

A close-up photograph of a wooden basket filled with fresh red grapes and red berries. The grapes are clustered together, and several large green leaves are visible. The basket is placed on a wooden surface, and more red berries are scattered in the foreground. The lighting is bright, highlighting the vibrant red color of the fruit.

THE TREASURE OF
HEALTH



PRESENTED TO:

FROM:

DATE:



THE TREASURE OF
HEALTH

ACKNOWLEDGMENTS

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FOREWORD

Like many things in life, our health depends largely on the daily decisions we make. Even what seem to be unavoidable risks, like being in a full elevator with someone who has the flu, or being hereditarily predisposed to certain types of cancer, can be counterbalanced by being proactive with our health and keeping up our defenses. Living a healthy life is about following consistently simple health rules that will enable us to maintain vitality and a high resistance to sickness.

Why then do we not make more effort to care for our health? The most common excuses are that we lack time or finances, or that it is too difficult. With this logic, we are underestimating the dangers and overestimating our resistance. We think, *This won't happen to me*. The sad truth is that sooner or later, problems *do* arise, and we'll be sorry if we haven't made it a priority to maintain a healthy lifestyle.

The good news is that God is on our side! The bodies He endowed us with are remarkably resilient and armed with built-in defenses, warning systems, and the capacity to renew and regenerate. He has given us common sense, collective experience, and general health rules in His Word. He has also led the scientific world to understand more about our bodies' marvelous workings, and modern medicine has made many advances never dreamed of before. And that's not all: God is always right at our side, ready to guide us toward a tailored solution for our health. He wants to be our personal fitness coach. We just have to ask Him and be ready to follow His instructions.

Do you want to enjoy better health, be more physically capable, look better, and live longer? It's easier than you think. We hope that this book will give you the incentive and practical tips to help you preserve this great treasure, health.





THE TREASURE OF HEALTH

DEAR FRIEND, I PRAY THAT YOU MAY ENJOY
GOOD HEALTH AND THAT ALL MAY GO
WELL WITH YOU.

3 JOHN 1:2 NIV



HEALTH is the unit that gives value to all the zeros of life.

Bernard Le Bovier de Fontenelle

LIFE is not merely to be alive, but to be well.

Marcus Valerius Martial

THE best doctors in the world are Doctor Diet, Doctor Quiet, and Doctor Merryman.

Jonathan Swift

STAYING healthy doesn't happen automatically; it takes both conscious and physical effort. It also usually involves some sacrifice, some reordering of priorities and forgoing certain things that would be enjoyable but not good for us. Long-term health is a lifelong investment, but it's the wise thing to do. Better to invest a little each day in strengthening our bodies than to neglect them and suffer serious health problems.

In health matters, as with many other things in life, God won't do for us what we can and should do ourselves. He expects us to take care of our bodies, and He usually won't override the negative consequences when we could have made healthier choices, but didn't.

Thankfully, God has laid out some pretty straightforward rules for staying healthy. These fall into three main categories: spiritual, emotional, and physical.

- The key to the spiritual aspect is in staying right with Him, in finding and following His plan for our lives as best we can.
- The key to the emotional aspect is in maintaining a positive attitude, which reduces stress, worry, fear, and other negative emotions, all of which take a toll on our health and happiness.
- The physical aspect is pretty much summed up in "Eat right, sleep right, exercise right." Some health experts refer to these as the three pillars of physical health.

Maria Fontaine

Bible recommendations for good health:

Live in obedience to God's mandates.

If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.

Exodus 15:26 NIV

My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body.

Proverbs 4:20–22 NIV

Rest.

In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.

Psalms 4:8 ESV

Exercise moderation.

Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.

1 Corinthians 9:25 ESV

Be positive in our relations with others.

Pleasant words are as a honeycomb, sweet to the soul, and health to the bones.

Proverbs 16:24

Have an optimistic outlook.

A joyful heart is good medicine.

Proverbs 17:22 ESV

The spirit of a man will sustain him in sickness.

Proverbs 18:14 NKJV

Maintain a right relationship with God.

Above all else, guard your heart, for everything you do flows from it.

Proverbs 4:23 NIV

He gives strength to the weary and increases the power of the weak. Those who hope in the Lord will renew their strength.

Isaiah 40:29,31 NIV

THE human body is a very versatile, adaptable, durable, intricate, and highly developed creation, made to encase the even more beautiful and durable spirit inside. The apostle Paul called your body the “temple of God,”¹ and so it is. Only the spirit lasts for eternity, but its fleshly “temple” is meant to last a long, healthy lifetime.

You have a part to play in keeping your body strong and healthy. Through caring for it, you show respect to your Creator. The principle that you reap what you sow very much applies to your health.

As I told My first disciples, “I have come that [you] might have life, and that [you] might have it more abundantly.”² Part of the abundance I want you to have is the blessing of a strong, healthy body. It is a gift, but it also requires your cooperation. As you do your part, I will bless you with good health.

Jesus

Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

1 Corinthians 6:19–20 NKJV

1. 1 Corinthians 3:16–17
2. John 10:10



As the temple of God, our bodies deserve all the attention and care possible, as He dwells within us. We are custodians of our body and must respect it, care for its health and cleanliness, and not contaminate it with dangerous and debilitating substances. It goes without saying that we should also respect the bodies and lives of others. This is a precious gift that God has entrusted to us.

The Editors

THE human essence consists of the material and immaterial, which together make up the complete person. When Scripture tells us that we should glorify God in body and spirit, it can be seen as guidance to glorify Him with *all* of our being—both inner and outer, physically and spiritually—in all that we do and are. It means that the actions of our life, our interactions with others, as well as all aspects of our inner or spiritual life and self, should glorify Him.

It should also cause us to look at ourselves with respect and dignity. To realize that God loves and values us should help us to value ourselves mentally, physically, and spiritually. It should cause us to view ourselves positively, to take care of ourselves physically, to nurture our spirits with positive and godly input. It should remind us of the sanctity of our own lives, thus keeping us from harming ourselves in any way.

Peter Amsterdam

YOU created my inmost being; you knit me together in my mother's womb.

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.

Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

Psalms 139:13–16 NIV

PREVENTATIVE MEDICINE

THEN YOUR LIGHT WILL BREAK FORTH
LIKE THE DAWN, AND YOUR HEALING
WILL QUICKLY APPEAR.

ISAIAH 58:8 NIV

THE basic health rules are pretty much universal. But because body types and personal preferences vary greatly, what works best will vary from person to person. Needs change as a person gets older and other factors enter in the equation. So how do you know what's right for you? Many "authorities" offer conflicting information and advice. Sometimes a certain kind of diet or exercise is widely acclaimed for a time, but discredited later. Whose program should you follow?

There are general recommendations that all specialists agree on concerning nutrition, exercise, rest, and what is necessary for healthy living. It is important to take them into account. And there are times when it is prudent to get further advice from a professional or trusted doctor for a more specific opinion.

And you can always go to the Creator, who knows what's best for you and wants to work with you toward optimum health. Why not ask Him what changes you should make in your eating habits or exercise? He may speak directly to your mind, or He may lead you to the information you need and show you how to apply it. One way He has of speaking to you is through your body. For example, that soreness that gets a little worse each day could be a sign of overdoing or not performing an exercise correctly. We can learn to heed our bodies' warning signals.

Activated

It is important to understand that pain is a valuable alarm system that we must learn to heed and respect. The human body is extremely smart and will notify us if something is not working properly.

Guillermo Droppelmann



THE goal should be to make lifelong habits of proper diet, adequate sleep, and regular exercise—not just something we do for a few days or weeks until we lose a couple of inches from our waist or drop a dress size or two. Unless we correct the bad habits that brought on those extra inches, they will soon be back. This is why diets and exercise programs that promise quick results are largely unsuccessful: They focus on the short term, instead of on the lifestyle choices that could bring long-term changes. In some cases, you might need to undertake a short-term program to get healthier or lose weight, but then you need to build new long-term health habits if you want to hold on to the ground you've gained.

