

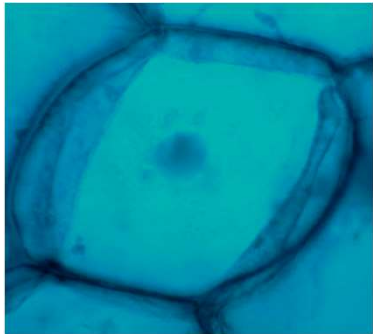
## **Disease starts on a cellular level:**

**“And whether one member [or cell] suffer, all the members suffer with it; or one member be honoured, all the members rejoice with it.”**

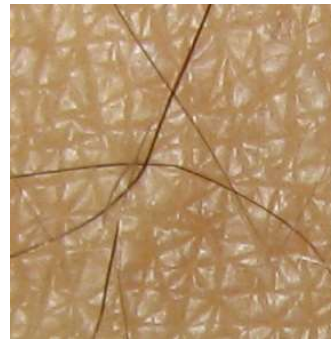
**“The Owner’s Manual”, 1Cor 12:26**

# The Cell: Building Block of Life

**CELLS**



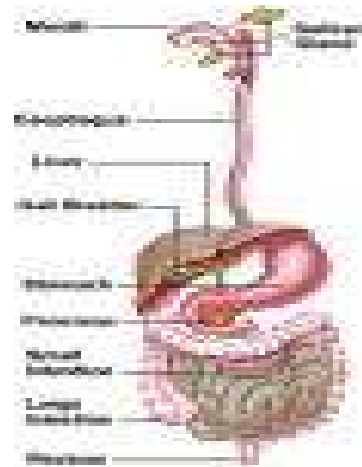
**TISSUE**



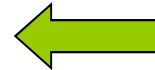
**ORGANS**



**SYSTEMS**



**BODY**



# Five Basic Needs of A Cell

1. Oxygen (three minutes)
2. Water (three days)
3. Nutrients (three weeks)
4. Waste Elimination (minutes/hours)
5. All Poisons Kept Out (hours/days)

BLOOD



# Life and Health from the Blood

- “The life of the flesh is in the blood.”

“The Owner’s Manual”, Lev 17:11

- “Perfect health requires perfect circulation.”

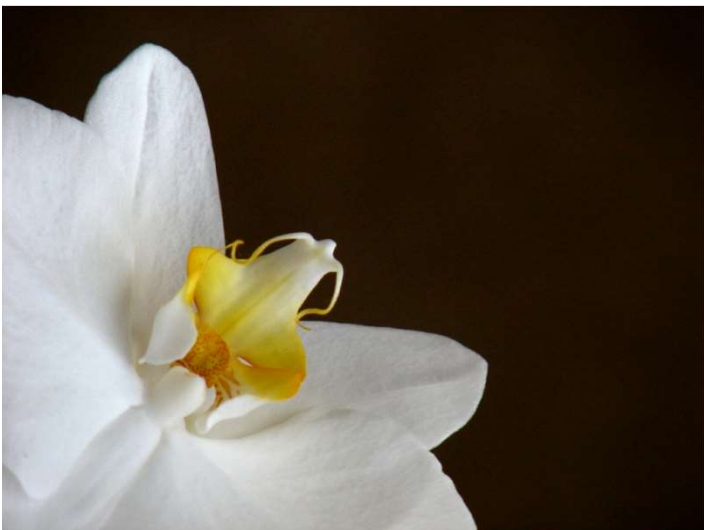
Counsels on Health, p. 93

- We need:
  - Good blood!
  - Perfect circulation!

**DISEASE NEVER  
COMES  
WITHOUT A  
CAUSE!**

# Four Steps In Case of Sickness

- Find the cause.
- Change unhealthful conditions.
- Correct wrong habits.
- Assist nature
  - to expel impurities and
  - to re-establish right conditions in the system.



