

In conclusion, let me point out that, judged solely from the view-point of science, fruits, nuts, cereals, and vegetables contain all the elements required for the maintenance of the body in health, or for the dietetic cure of disease; and if dairy products are added, there is a superabundance of good, nourishing food to set before any one.

Adopted from A.B OLSEN, Dietetics from s Scientific View point, 1909

### ***Health destroying Habits.***

1. ***Eating between meals or snacking.*** *You should never let any food pass your lips between your regular meals. Eat what you ought, but eat it at one meal, and then wait until the next( after 5 -6 hours)*
2. ***Condition of the Mind at Meals.*** *At meal-time cast off care and taxing thought. Do not be hurried, but eat slowly and with cheerfulness, your heart filled with gratitude to God for all his blessings. Take your time.*
3. ***Hasty Eating.*** *In order to have healthy digestion, food should be eaten slowly. Do not be hurried, but eat slowly and with cheerfulness, your heart filled with gratitude to God for all his blessings*
4. ***Overeating.*** *If more food is eaten than can be digested and appropriated, a decaying mass accumulates in the stomach, causing an offensive breath, and a bad taste in the mouth. The vital powers are exhausted in an effort to throw off the excess, and the brain is robbed of nerve force.*
5. ***Drinking at Meals.*** *Taken with meals, water diminishes the flow of the salivary glands; and the colder the water the greater the injury to the stomach. Ice water or iced lemonade, drunk with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach*

*to enable it to take up its work again. drink warm water an hour before mealtime and two hours after mealtime.*

6. **Liquid Foods.** *Dry food that requires mastication is far preferable to porridges.*
7. **Very Hot Foods.** *Very hot food ought not to be taken into the stomach. Soups, puddings, and other articles of the kind, are often eaten too hot, and as a consequence the stomach is debilitated. Let them become partly cooled before they are eaten.*
8. **Cold Food.** *I do not approve of eating much cold food, for the reason that the vitality must be drawn from the system to warm the food until it becomes of the same temperature as the stomach before the work of digestion can be carried on.*
9. **Rich Diet.** *Rich and complicated mixtures of food are health destroying. Highly seasoned meats and rich pastry are wearing out the digestive organs of children and the adults.*
10. **Condiments and spices.** *They irritate and inflame the delicate coating of the stomach.*
11. **Spices.** *Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. Ongo, Royco mchuzi mix, Royco cubes are deadly.*

**Soft Drinks.** *Sodas, caffeinated drinks in any form should not be introduced into the stomach; for the effect is fearful. It eats the coatings of the stomach, causes inflammation, and frequently poisons the entire system*

#### **How to eliminate a Disease**

##### **How to achieve these**

- i. **Remove waste.**
  - improve eliminative channels**
  - Colon, liver, skin , kidney, lungs, lymphatic system and blood.**
- ii. **Supply All the Body Nutrients**
  - understand that the life of the flesh is in blood (Leviticus 17:11)

*In order to have good health, we must have good blood; for the blood is the current of life. It repairs waste and nourishes the body. When supplied with the proper food elements and when cleansed and vitalized by contact with pure air, it carries life and vigor to every part of the system.*

#### **CONCLUSION**

God has given us all things that pertains unto godliness and the principles of life that can make us healthy. The body is able to heal itself when given the right conditions. It is only left with us to stop that which makes us sick and follow that which we have been given by God. “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. ” 3John 1:3

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**Disclaimer:** *This is not to be used to replace directives of the government and medical prescriptions. it is aimed at educating you on how to live a healthy life by making right choices*