If you're serious about switching to a healthier lifestyle, the first questions to ask are: "How can I make eating, sleeping, and exercising right my daily norms? What changes do I need to make in my mindset or lifestyle?" then, "What specific program is best for me?"

Replacing poor health habits with good ones takes determination, study, and planning at first, but the payoff in greater vitality soon makes it self-sustaining; we feel so much better that we want to keep doing the things that make us feel that way.

Maria Fontaine

To change eating habits may seem like a monumental task. And it is easy to give up before we even get started. No one has ever implied that shedding lifelong habits would be easy, but it's far from impossible! There was a time when I would have never have considered switching from fluffy, fresh white bread to whole-wheat loaves, or eating zucchini—or any other squash for that matter—along with brown rice, Swiss chard, and a host of other “unpalatable” foods.

But, surprise! Thanks to my wife's research and efforts, I began to acquire a taste for zucchini, I found that brown rice is delicious when sprinkled with nuts and raisins or accompanied with a sauce. And on the list goes. Little by little, almost without effort on my part, the habits that my diet-conscious friends had been trying to instill in me settled in by themselves. Now I just naturally have a more healthy appetite. (My taste for spinach, however, I credit to my earliest memories of Popeye!)

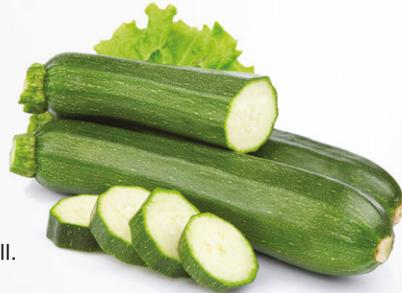
Gabriel García V.

If you are planning to change your health habits, it is wise to start with small and realistic goals. Otherwise, you may fall prey to discouragement and be tempted to throw the entire plan overboard. Celebrating each objective reached will make it more evident that you are making progress and add some extra enjoyable incentive to the changes that you want.

The Editors

Choose ...

- Natural juices over soft drinks.
- Outdoor games over virtual games.
- Natural ingredients over chemical additives.
- Stairs over elevators.
- Fresh produce over cans.
- The bicycle over the car.
- Sports over television.
- Nature walks over city streets.
- Excursions to the countryside over the trips to the mall.
- Home cooking over fast food.



The Editors

WE are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons.

Alfred Newman

Tips for a healthy heart:

- Eat several portions of fruit and vegetables daily.
- Choose proteins with less fat. Eat nuts and legumes and two portions of fish a week.
- Limit alcohol intake.
- Use salt sparingly.
- No smoking.
- Maintain an active lifestyle and good sleep habits.
- Watch out for stress, worry, and tension. Optimism and humor are good medicines.
- Keep a proper weight for your build and age.
- Eat moderate portions.

The Editors

SCIENTISTS have found that an unusually heavy meal may quadruple the risk of having a heart attack within two hours of eating it. According to the findings, eating too much may trigger an attack in the same way as extreme physical exertion.

Eve



HEALTHY EATING

HEALTHY eating comes down to following a few fairly simple guidelines—simple, but not always easy. Changing poor eating habits takes determination and planning, but you'll probably be surprised at how quickly you develop an appetite for the right kinds of food and lose your appetite for the wrong ones.

Maria Fontaine

Question: Do I have to give up my favorite foods forever?

Answer: You shouldn't give up your favorite foods at all. But if your favorites aren't very healthy, save them for special occasions, such as birthdays and holidays. Have a small portion and savor it! Then return to your usual healthy habits.

American Heart Association

EAT little at dinner, and less at supper; for the stomach is the storehouse whence health is to be imparted to the whole body.

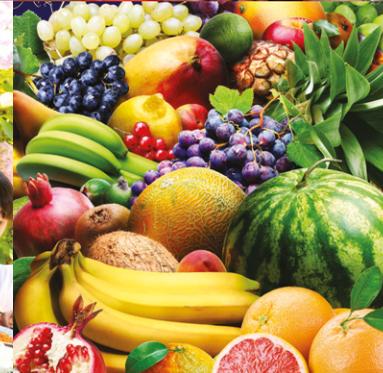
Miguel Cervantes

YOUR body is the baggage you must carry through life. The more excess baggage, the shorter the trip.

E. Glasgow

EAT breakfast like a king, lunch like a prince, and dinner like a pauper.

Popular saying



General rules for a nutritious diet:

- Follow a balanced diet: carbohydrates, proteins, vitamins, minerals, and fiber, all in the proper proportions.
- Eat several portions daily of fruit and vegetables, including well-washed raw vegetables.
- Look for needed protein in a variety of sources, such as beans, whole grains, nuts, fish, eggs, dairy products, and lean meats.
- Prepare food healthily. Steam vegetables or cook with little water so as not to lose the nutrients; don't overcook. Meats can be grilled or baked, and prepared with as little oil as possible. Fry foods only occasionally. Use natural seasonings.
- Choose natural foods and fresh produce over refined, processed, and artificially enriched products.
- Limit consumption of soft drinks and candies. In general, try to avoid refined sugar and its derivatives.

The Editors

LET food be thy medicine and medicine be thy food.

Hippocrates

PLAN your meals. It takes more time to plan and prepare a balanced meal, but its advantage over a grabbing something from the fridge on the way to the television is pretty obvious. Eating slowly in a calm atmosphere pacifies the appetite and aids digestion.

The Editors

LITTLE adjustments in our eating habits can help keep weight down. Learn to serve smaller portions and refrain from eating a second helping. Keep unhealthy snacks out of sight and replace them with a fruit bowl within easy reach.

The Editors

WE should eat to live and not live to eat.

Popular saying

THE best weight-reducing exercise is stretching your arms to push the chair away from the dinner table.

Popular saying

TO maintain a proper weight that is in accordance with our age, height, and bone structure is of utmost importance for our health. The most efficient course of action is to develop good habits that eventually become a personal lifestyle.

Diets that promise rapid weight loss, or weight loss without exercise, are not only nearly always futile, but they actually damage the body by tearing down lean tissue. A healthy weight-loss plan combines a balanced diet, a small calorie deficit, and exercise.

Activated

FAT accumulates in our bodies usually from any of five reasons: (1) junk food, (2) too much sugar, (3) overeating, (4) too much fat in the diet, (5) not having enough exercise, or a combination of all five.

Women's fat deposits appear in a variety of places: upper arms, abdomen, buttocks, and thighs. Men's fat deposits are more centralized on the middle abdomen or "pot bellies." Whatever aerobic exercise you do, fat deposits come off in the reverse order that they arrived—last hired, first fired. There are no miracle fat burners. There is only aerobic exercise, resistance training, and sensible dieting.

Eve





Practical tips for cooking with less fat and oils:

- Trim fat from meat and remove skin from poultry before eating.
- Bake, broil, poach, or roast instead of frying. When you do fry, try a nonstick pan and a small amount of oil instead of deep frying.
- When you roast, place the meat on a rack so the fat can drip away.
- Brown ground meat and drain well before adding other ingredients.
- Use ingredients like fruit juice, wine, or defatted broth to baste meats and poultry.
- Skim off fat from casseroles and soups: Refrigerate or freeze the cooked food first and then remove the solidified fat.
- Choose liquid vegetable oils high in unsaturated fat for cooking and salad dressings. Examples are canola, corn, olive, peanut, safflower, sesame, soybean, and sunflower oils. Use sparingly.
- In cooking, limit butter, lard, and solid vegetable shortenings.
- Season cooked vegetables with herbs and spices instead of lots of butter or high-fat sauces.

Eve

How much water should you drink each day?

It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth, your water needs depend on many factors, including your health, how active you are, and where you live. Although no single formula fits everyone, knowing more about your body's need for fluids will help you estimate how much water to drink each day.

Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells, and provides a moist environment for ear, nose, and throat tissues. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

Every day, you lose water through your breath, perspiration, urine, and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water. So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day.

Everyone has heard the advice, "Drink eight 8-ounce glasses of water a day." That's about 1.9 liters, which isn't that different from the Institute of Medicine recommendations. Although the "8 by 8" rule isn't supported by hard evidence, it remains popular because it's easy to remember. Just keep in mind that the rule should be reframed as: "Drink at least eight 8-ounce glasses of *fluid* a day," because all fluids count toward the daily total.