# What About Heredity?

Heredity loads the gun



Lifestyle pulls the trigger





# Keys to Health

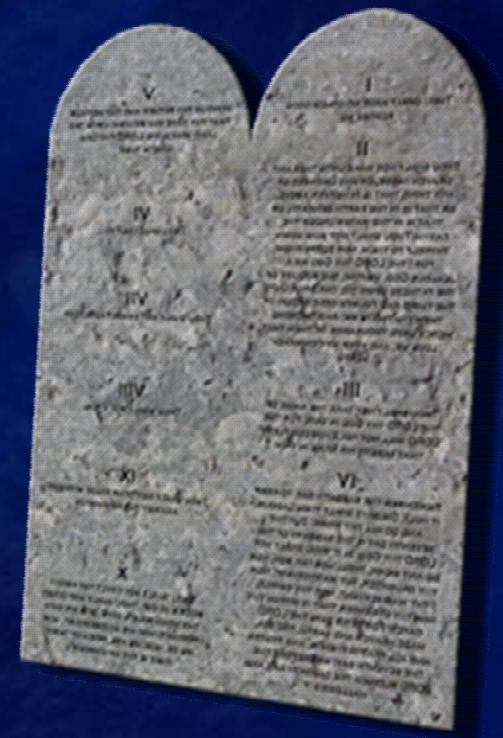
Eight Laws  
for **Vibrant** Health

- Laws of Health – Attainable?
- For everyone
  - Freely available
  - Affordable
  - Natural
  - Simple
  - Easy

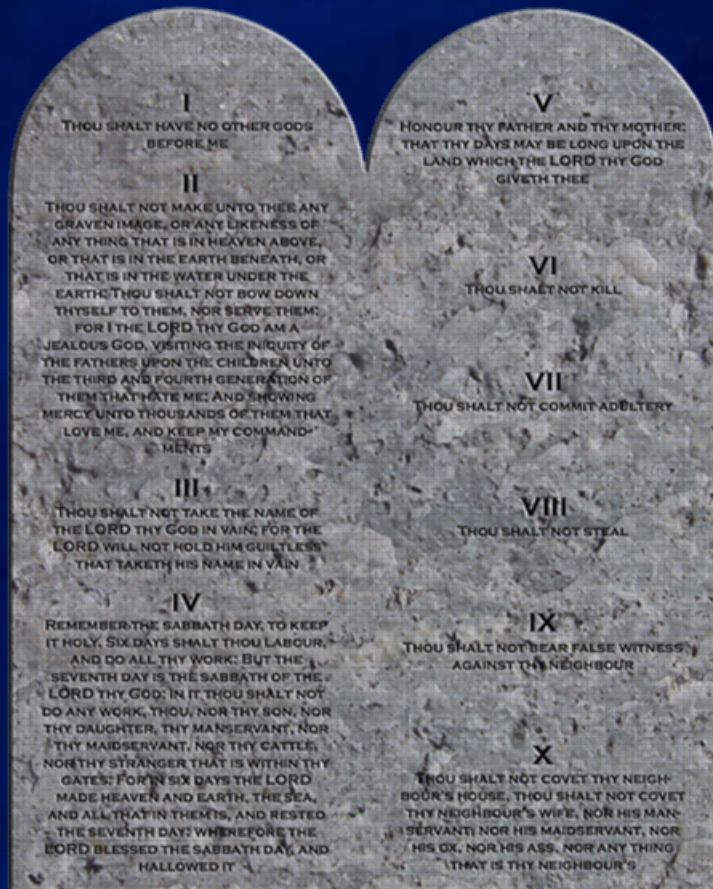


# Did God establish physical laws?

HL 21 “The laws governing the physical nature are as truly divine in their origin and character as the law of the ten commandments. Man is fearfully and wonderfully made; for Jehovah has inscribed his law by his own mighty hand on every part of the human body.”



# When did God establish physical laws?



Ps 33:9 “For He spake, and it was done; He commanded, and it stood fast.”



# Can God protect us when we willfully break physical laws?

HL 18 “God is greatly dishonored by the way in which man treats his organism, and he will not work a miracle to counteract a perverse violation of the laws of life and health.”



# Creation Speaks

In the beginning God... Gen 1:1 ⇒ God is first  
And God said: "Let there be..." Gen 1:3 ⇒ God speaks the Word  
...And it was so. Gen 1:7 ⇒ God's Word does it  
And... it was good. Gen 1:10 ⇒ God's creation works

## Does God Speak to you?

Seek first the kingdom of God (Matt 6:33),  
listen to what He says (Deut 13:4)  
and do it (Ex 15:26),  
and your physical health will prosper (3John 2).

# The Laws of Health in Creation

<b>Complete trust</b>	Gen 3:1.8-10
<b>Rest</b>	Gen 2:2.3.21
<b>Exercise</b>	Gen 2:5.15
<b>A lot of water</b>	Gen 1:7; 2:6.10
<b>Temperance</b>	Gen 2:16.17
<b>In sunlight</b>	Gen 1:16
<b>Open air</b>	Gen 1:7
<b>Nutrition</b>	Gen 1:29.30







# A New Creation

“Therefore, if anyone is in Christ,  
he is **a new creation**;  
old things have past away;  
behold, all things have become new.”  
“The Owner’s Manual”, 2 Cor 5:17

