

THE 8 LAWS OF HEALTH

"Pure air, sunlight, abstemiousness, [temperance] rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them." Ministry of Healing 127.

Many times in our lives, in the normal daily living, the circumstances around us are connected in such a way that we may never do one thing without affecting another. This is even clearer when it pertains to our Maker's laws regarding our existence. The results are reaped then or later in a more marked manner, especially if we are careful to trace the "cause to effect."

The Bible tells us that the Decalogue, the Ten Commandments, is a unified law. James 2:10 states, **"For whosoever shall keep the whole law yet offend in one point, he is guilty of all."** Jesus, the author of humanity and the law, further expounds on this: **"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets."** Matthew 22:37-40.

If a person professes to love God but only keeps the first four commandments, neglecting the command to love their neighbor, they fail to meet God's standard for love and law. Thus, love, as the fulfillment of the entire law, encompasses our absolute duty to both God and humanity. The Ten Commandments are not ten separate laws but one law with ten interdependent sections. Breaking one commandment is akin to breaking the entire Decalogue.

This principle extends to the laws of health. Although there may be eight or more sections, violating one can trigger a chain of negative consequences in the human body due to their interconnectedness.

For instance, consider poor eating habits. If someone consumes a heavy meal just before bed, their digestive system will be actively engaged when they desire rest. This might delay sleep, disrupting their sleep cycle and potentially leading to only a few hours of rest before an early start. In this scenario, not only is the law of nutrition broken, but the law of proper rest is also violated. Waking up late and tired, the individual rushes to get ready and catch the bus, setting aside another crucial law: TRUST IN GOD. They fail to spend time with their Maker, to ask for guidance or blessings from Him in whom we live, move, and have our being. Upon arriving at work, the heavy late-night meal has left them without an appetite for breakfast; their system is sluggish, possibly constipated. Warm WATER, a simple remedy and law of health, could have helped regulate the system. However, due to fatigue and lack of refreshment, they resort to an energy drink or stronger stimulant to keep their nerves alert, thereby violating another law: TEMPERANCE. This chain of detrimental actions continues, entangling the individual in the consequences of their own choices.

Many of us find ourselves in this downward spiral, perhaps due to ignorance of these laws of health. As we become enlightened about the laws of our being, we will discover great benefits and satisfaction. God, in His word, expresses His desire for us to enjoy good health: **"Beloved, I wish above all things that thou mayest prosper and be in health,**

even as thy soul prospereth." 3 John 1:2. He has also promised to keep us in health and heal us of all diseases if we keep His statutes:

"And [God] 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. "Who forgiveth all thine iniquities; who healeth all thy diseases;" Psalm 103:3.

This doesn't, however, mean that God makes us sick. We all live in a world full of suffering. It's sin, not righteousness, that leads to so much suffering. Sin is the transgression of the law—that is, breaking the Law of God, which includes moral law and the laws of health. The laws of health encompass Nutrition, Exercise, pure water, Sunlight, Temperance, Pure air, Proper Rest, and Trust in Divine Power.

Suppose I follow only seven of these and neglect proper nutrition; will my soul thrive? What if I stay in the dark all the time; I would get sick. If I have no water, my body cannot function properly. If I eat foods that I enjoy the taste of, but they clog, harm, or poison my body so it cannot function properly, or if I don't consume the essential nutrients God intended for us, our bodies cannot be strong and healthy when important needs are unmet.

In our current era, people have largely adopted the idea that we must rely on numerous doctors, hospitals, drugs, and clinics, or we are bound to be sick! **Few people today realize that God designed our bodies to heal themselves and keep us well, provided we supply what they need and stop using harmful things.**

However, humans are tricked into neglecting some necessary laws and substituting others for what God created! When God made our foods, He included everything we needed for our bodies to function correctly. But humanity has interfered with these natural foods, refining them, processing them, and adding things that may make us crave them but are actually harmful! Then, when so many are sickly, they feel they must depend on doctors to give them more harmful substances, when all they truly need is to use what God provided for them in its original form!

When humanity believes it can improve upon God's creation, thinking it knows better than the Creator, and increasingly interferes with natural things, the greater the mess it creates.

An MMV witnessed an interesting sight. While shopping for fresh produce to last until her garden was ready, the woman in front of her at the checkout had a large cart full of items. These could only be described as 'food-like objects.' The MMV carefully observed the other lady without staring, but did not see even one healthy, natural food in her entire cart. There were sugary foods, sweetened drinks, soda, chips, candy, and all kinds of processed and refined items that bore no resemblance to real food. It was sad, because she paid a lot of money for that stuff, and it was merely paving the way for future sickness.

Paul Bragg, in his famous cookbook, states:

“The average person is poisoning himself day by day with the food he eats. Most people eat with their eyes. If the food looks good, they do not question whether it is healthful or death-dealing. Few people know the right kind of food to put into their bodies to keep them well and strong or take the time to select this food if they do know. From birth to old age the average individual never experiences the taste of real natural food. Our tiny sensitive taste buds have been for generations so polluted by unnatural, artificially seasoned and stimulating foods that most of us are unable to appreciate the fine, delicate flavor of the natural foods.

Foods must be fixed, hashed, mashed, smashed, boiled, broiled, stewed, baked, pickled, preserved, flavored, salted, creamed, dried, roasted, fried, greased, peppered, vinegar-laden, smoked, toasted, crushed, rolled, mealed, oiled, fermented, beaten, sweetened, spiced, soured, peeled, shredded, steamed, braised, colored and otherwise seasoned in order to offer an appeal to the civilized man.”

The more human intervention a food undergoes, the less value it has for the body! This principle applies to God's laws—physical, moral, and spiritual. Oh yes, it affects everything. God does not have laws that don't matter. He does not give us rules just to be bossy. He knows that when things are balanced and in place as He designed them, everyone is much happier and healthier. So, the more we learn about these wonderful eight laws of health, how they work, and how we can apply them, the more we will experience health and happiness as God planned for us all!

Remember how the Psalm writer said he hated lies but loved God's laws? That is how we all need to be. Yet, the strange thing in our world is that if you take each one of those God-given laws and examine what the 'experts' and 'authorities' say about them, you will find they warn about the dangers of every single one!

As the Bible says, **“For what if some did not believe? shall their unbelief make the faith of God without effect? God forbid: yea, let God be true, but every man a liar;”** Romans 3:3, 4. **Poor Health Doesn't “Just Happen” but We Can Change It! “As the bird by wandering, as the swallow by flying, so the curse causeless shall not come.”** Proverbs 26.2.

“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.” Galatians 6.7.

“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.