Mayo Clinic



ACCORDING to what we read in the Bible, Jesus and the people of His time and location followed what is now known as the Mediterranean Diet.

Although we know that people in Bible times ate red meat on occasion—such as festivals and when they made a sacrifice at the temple—their daily diet consisted more of fish, legumes, grains, fruits, and vegetables. Olive oil was part of every meal. The Mayo Clinic gives an overview of this diet, along with its benefits and philosophy:

The Mediterranean diet emphasizes

- eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes, and nuts;
- replacing butter with healthy fats, such as olive oil;
- using herbs and spices instead of salt to flavor foods;
- limiting consumption of red meat;
- eating fish and poultry at least twice a week;
- drinking red wine in moderation (optional).

The diet also recognizes the importance of being physically active and enjoying meals with family and friends.

The Editors



THE Merriam-Webster Dictionary defines “free radical” as an especially reactive atom, or group of atoms, that has one or more unpaired electrons; especially one that is produced in the body by natural biological processes, or introduced from an outside source (as tobacco smoke, toxins, or pollutants) and that can damage cells, proteins, and DNA by altering their chemical structure.

The substances that help neutralize them are called antioxidants. Plant-based foods are the best sources. These include fruits, vegetables, juices, whole-grain products, nuts, seeds, herbs and spices, and even chocolate.

Some good sources of antioxidants are berries, pears, apples, artichokes, bell peppers, cabbage, green tea, olive oil, garlic, cacao, cauliflower, broccoli, ginger, parsley, onion, citric fruits, and tomatoes.

The color pigments in berries, such as blueberries, blackberries, strawberries, cranberries, raspberries, have some of the highest antioxidant levels of any fresh fruits. They also have significant amounts of vitamin C and other medicinal benefits.

The Editors

How do you know what foods to shop for? A good rule of thumb is to take advantage of the fruits and vegetables that are produced locally and are in season, guaranteeing that they will be fresh and reasonably priced.

The following gives a list of some of the more nutritious foods that are widely available. With a little research, you can find what the best ones in your area are.

- ✓ Sweet potatoes are high in the antioxidant beta carotene. Food sources of beta carotene, which is converted to vitamin A in your body, may help slow the aging process and reduce the risk of some cancers. They are an excellent source of vitamins A and C, B-6, fiber, and potassium.
- ✓ Spinach is high in vitamins A and C, folate, and magnesium. The plant compounds in spinach may boost your immune system. The carotenoids found in spinach—beta carotene, lutein, and zeaxanthin—also are protective against age-related vision diseases, such as macular degeneration and night blindness, as well as heart disease and certain cancers.
- ✓ Broccoli is a good source of folate and phytonutrients. Broccoli is also an excellent source of vitamin C—an antioxidant that protects your body’s cells from damage—and vitamin A, linked to preserving eye health.
- ✓ Apples are a good source of soluble fiber, which can lower blood cholesterol and glucose levels. They are also a good source of vitamin C.
- ✓ Almonds are packed with nutrients—fiber, riboflavin, magnesium, iron, vitamin E, and calcium. They contain more calcium than any other type of nut. Most of the fat in almonds is monounsaturated fat—a healthier type of fat that may help lower blood cholesterol levels.
- ✓ Lemons are good for protection against infectious illnesses due to their high content of vitamin C. They combat toxins, strengthen body defenses, and have antiseptic properties.

Compiled from various Internet resources



BECAUSE of their high protein content, legumes—beans, lentils, chickpeas—are highly recommended to integrate into the weekly diet. Evidence of the cultivation and regular consumption of legumes reaches far back to the beginning of recorded history.

The Bible tells of legumes in the diet of the Jewish people. In the book of Genesis is found the story of Esau, who sold his birthright for a bowl of lentil stew. The book of Daniel tells the story of the king of Babylon, Nebuchadnezzar II, who gave the order to educate in his palace some of the more promising youths taken from the captive Hebrews and other tribes. Among them was Daniel himself, later to become an important prophet. The king ordered that the captives in the palace would eat from the royal cuisine. Yet Daniel asked permission for the Hebrew youths to maintain their customary diet so as to not contaminate themselves with the king's food:

“Prove thy servants ... ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon ... and the countenance of the children that eat ... the king's meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days.

“And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.”

The original word for “pulse” is *zeroa*, meaning “something sown.” The modern definition of pulse is the edible seeds of any of several leguminous plants, such as peas, beans, and lentils. Other Bible translations use the word “vegetable” instead, as vegetables are also sown from seeds. They most likely ate a balanced diet consisting of both legumes and vegetables.

The conclusion of the story is that the Hebrew youths had the conviction to keep their healthy diet; so that when they were brought before King Nebuchadnezzar, he found that there were none to compare with Daniel and his friends. From then on they held a special place in his court.

Compiled from various Internet resources

1. Daniel 1:12–16



Tips to sneak more nutrition into your meals:

- Sprinkle wheat germ or oat bran on cereals.
- Top your oatmeal with chopped prunes or raisins.
- Add nuts, quinoa, chia seeds, etc., to salads.
- Pile dark leafy greens, red or green peppers, tomatoes, and sprouts on sandwiches.
- Use natural seasoning, onions, garlic, spices, instead of packaged seasonings with chemical additives.
- Natural yoghurt can often replace mayonnaise to make salad dressings.

Based on a Redbook article



WHEN Moses was in the desert of Sinai, God related to him the moral code widely known as the Ten Commandments. But it is less known that God also laid out many practical precepts regarding diet and health. The scientific validity of many of these laws has only been discovered in recent times.

For example, in Leviticus 3:17 there is a warning to not consume animal fat: “You must not eat any fat.”¹ Scientists now realize that excess consumption of fat is linked to heart disease. Toxins also tend to concentrate in an animal’s fat.

The Law of Moses also cited examples of certain foods that were acceptable for consumption and other foods that were considered “unclean.” Dr. Rex Russell notes that “the differences between clean and unclean animals appear to be related to their primary food source and to their digestive systems. Scavengers that eat anything and everything are not suitable for food, according to the Bible. Animals described as clean, and therefore good for food, primarily eat grasses and grains.”

Regarding Leviticus 11–15, *The Expositor’s Bible Commentary* states: “In general it can be said that the laws protected Israel from bad diet, dangerous vermin, and communicable diseases.” There were rules for washing hands, cleanliness when processing food, disposal of waste, etc.

“The Hebrew was not only to avoid eating unclean animals; he was not to touch their dead carcasses. The laws automatically helped control vermin. Common unclean animals would be spiders, flies, bugs, rats, and mice. A dead rat in a Hebrew house was not overlooked. It was carefully taken out and buried. In an effort to avoid such problems, the Hebrew housewife would normally keep a clean house.” Moses could be called the father of modern infection control.

Rex Russell, MD, says, “As we look at modern science and nutrition, we will find that ... there is an amazing overlap between God’s original laws of clean and unclean and today’s solid hygienic principles.”

Compiled from various Internet resources

1. NIV

SLEEP

SLEEP is that golden chain that ties health and our bodies together.

Thomas Dekker

A GOOD laugh and a long sleep are the best cures in the doctor's book.

Irish Proverb

FINISH each day before you begin the next, and interpose a solid wall of sleep between the two.

Ralph Waldo Emerson

It may seem obvious that sleep is beneficial. Even without fully grasping what sleep does for us, we know that going without sleep for too long makes us feel terrible, and that getting a good night's sleep can make us feel ready to take on the world. Sleep plays a critical role in immune function, metabolism, memory, learning, and other vital functions.

Harvard Medical School

To “get a good night's sleep” may sound easy enough, but many people these days try to operate with a sleep deficit. It's true that some people need less sleep than others, and that most of us seem to need less sleep as we get older, but the real and perceived pressures of modern living push many of us to try to pack more into our days by sleeping less than the seven or eight hours our bodies need to be in top health. That's being shortsighted, because we get more out of our waking hours when we're rested. Plenty of sound, restful sleep stimulates the production and release of the hormone that combats aging.