# THE 8 LAWS OF HEALTH



# GODS PLAN

**G** *GODLY TRUST*

**O** *OPEN AIR*

**D** *DAILY EXERCISE*

**S** *SUNSHINE*

**P** *PROPER REST*

**L** *LOTS OF WATER*

**A** *ALWAYS TEMPERATE*

**N** *NUTRITION*



**GODLY TRUST**

# What is Stress?

- Any experience, physically, mentally or spiritually which causes us to react.
- Caused by stressors:
  - Internal: pain, illness, emotions or thoughts
  - External: environment
- Is it good or bad?
  - It depends on how we react



# Negative Effects of Stress

- Stress
  - Adrenalin production
  - Digestion stops
  - Shallow breathing
  - Mood
  - Many more...
- It contributes to
  - Heart disease
  - Cancer
  - Depression
  - Ulcers
  - Diabetes
  - Many more...

# How Stress Affects the Mind

- Mental fatigue with a loss of spontaneity and creativity
- Confusion, including forgetfulness and difficulty in making decisions
- Anxiety, including feeling of panic
- Tension, frustration, irritability, anger and resentment
- Depression
- Lower self worth
- Lower intellectual functioning
- Boredom



# Humans are Finite

- Limitations in:
  - Knowledge
  - Strength
- Inability to control ourselves
  - We do what we know is wrong
  - We fail to do what we know is right



# Stress...

...is the negative reaction of the mind and the body to life's challenges when there is a lack of trust in Divine power.

Are there any solutions?





# Seven Steps Stops Stress

No. 1

Realize who possesses the solution to the problem and who does not.

God always has the solution to the problem and you don't! (Pr 3:5-7)





# Seven Steps Stops Stress

No. 2

Understand God's ability to help.

He has all power, knows everything, and He is always there. (Jer 32:17.27)



# Seven Steps Stops Stress

No. 3

Believe that God loves YOU and that He  
WILL help you. (Jer 31:3)



# Seven Steps Stops Stress

No. 4

Pray to God and thank Him for His help in the past, present and future. Put your cares upon God. (Ps 50:15)





# Seven Steps Stops Stress

No. 5

Read, memorize, and claim God's promises.  
(2Pet 1:4)



# Seven Steps Stops Stress

No. 6

Follow God's instructions and  
commandments. His biddings are enablings.  
(Phil 2:13)



# Seven Steps Stops Stress

No. 7

Learn to servant to the needs of others who suffer and point them to God and the seven steps which stops stress! (Is 58:6-8)



# Risking not to Trust

If the mind is not set on trusting and obeying God and doing all things to His glory, then that will cause the body to follow unhealthful practices which sooner or later will bring disease and death...



# **Relax, God never forgets you!**

**“Can a woman  
forget her sucking  
child, that she  
should not have  
compassion on the  
son of her womb?  
yea, they may  
forget, yet will I not  
forget thee.”**

**Is 49:15**





# Always there

- He talks to you
- You can talk to Him
- He loves you
- He knows all things
- Nothing is impossible for Him



Search the scriptures; for in them ye  
think ye have eternal life

# Pray Today

Pray without ceasing.

1 Thessalonians 5:17,18



**OPEN AIR**







# Health Benefits

- Recovery is enhanced in open air.
- Pure air makes pure blood. MH 293
- Soothes the nerves
- Healthy circulation of the blood
- Mental composure and serenity
- Stimulates the appetite
- Aids digestion
- Improves brains ability to function
- Gives clarity to mind
- Improves concentration
- Increases oxygen in the cells
- Promotes quality sleep
- It destroys bacterias.
- Increases the number of lymphocytes in the body



# Open Air: Application

- Deep breathing exercise
- Exercise in open air / walk along the beach
- Ventilate rooms / open windows
- Avoid synthetic materials, dust, asbestos, chemical, air pollution
- Prevents cancer





“ Vigor declines as years advance, leaving less vitality with which to resist unhealthful influences; hence the greater necessity for the aged to have plenty of sunlight, fresh air and pure water

Ministry of Healing, P 226



**DAILY  
EXERCISE**

# Benefits of Exercise

- Energizes
- Lowers High Blood Pressure
- Strengthens Bones, heart
- Increases HDL (Good cholesterol)
- Helps prevents or controls diabetes
- Decreases risk of certain cancers
- Improves quality of life
- Maintains Proper weight
- Aids digestion





# More Benefits of Exercise

- Increased sweat and waste elimination through the skin.
- Prevents bone mineral loss and builds bone density.
- Slows aging process.
- Tones the muscles.
- Balances the hormonal system.
- Increased levels of endorphins – the “happy hormones”.
- Increased number and size of bloodvessels.
- Increased circulation of blood and lymphatic fluid which helps to eliminate toxins from cells.
- Increases oxygen in the cells.
- Stimulation of digestion and promotion of bowel movements





# Psychological Benefits

- It stimulates production of adrenal hormones such as norepinephrine, which is an antidepressant.
- More endorphins (“happy hormone” released which reduces pain and increases a feeling of well-being).

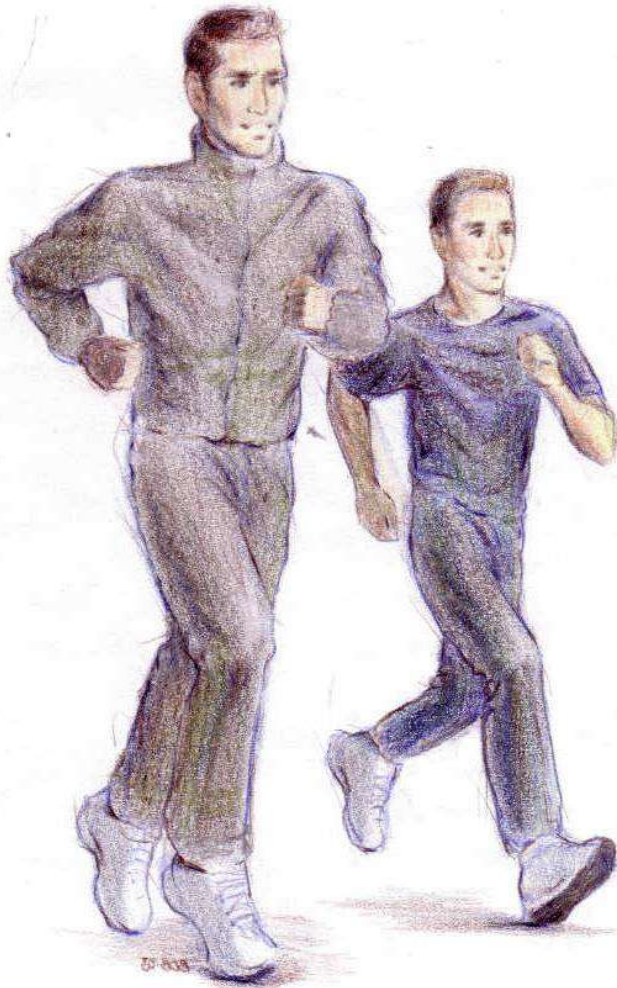


# Keys to success

- Choose a variety of different exercises
- Exercise in fresh air and sunlight
- Start slowly
- Work up gradually
- Needs to be most every day
- Can accumulate throughout the day
- At least 30 minutes a day



# Exercise



- 20-30 minutes a day at target heart rate
  - Max. heart rate/minute =  $200 - \text{your age}$
  - Target heart rate is = 70% to 85% of MHR
  - Example: 50 years THR =  $150 \times 70\%$  (to 85%) = between 105 - 127

# Application

- Do not overwork yourself
- Outdoor – in open air
- Garden work is very useful and stimulating exercise
- Bike riding & **Walking**





**“Walking, in all cases where it is possible, is the best exercise, because in walking, all muscles are brought into action”**



# A Brisk Walk

“There is **no exercise that can take the place of walking**. By it the circulation of the blood is greatly improved...Walking, in all cases where it is possible, is **the best remedy** for diseased bodies, because **in this exercise all the organs of the body are brought into use.**”

Healthful Living, p. 129



**SUNSHINE**





# Health Benefits of Sunlight

- Produces Vitamin-D
- Kills many bacteria and viruses
- Helps normalize blood pressure
- Helps to lower cholesterol
- increases the volume of oxygen in the blood
- Improves quality of sleep
- Helps depression

**“In the building of houses, it is especially important to secure thorough ventilation and plenty of sunlight. Let there be a current of air and abundant of light in every room in the house. No room is fit to be occupied as a sleeping room unless it can be thrown open daily to the air and sunshine”**

**Ministry of Healing, P 179**





A photograph of a sunlit path through trees with fallen leaves on the ground. The sun is low in the sky, creating a warm, golden glow and long shadows on the path. The trees are dense, and the ground is covered in fallen leaves.

Plants and  
humans  
cannot  
live  
without  
sunlight

**“Truly the light is sweet,  
and a pleasant thing it is  
for the eyes to behold the  
sun.”**

**“The Owner’s Manual”,  
Ecc1 11:7**

# Application

- 15-20 minutes a day on face and hands
- Summer before 10am and after 3pm
- Winter between 10am and 3pm
- Avoid: sunburn, sunscreens, consumption of free oils and fats, tobacco
- Let sunlight enter into the house
- Exercise outdoors



**PROPER  
REST**



In just one day....