Maria Fontaine



If you're taking too long to fall asleep, or awakening during the night, you should consider revising your bedtime habits.

Establish a regular relaxing bedtime routine. Try to avoid emotionally upsetting conversations and activities before trying to go to sleep. Don't dwell on, or bring, your problems to bed.

Doing work, watching TV, and using the computer (or other electronic devices) close to bedtime, and especially in the bedroom, hinders quality sleep. Violent shows, news reports, and stories before bedtime can be agitating.

National Sleep Foundation

DON'T fight with the pillow, but lay down your head,
And kick every worry out of the bed.

Edmund Vance Cooke

It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it.

John Steinbeck

If you have trouble getting a restful sleep at night, don't "take it lying down"! Here are some common hindrances to good sleep that can be remedied with a little effort: poor ventilation, outside noise or light, crumpled sheets, uncomfortable pillow, caffeine or too much alcohol close to bedtime, improper bedding for the weather.

The Editors





Five reasons to nap:

1. Napping restores alertness.

The National Sleep Foundation recommends a short nap of 20–30 minutes “for improved alertness and performance without leaving you feeling groggy or interfering with nighttime sleep.”

2. Napping prevents burnout.

Taking a nap is like a system reboot. It relieves stress and gives you a fresh start.

3. Napping heightens sensory perception.

According to Dr. Sandra Mednick, napping can restore the sensitivity of sight, hearing, and taste. It improves your creativity by relaxing your mind and allowing new associations to form in it.

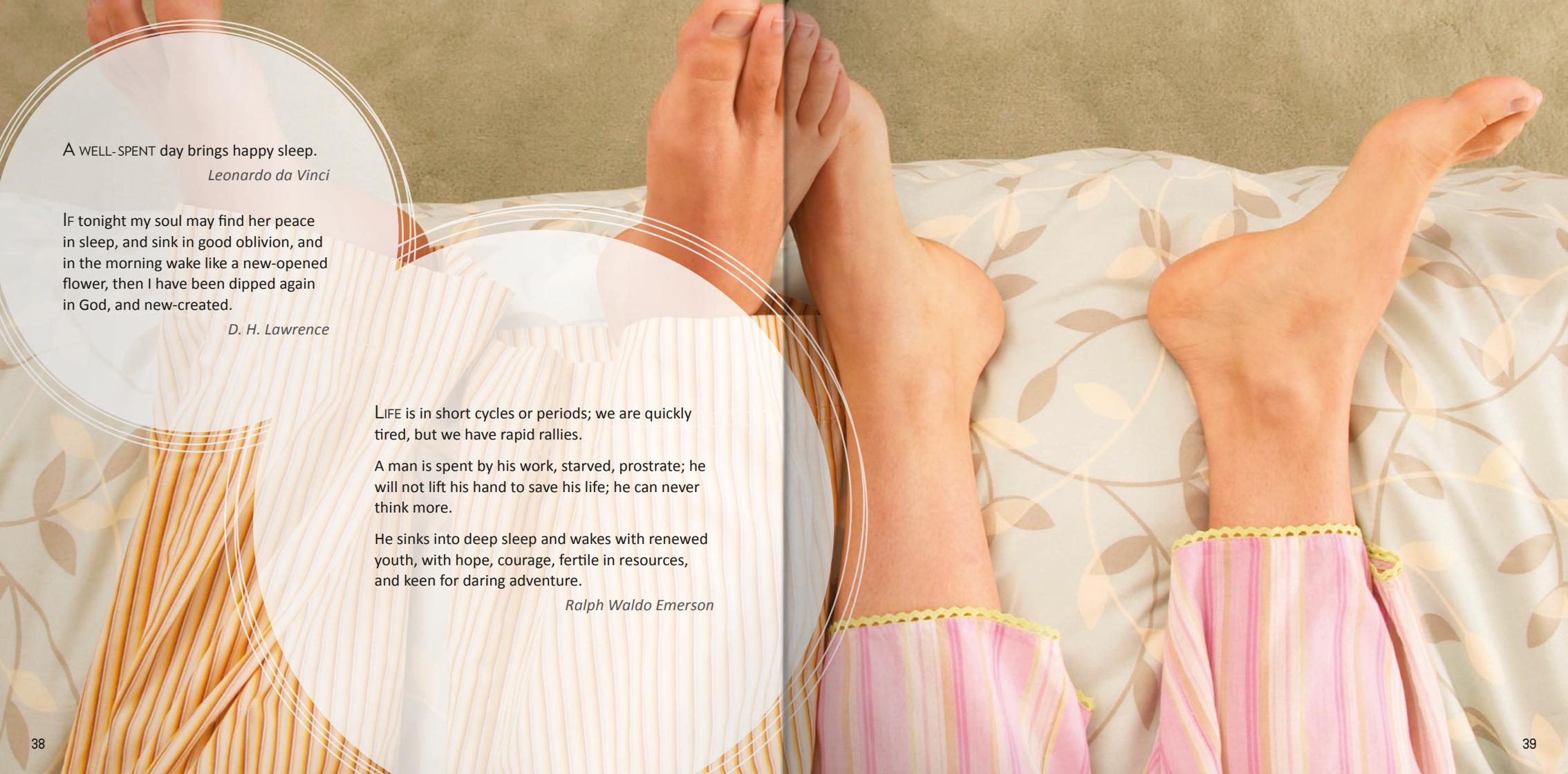
4. Napping reduces the risk of heart disease.

Those who take a midday siesta at least three times a week are 37 percent less likely to die of heart disease. Working men are 64 percent less likely, according to a 2007 study published in the *Archives of Internal Medicine*.

5. Napping makes you more productive.

Numerous medical studies have shown workers become increasingly unproductive as the day wears on. But a 2002 Harvard University study demonstrated a 30-minute nap boosted the performance of workers, returning their productivity to beginning-of-the-day levels.

Michael Hyatt



A WELL-SPENT day brings happy sleep.

Leonardo da Vinci

IF tonight my soul may find her peace
in sleep, and sink in good oblivion, and
in the morning wake like a new-opened
flower, then I have been dipped again
in God, and new-created.

D. H. Lawrence

LIFE is in short cycles or periods; we are quickly
tired, but we have rapid rallies.

A man is spent by his work, starved, prostrate; he
will not lift his hand to save his life; he can never
think more.

He sinks into deep sleep and wakes with renewed
youth, with hope, courage, fertile in resources,
and keen for daring adventure.

Ralph Waldo Emerson

EXERCISE

EXERCISE is one of the pillars of good health. Regular physical activity is fundamental to live longer, feel better, have more energy, and look nicer.

How to start an exercise program? How much exercise do you need? What kind of sport is most recommended and how much time should you dedicate to it? The answers to these questions depend on several factors: age, gender, general state of health, metabolism, and present physical condition. Nevertheless, there are a few general guidelines to follow for a successful exercise plan. Here are a few of the most outstanding:

- Choose one or several types of exercise that you like. This increases the probability of sticking to it.
- Start with short-term and accessible goals, and increase intensity slowly. Optimum physical state is not achieved overnight. Demanding too much from the body may result in injuries. Discouragement can lead to giving up altogether.
- Exercise should be frequent, several times a week.
- Vigorous exercise is recommended, a routine that increases heartbeat and works up a sweat.
- To avoid injury, start with a few warm-up exercises and end with stretches to cool down.
- Have water available and maintain good hydration during exercise.
- Be realistic in the plan and stick to it. It may help to mark on a calendar the exercise done during the week. Keeping track will help evaluate progress.
- Change routines every once in a while. With time, the body gets used to a certain type of exercise, and its effectiveness diminishes. Variety is the spice of life.
- Anyone over 40, overweight, in bad physical shape, or suffering from a chronic health problem should consult with their doctor before embarking on an exercise program.

Activated



THERE are two forms of exercise with which we use energy. The first is aerobic, meaning *with oxygen*. You get aerobic exercise when you exercise at a fairly even, moderate level of exertion over a period of 15 minutes or longer (e.g., jogging, walking, swimming, riding a bike, hiking, or things of that nature).