Heart beats 110,000 times

We speak thousands of words

We breathe 28,000 times

We move major muscles hundreds of times

We operate 15-20 billion brain cells



A close-up photograph of a young boy with dark hair, sleeping peacefully in a bed. He is lying on his side, with his eyes closed and a calm expression. The background shows a white pillow and a grey blanket. The lighting is soft and natural, highlighting the texture of the bedding and the boy's features.

**Sleep is important  
in restoring our  
energy and  
maintaining health**

**We need rest, which  
provides sufficient time  
for the body to restore that  
which has been used**

# Serotonin

- Hormone secreted by a pineal gland, hypothalamus, in the brain.
- Highest secretion between 10-11pm during sleep.
- Serotonin affects:
  - Mood
  - Carbohydrate craving
  - Sleep quality
- One cannot make it up for lost sleep!
- 50% reduction in t-cells (killer cells) by losing a half a nights sleep





# During Sleep

- The body makes “house-cleaning”.
- The brain restores control over muscles, glands and other body systems.
- Growth hormone is released.
- Body tissue is repaired.
- The liver gets rid of toxins.
- While some organs are active other organs are resting.
- The pH-balance is restored.



## Sleep Deprivation Signs

- Leg Cramps
- Incoherent speech
- Inability to focus the eyes
- Emotional despair
- Irrational Behavior



# Sleep Need

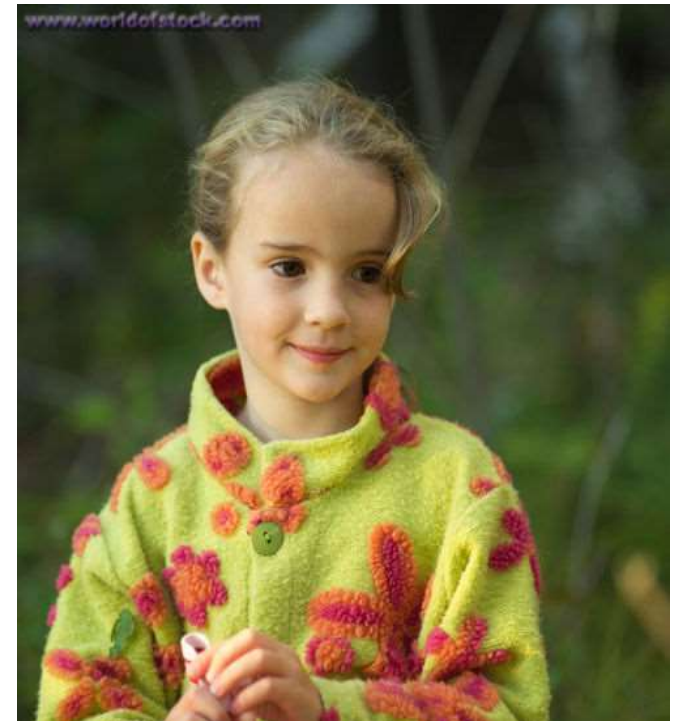
Varies from person to person

It does not match ones gender, intelligence, or the amount of exercise one gets

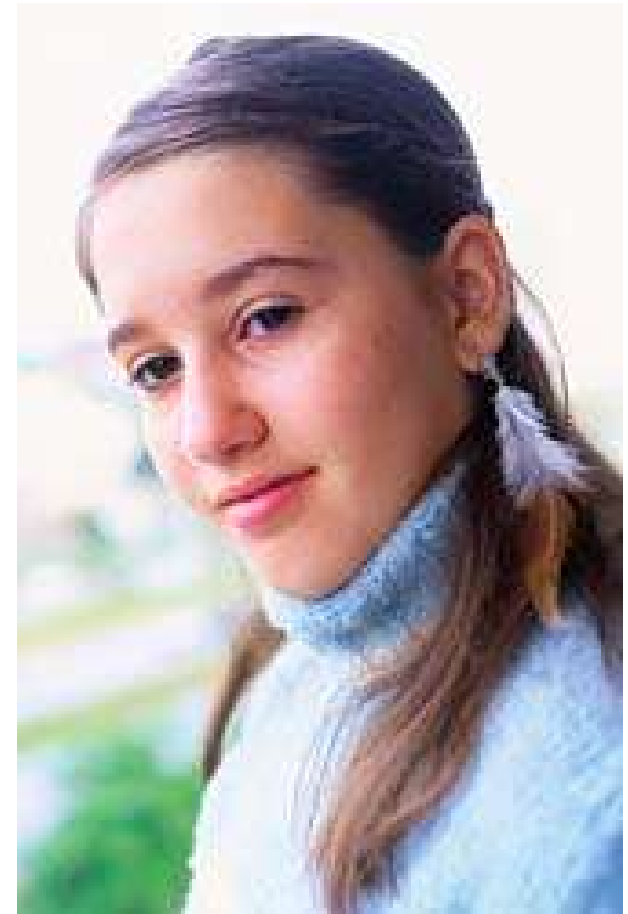


**Baby sleeps average of 20 hours per day**

**A 6 year old, 10 hrs**



**12 year olds require 9 hrs  
sleep.**



**Adult 7-8 hours**

# Application: Rules for Real Rest

- Wind down and relax
- Go to bed between 9 – 9:30pm
- Regularity
- Well-ventilated & dark room
- Empty stomach
- 7-8 hours sleep





A photograph of a person lying in bed, resting their head on a white pillow. They are wearing a light blue and white striped shirt. The bed has a wooden headboard with a small plaque on it. The background is a plain, light-colored wall.

# If you can't sleep

- **Hot bath two hours before going to bed**
- **Warm shower just before going to bed**
- **Don't eat before you sleep**
- **Drink a cup of “Relaxing Tea”** (Valerian, Scullcap, Hops, Vervain, Camomile, Peppermint)
- **Go for a relaxed walk for 30 minutes**



# Sweet Sleep

“The sleep of a labouring man is  
sweet...”

“The Owner’s Manual”, Eccl 5:12

“...Let not the sun go down  
upon your wrath.”