The other form of exercise is anaerobic, meaning *without oxygen*. This includes all forms of exercise where the main exertion is done sporadically in fairly short bursts (e.g., weightlifting, sprinting, or stop-and-go sports like tennis, basketball, football).

Eve

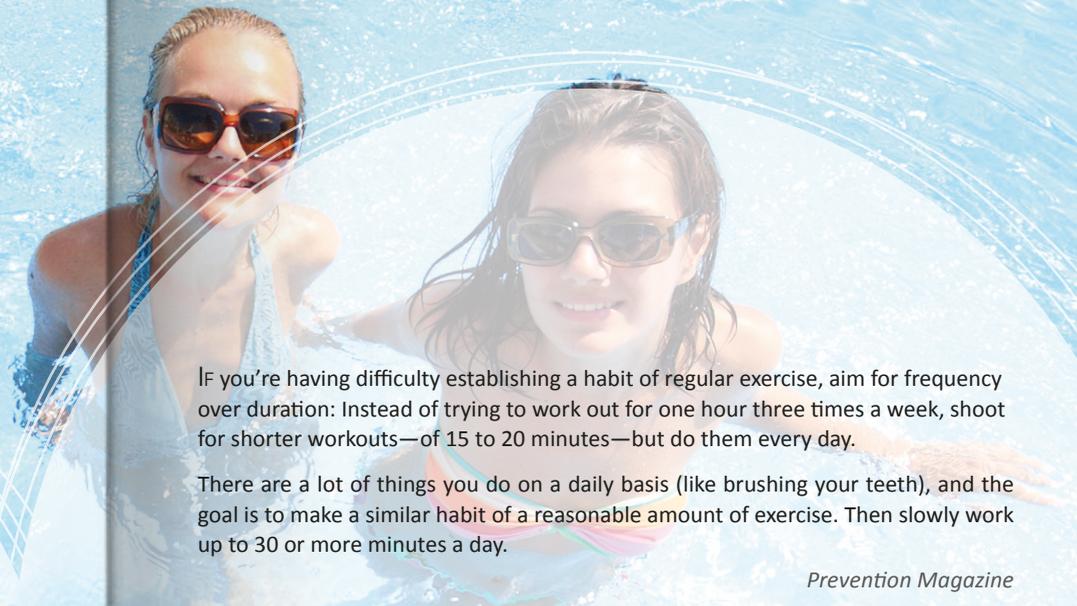
CONSIDER using intervals: aerobic, with some bursts of anaerobic exercise mixed in periodically to improve weight loss and overall fitness.

Barbara Gibson

THE World Health Organization recommends practicing some type of exercise for at least 30 minutes a day. Nevertheless, for those who lead a sedentary life and spend long hours in front of a desk or work bench, this is not enough. The ideal is to stand up and move about for 10 minutes every hour.

In her book, *Sitting Kills, Moving Heals*, Joan Vernikos, former NASA specialist, explains that people need to resist the force of gravity by changing positions frequently. Simple movements all throughout the day, not associated with exercise, are also essential to counter the aging process.

The Editors



IF you're having difficulty establishing a habit of regular exercise, aim for frequency over duration: Instead of trying to work out for one hour three times a week, shoot for shorter workouts—of 15 to 20 minutes—but do them every day.

There are a lot of things you do on a daily basis (like brushing your teeth), and the goal is to make a similar habit of a reasonable amount of exercise. Then slowly work up to 30 or more minutes a day.

Prevention Magazine

IT is also recommendable to include stretching exercises in your exercise program. Fitness instructor Cathe Friedrich says, "Why stretch? As we age, our bodies naturally tend to stiffen up. Stretching lengthens your muscles and loosens the joints they are connected to so you can move more freely. It helps improve flexibility and posture, increases your range of motion, helps reduce your risk of injury, reduces stress, and promotes relaxation.

Furthermore, if you exercise on a regular basis, the benefits of stretching extend into your workouts by helping you recover faster, reducing lactic acid buildup, and restoring flexibility to your muscles."

The Editors

EXERCISE! You know you need to do it, but there is always some inconvenience, some excuse, some reason why you can't seem to get started. You have a lot of work to do, the weather is bad, there's no gym around, there's no one to care for the kids, you have a deadline to meet, you're too tired, and the list goes on. Or maybe you throw all the excuses away and get down to the bare fact: you hate to exercise.

Here is some good news: exercise does not always have to be done in a gym or court. Any good physical activity that is done daily is better than no activity. Here are some ideas of ways to integrate exercise into your day without going to the gym:

- wash the car
- wax the floors
- do handyman jobs in the house
- clean windows
- organize the garage or storage area
- work in the patio or garden
- rake leaves
- take a walk after lunch or dinner
- climb stairs instead of taking the elevator
- get off the bus a couple of stops early and walk the rest of the way
- park the car at the end of the parking lot to walk the rest of the way
- play with the kids in the park
- take the dog for a walk
- take a bike ride
- go out dancing

The Editors



TRIPS that take less than 10 minutes by car can most likely be done on foot or by bike. Exercising while running errands counts as a double win.

The Editors

EXERCISE is not in your seat, it is on your feet.

The Editors

THE secret to good health is to have the body moving while the mind is resting.

Vincent Voiture



Take a walk

“It is solved by walking.” This phrase refers to the 4th-century-B.C. Greek philosopher Diogenes’ response to the question of whether motion is real—he got up and walked. “It is solved by walking.” As it turns out, there are many other problems and paradoxes to which walking is the solution.

For Thomas Jefferson, the purpose of walking was to clear the mind of thoughts. “The object of walking is to relax the mind.” For Ernest Hemingway, walking was a way of developing his best thoughts while mulling a problem. For Henry David Thoreau, walking wasn’t just a means to an end, it was the end itself, “the enterprise and adventure of the day.”

Scientific studies increasingly show the psychological benefits of walking and other forms of exercise to be very tangible. “It’s become clear that this is a good intervention, particularly for mild to moderate depression,” said psychologist Jasper Smits. The results are so clear-cut that Smits and a colleague have written a guidebook for mental health professionals with advice on how to prescribe exercise for patients. Psychologist Laurel L. Fox has taken the idea further and has walking sessions with her patients.

Research has also shown similar benefits to simply being around nature. One study showed that spending time in natural settings makes us more generous and more community-oriented. “As healthcare costs spiral out of control, it behooves us to think about our green space in terms of preventive health care,” said Dr. Kathryn Kotrla. “This highlights very clearly that our Western notion of body-mind duality is entirely false. The study shows that we are a whole organism, and when we get healthy that means our body and our mind get healthy.”

So it truly seems like there is no end to the problems that can be solved by walking. It makes us healthier, it makes us fitter, it enhances every kind of cognitive performance, from creativity to planning and scheduling. Best of all, it reconnects us to ourselves.

Arianna Huffington



MANY dedicated exercisers say they work out not just for their body, but also for their mind.

“Exercise has a very positive effect on mental health from a number of perspectives,” says Dr. John Docherty, psychiatrist. “We know exercise helps regulate biorhythms, which improves sleep, and it enhances energy level and vigor. Exercise is also very important in maintaining physical health and controlling weight, which impacts on self-esteem.”

“With every aerobic exercise bout, there is at least a temporary period of calmness lasting from two to four hours,” says Jack Raglin, associate professor of kinesiology at Indiana University.

Exercise also raises body temperature, which may relax muscles and calm body and mind. “Any kind of repetitive rhythmic stimulus applied to the brain stem, such as walking, swimming laps, or cycling can have a tranquilizing effect on the nervous system, like rocking a baby,” Brad Hatfield, professor of kinesiology says. Plus, exercise enhances sleep, allowing people to “recharge their batteries.”