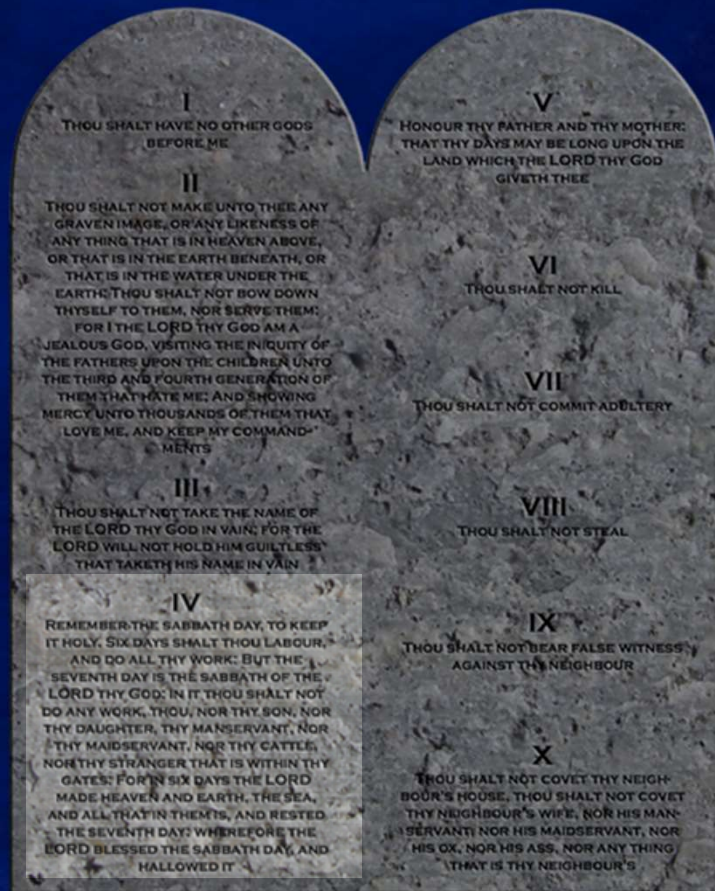
“The Owner’s Manual”, Eph 4:26

Rest also  
means a  
change

- In activity
  - recreation
- In position
- In environment



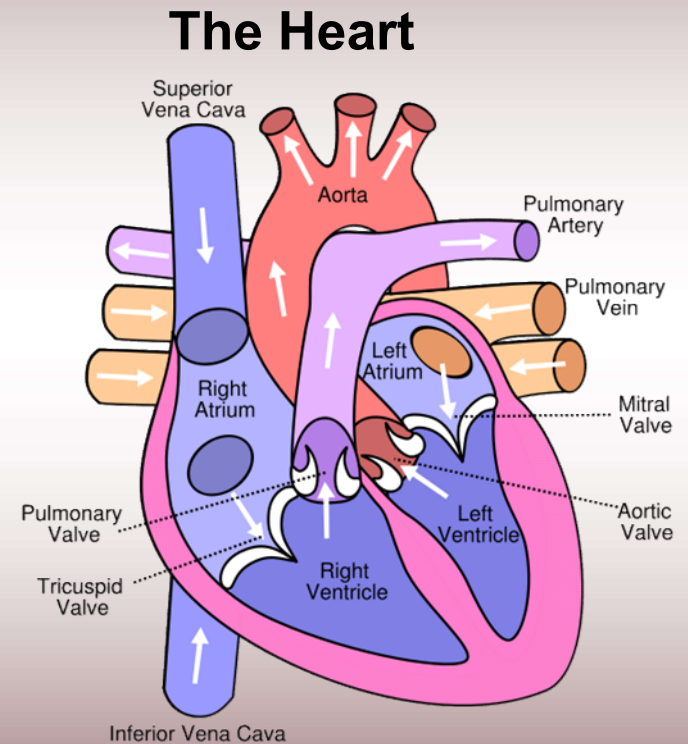
# Sabbath Rest



Gen 2:3 “And on the seventh day God ended His work which He had made and He rested on the seveth day from all His work which He had made.”

# The Heart Beats Slower on Saturdays

“Tests that have been made on body processes have determined that for everybody, regardless of religious belief, the heart beats more slowly on Saturday than on any other day of the week. Even if a person has a day off on any other day of the week, the heart still beats more slowly on Saturdays.”  
Gunther B. Paulien, Ph.D. *The Divine Prescripton*, p. 107