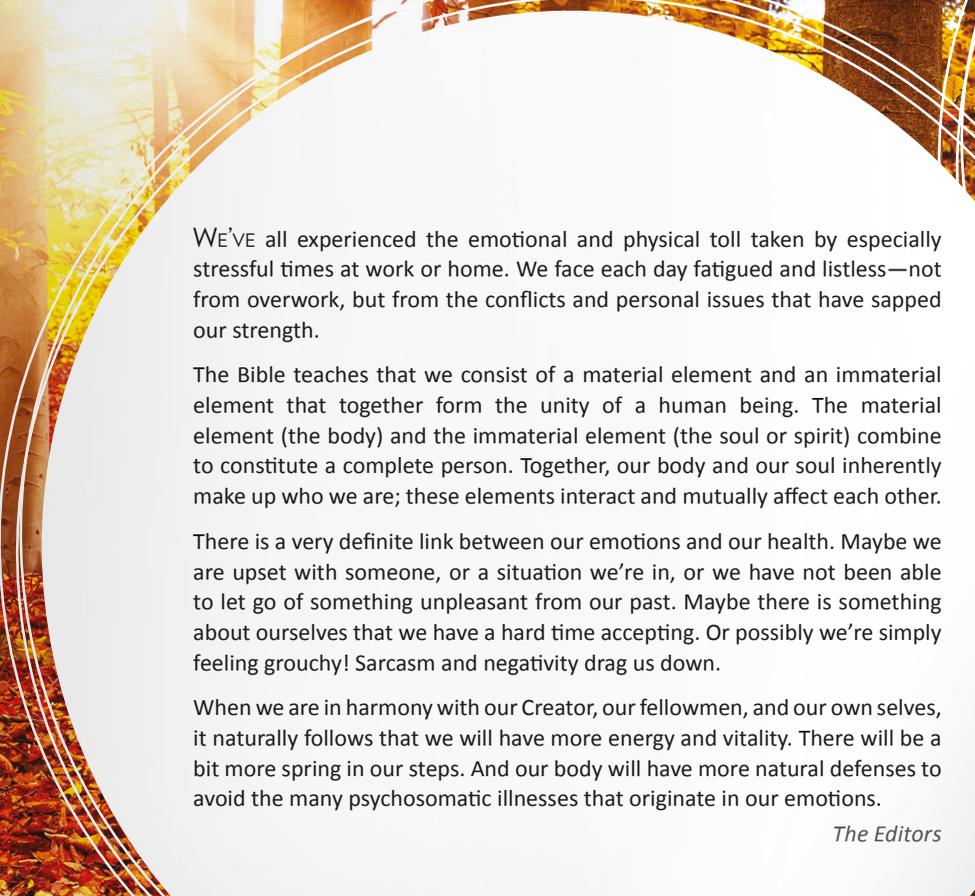
And simply escaping temporarily from problems, accomplishing a goal, being in the fresh air and sunshine, mastering a new skill, interacting socially, or getting away alone are all possible reasons exercise improves mood. Exercise is generally something people can control, which boosts self-confidence and feelings of competence.

Washington Post

THE BODY/SPIRIT CONNECTION

I WILL HEAL MY PEOPLE AND WILL LET THEM
ENJOY ABUNDANT PEACE AND SECURITY.

JEREMIAH 33:6 NIV



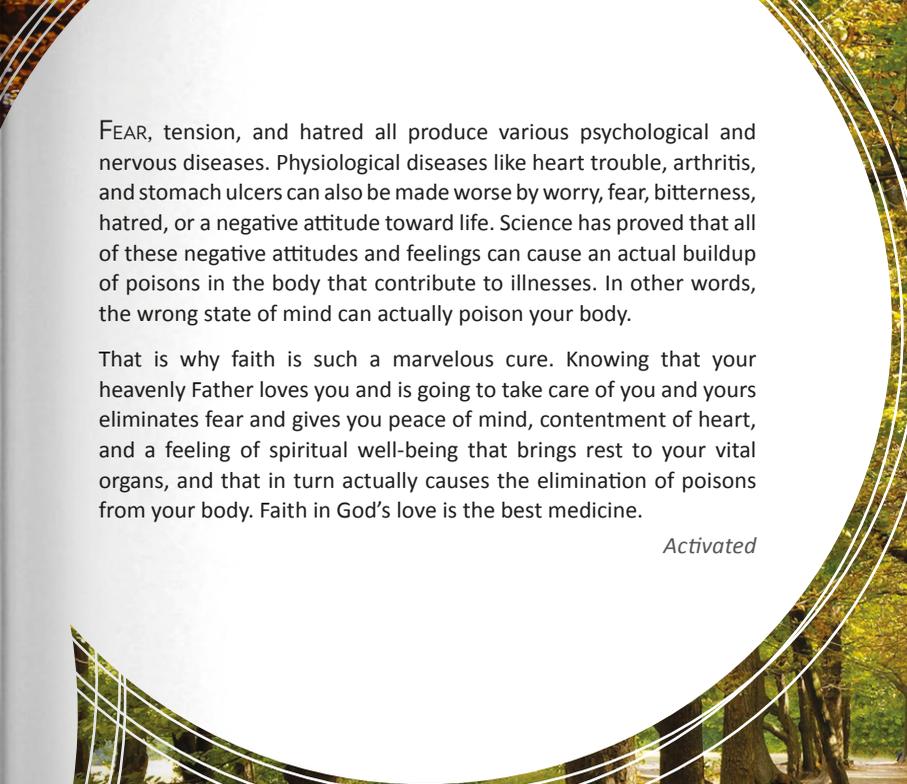
WE'VE all experienced the emotional and physical toll taken by especially stressful times at work or home. We face each day fatigued and listless—not from overwork, but from the conflicts and personal issues that have sapped our strength.

The Bible teaches that we consist of a material element and an immaterial element that together form the unity of a human being. The material element (the body) and the immaterial element (the soul or spirit) combine to constitute a complete person. Together, our body and our soul inherently make up who we are; these elements interact and mutually affect each other.

There is a very definite link between our emotions and our health. Maybe we are upset with someone, or a situation we're in, or we have not been able to let go of something unpleasant from our past. Maybe there is something about ourselves that we have a hard time accepting. Or possibly we're simply feeling grouchy! Sarcasm and negativity drag us down.

When we are in harmony with our Creator, our fellowmen, and our own selves, it naturally follows that we will have more energy and vitality. There will be a bit more spring in our steps. And our body will have more natural defenses to avoid the many psychosomatic illnesses that originate in our emotions.

The Editors



FEAR, tension, and hatred all produce various psychological and nervous diseases. Physiological diseases like heart trouble, arthritis, and stomach ulcers can also be made worse by worry, fear, bitterness, hatred, or a negative attitude toward life. Science has proved that all of these negative attitudes and feelings can cause an actual buildup of poisons in the body that contribute to illnesses. In other words, the wrong state of mind can actually poison your body.

That is why faith is such a marvelous cure. Knowing that your heavenly Father loves you and is going to take care of you and yours eliminates fear and gives you peace of mind, contentment of heart, and a feeling of spiritual well-being that brings rest to your vital organs, and that in turn actually causes the elimination of poisons from your body. Faith in God's love is the best medicine.

Activated

If you don't want to be ill ...

... talk about your feelings.

Emotions and feelings that are hidden and repressed can result in illnesses, such as gastritis, ulcers, lumbar pains, and even cancer. Dialogue is a powerful remedy and an excellent therapy.

... learn to make decisions.

Indecision accumulates problems and worries that can result in gastric ailments, nervous pains, and skin problems. The process of making decisions requires sorting through factors and understanding that it is often necessary to forgo some things in order to gain others.

... be optimistic and find solutions.

Negative people do not seek solutions, but prefer to stay submerged in their problems. Pessimism and sarcasm generate negative energy that transforms into illness. In contrast, optimism goes hand in hand with faith and attracts solutions producing positive energy that favors good health.

... accept yourself.

Low self-esteem makes us alienate ourselves. Being at peace with ourselves is the core of a healthy life. People who do not accept themselves are prone to become envious, jealous, imitators, competitive, and destructive—all of which can have negative health repercussions. Accept yourself, and let others accept you as well.

Happiness is health and therapy.

The Art of Being Well, Dr. Dráuzio Varella

A HEALTHY outside starts from the inside.

Robert Urich

YOUR body hears everything your mind says.

Naomi Judd

CHEERFULNESS is the best promoter of health and is as friendly to the mind as to the body.

Joseph Addison



RESENTMENT is like drinking poison—and expecting the other person to die. The only one who is made sick is the one harboring the resentment.

Dr. Paula Bloom

AS much as depends on you, live peaceably with all men.

Romans 12:18 NKJV

WHEN I forgive, I am not to carry any bullets forward on the journey. I am to empty out all my explosives, all my ammunition of anger and revenge. I am not to “bear any grudge.”

I cannot meet this demand. It is altogether beyond me. I might utter words of forgiveness, but I cannot reveal a clear, bright, blue sky without a touch of storm brewing anywhere.

But the Lord of grace can do it for me. He can change my weather. He can create a new climate. He can “renew a right spirit within me,” and in that new atmosphere nothing shall live which seeks to poison and destroy. Grudges shall die and revenge shall give place to goodwill, the strong genial presence which makes its home in the new heart.

J. H. Jowett



PEOPLE who laugh more are less likely to have heart disease. “The old axiom that laughter is the best medicine appears to hold true when it comes to protecting your heart,” said Dr. Michael Miller, director of the center for preventive cardiology at the University of Maryland in Baltimore. Miller and his colleagues believe laughter may release chemicals that relax the blood vessels. “It’s not just going ‘ha, ha, ha,’” Miller said. “It’s having a good, hearty laugh.” Miller said many studies had shown that feelings of anger and hostility cause the cells lining blood vessels to release chemicals that make them constrict.

Eve

It is scientifically proven that laughter combats anguish and stress, alleviates certain forms of depression, strengthens the immune system, relaxes the mind and body, improves breathing and blood circulation, inspires creativity and the imagination, promotes communication and sociability, relieves pain, and improves self-esteem.

El club de la risa (The laughter club)

INVESTIGATOR and neuroscientist Sergio Mora found that 10 minutes of pleasant conversation will lead to a measurable improvement in the brain’s functions. Any activity that gives us a brief respite from intense concentration is beneficial for our health and results in better work in the long run. A nice chat with friends or family—or a moment of conversation with God to unburden ourselves from the day’s concerns—is a tonic for mind and body.

The Editors

PLEASANT words are as an honeycomb, sweet to the soul, and health to the bones.

Proverbs 16:24

WE need rest to renew our strength, to recharge our batteries. Our bodies and minds need pauses to function at their best. Every once in a while, we have to change our routines, relax, and enjoy a bit of variety in our lives.

“If we want to reach the end of the year, we have to take our rest times seriously,” warns psychologist and psychotherapist Marco Antonio Campos. “This means, among other things, taking advantage of the weekends for activities that are a break from the normal work routine.

“Taking 15 to 20 minutes daily for quiet meditation, contemplation, or perhaps listening to soothing music, breathing calmly, and emptying our thoughts of the day’s activities and cares, will make us healthier people.”

A popular saying tells us, “You must have rest to do your best.” We can take little breaks during the day to contemplate a beautiful garden, cloud formations, flowers in bloom, or a sunset, especially when we work in closed offices with artificial lighting. Many therapists believe that the color green has a soothing and revitalizing effect on our moods. No wonder God put so many tones of green in His creation. There are also studies that link exposure to natural light with greater concentration and overall better health.

It comes down to knowing when to put all our concentration on the task at hand, and when to distract ourselves for a moment to later return refreshed for our work. We have to discipline ourselves to know when to work, and when to relax. As King Solomon wrote, “To every thing there is a season, and a time to every purpose under the heaven.”¹

The Editors

REST in the Lord, and wait patiently for him.

Psalm 37:7

1. Ecclesiastes 3:1

GOD can take away all your cares and calm your fears in one moment in His presence.

One serene interlude listening to His voice inspires faith and tranquility, and we are nourished with the peace that He gives.

The Editors

CAST your cares on the Lord and he will sustain you.

Psalm 55:22 NIV

COME to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.

Matthew 11:28–30 NKJV

SLOW, deep breathing is probably the single best anti-stress medicine we have,” says James Gordon, a clinical professor of psychiatry at the Georgetown University School of Medicine. “When you bring air down into the lower portion of the lungs, where oxygen exchange is most efficient, everything changes. Heart rate slows, blood pressure decreases, muscles relax, anxiety eases, and the mind calms. [Belly breathing] is extremely therapeutic.”

Deep diaphragmatic breathing has also been found to significantly reduce symptoms of severe premenstrual syndrome, as well as relieve anxiety, depression, and other forms of emotional distress, end heart arrhythmias, improve digestion, increase blood circulation, and improve sleep and energy cycles. The abdomen should expand during inhalation to provide the optimum amount of oxygen needed to nourish all the cells in the body.

The Editors

To rest the mind and renew strength, try this simple exercise:

Go outside, preferably to a natural setting. Take long, deep breaths. Imagine that you are inhaling God's energy, light, love, and peace. Then exhale slowly and imagine that you are expelling stress, worries, negative feelings, or whatever may be troubling you. Look around at God's creation, and continue to breathe deeply as you think about His infinite love and care. Turn your worries and concerns over to Him, and thank Him in advance for working everything out. In just a few moments you will feel rejuvenated.

God is like the air we breathe—all around us, invisible, and vital to our health and happiness. Just as we need to breathe clean, fresh air to be strong and healthy physically, we partake of God's Spirit to be strong and healthy spiritually.

Activated

MY son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity.

Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man.

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.

Proverbs 3:1–8 NIV

DIVINE HEALING

THE LORD ... HEALS ALL YOUR DISEASES ...
SO THAT YOUR YOUTH IS RENEWED
LIKE THE EAGLE'S.

PSALM 103:3–5 ESV

NO matter how much we follow all the guidelines to maintaining a healthy lifestyle, there will be occasions when we will suffer from an illness or injury. The need for healing is universal. And that's probably why Jesus spent so much of His time on earth healing the sick. The four Gospels are full of accounts of healing miracles that Jesus performed—lepers were cleansed, the blind received sight, the mute talked, the lame walked, and the dead were raised to life again. Great multitudes followed Him, and He was moved with compassion and healed them all.¹

The Bible teaches us that “Jesus Christ is the same yesterday, today, and forever.”² The wonderful truth is that He is just as ready, willing, and able to heal us today as He ever was. No sickness or condition is beyond His power to heal, nor is any ailment too small for Him to be concerned about. Even if He doesn't heal you immediately or supernaturally, be assured that He wants your afflictions, like everything else, to work out for your good. Turn to Him in your time of need, let Him draw you closer to His heart of love, keep trusting Him, and watch Him work in your life.

The Editors

AS Jesus was on his way, the crowds almost crushed him. And a woman was there who had been subject to bleeding for twelve years, but no one could heal her. She came up behind him and touched the edge of his cloak, and immediately her bleeding stopped.

“Who touched me?” Jesus asked. ...

Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. Then he said to her, “Daughter, your faith has healed you. Go in peace.”

Luke 8:42–48 NIV

1. See Matthew 14:14; 12:15.
2. Hebrews 13:8 NKJV

ON a Sabbath Jesus was teaching in one of the synagogues, and a woman was there who had been crippled ... for eighteen years. She was bent over and could not straighten up at all.

When Jesus saw her, he called her forward and said to her, “Woman, you are set free from your infirmity.” Then he put his hands on her, and immediately she straightened up and praised God.

Luke 13:10–13 NIV

AS Jesus passed ... two blind men followed him, crying aloud, “Have mercy on us, Son of David.”

When he entered the house, the blind men came to him, and Jesus said to them, “Do you believe that I am able to do this?” They said to him, “Yes, Lord.”

Then he touched their eyes, saying, “According to your faith be it done to you.” And their eyes were opened.

Matthew 9:27–30 ESV

MOST assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. And whatever you ask in My name, that I will do.

John 14:12–13 NKJV

GOD encourages us to call for help and ask others to pray with us, and He promises us greater results if we do. “If two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them.”¹

If God knows your needs before you call,² why doesn't He just go ahead and supply them without your having to ask?—Because He wants you to confess your dependence on Him and manifest your faith in Him. Similarly, you can pray for yourself and God will answer, but the answer won't be as great a testimony. When you ask others for prayer it's not only a manifestation of your faith in God, but also a confession of your need for and dependence on Him and therefore a greater testimony to all when He answers—and that, of course, greatly pleases Him.

Daily Might

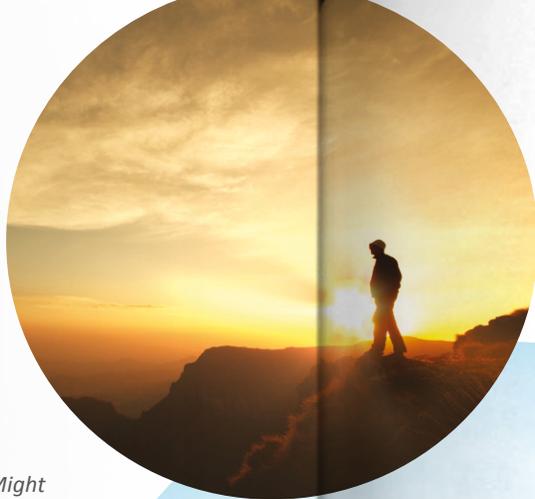
THANK You, Jesus, that there's always something that I can praise You for. Even when it seems like everything's going wrong, You direct my attention to something good and help me bask in the knowledge of Your ever-present care.

Even when I'm sick, I can find hope in Your promises of healing and thank You for being with me during my sickness. When my body's weak, You often strengthen my spirit through extra time spent with You, and I can thank You for that. It's always invigorating to feel Your love, because then I know everything is going to be okay.

Activated

1. Matthew 18:19–20 NIV

2. See Matthew 6:8.



Do you not know? Have you not heard?

The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40:28–31 NIV

Bible promises for healing:

I am the Lord who heals you.

Exodus 15:26 NKJV

The Lord will take away from you all sickness.

Deuteronomy 7:15 ESV

I have heard your prayer and seen your tears; I will heal you.

2 Kings 20:5 NIV

He sent his word, and healed them.

Psalms 107:20

He was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

Isaiah 53:5

“I will restore health to you, and heal you of your wounds,” says the Lord.

Jeremiah 30:17 NKJV

For you who revere my name, the sun of righteousness will rise with healing in its rays.

Malachi 4:2 NIV

The power of the Lord was present to heal them.

Luke 5:17 KJV

Jesus Christ heals you.

Acts 9:34 NIV

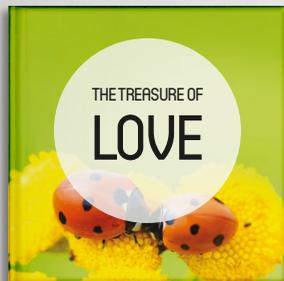
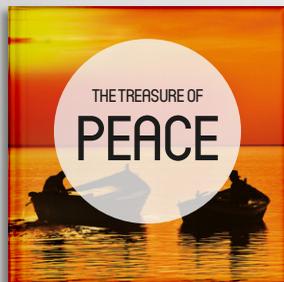
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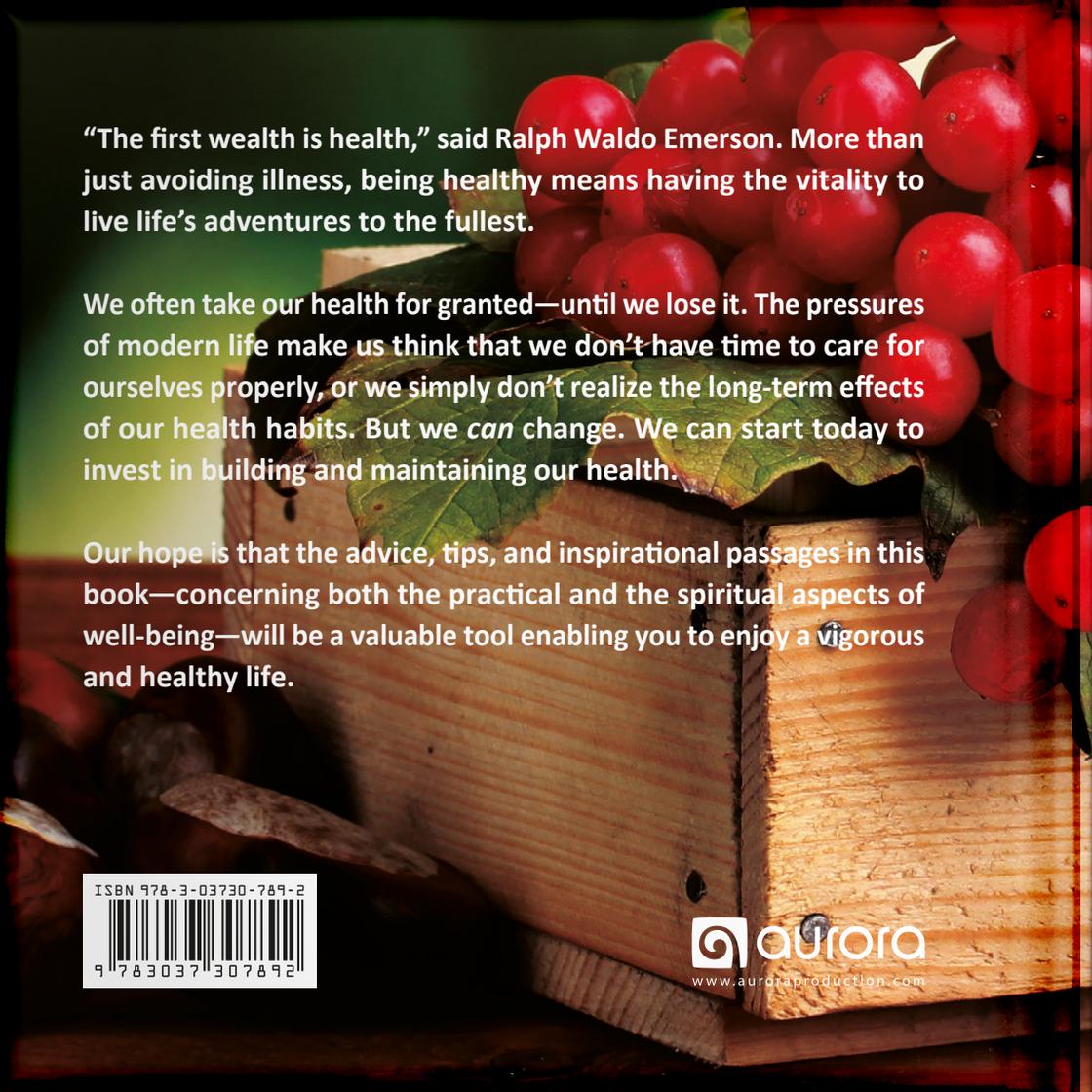
Whether you are enjoying good health, battling with illness, or in a process of recuperation, sound health advice will be useful, and even more so if it can become part of your health routine. Everything that you invest in your physical well-being gives returns in an overall better lifestyle. Even so, there is no sure guarantee that we will never get sick. Even if we follow every rule for healthy living, there will always be other outside factors to contend with. For this, we need the Great Physician, the One who created us and is capable of repairing us and restoring our health.

If you have not yet met the One who is able to bring you peace and heal you physically, mentally, and spiritually, you can by simply praying the following prayer to open your heart to Jesus and ask Him to work in your life:

Jesus, thank You for giving Your life for me. Please forgive me for all the wrongs that I have done. I open my life to You and want to know You better. Help me learn about You and live in harmony with You from now to eternity. Amen.

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“The first wealth is health,” said Ralph Waldo Emerson. More than just avoiding illness, being healthy means having the vitality to live life’s adventures to the fullest.

We often take our health for granted—until we lose it. The pressures of modern life make us think that we don’t have time to care for ourselves properly, or we simply don’t realize the long-term effects of our health habits. But we *can* change. We can start today to invest in building and maintaining our health.

Our hope is that the advice, tips, and inspirational passages in this book—concerning both the practical and the spiritual aspects of well-being—will be a valuable tool enabling you to enjoy a vigorous and healthy life.

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