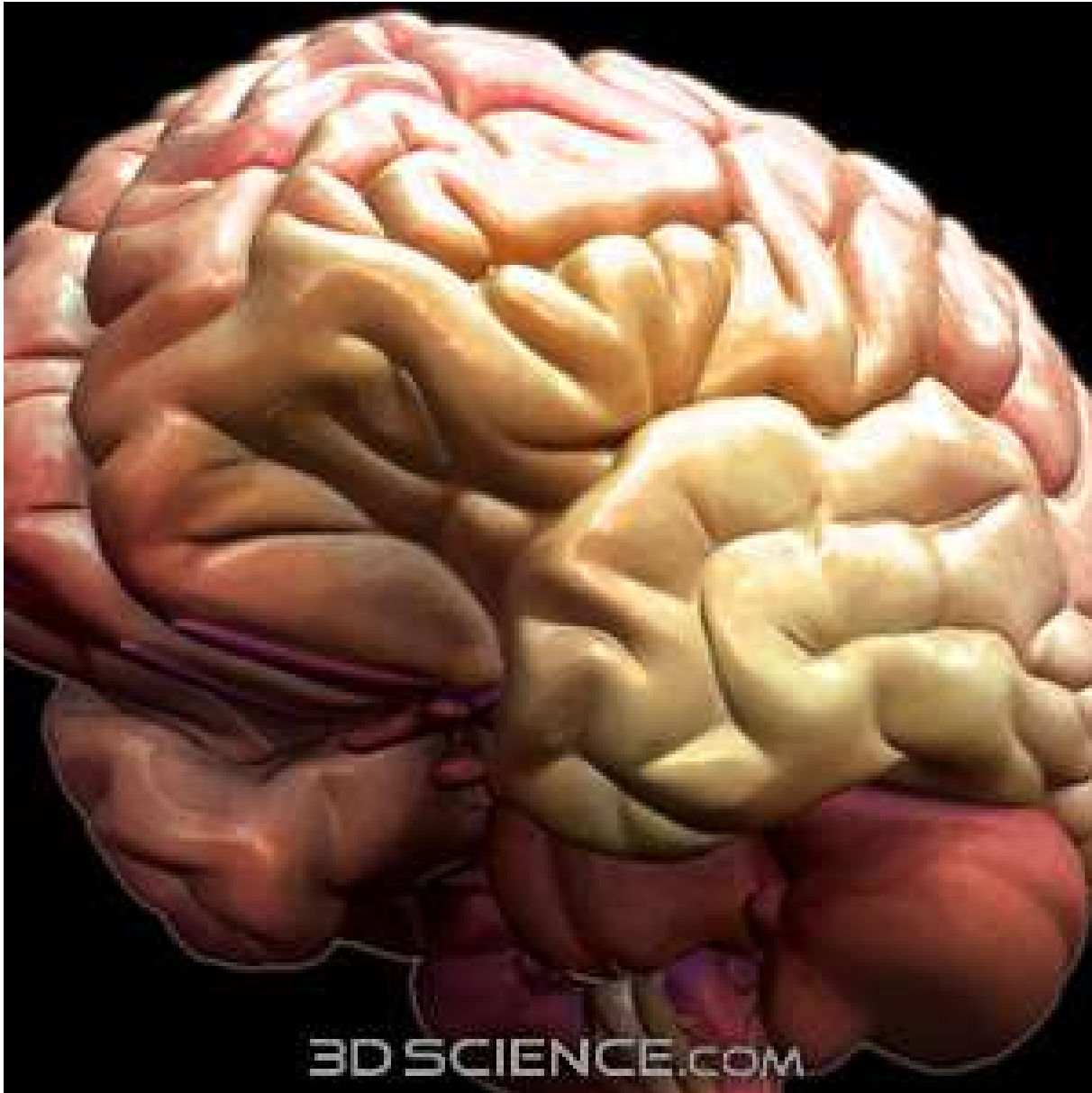
LOTS OF WATER



**By weight a newborn is 75% water**



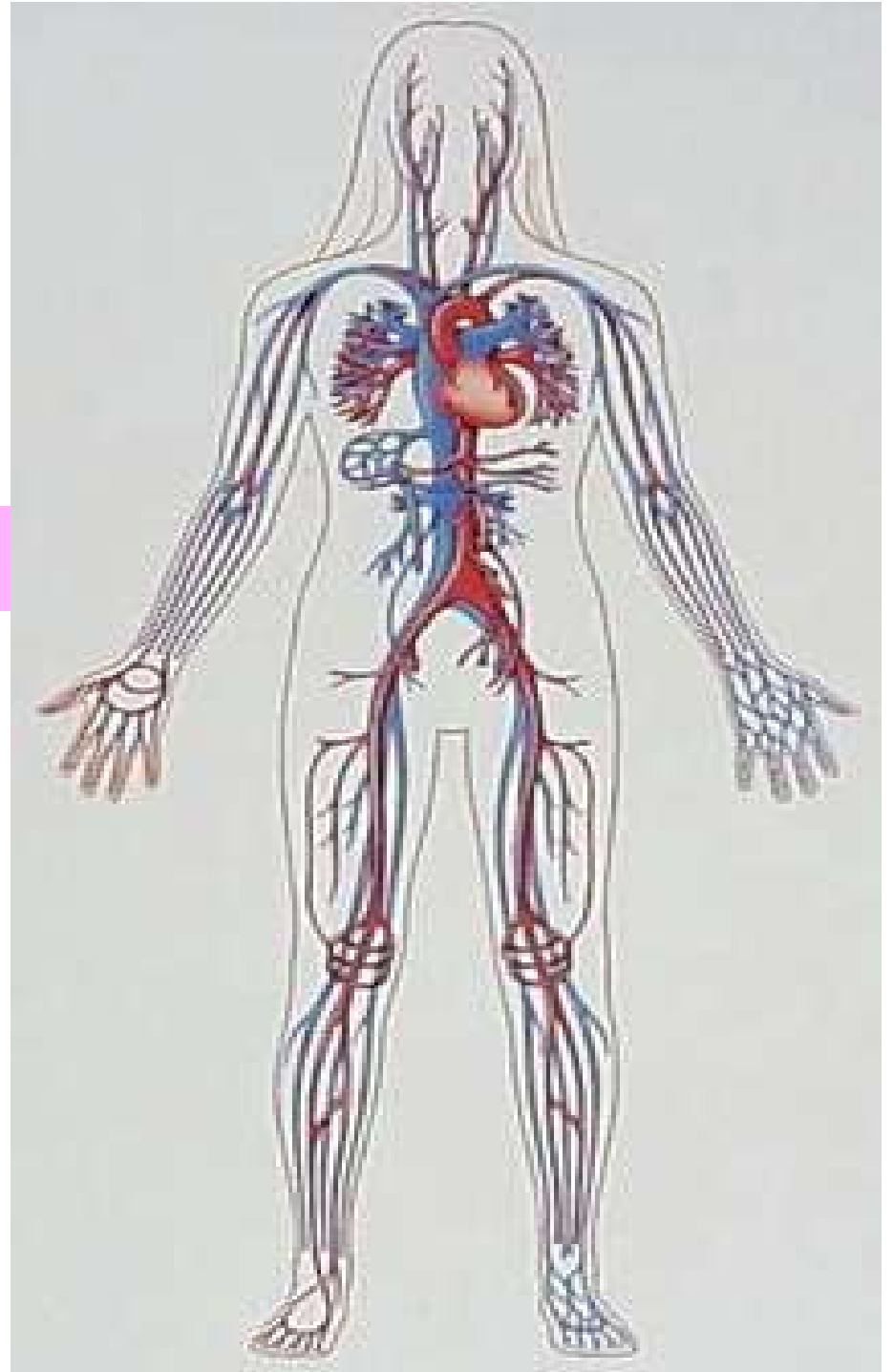
**70% of  
total body  
weight in  
adults is  
Water!**



**Brain – 85%**

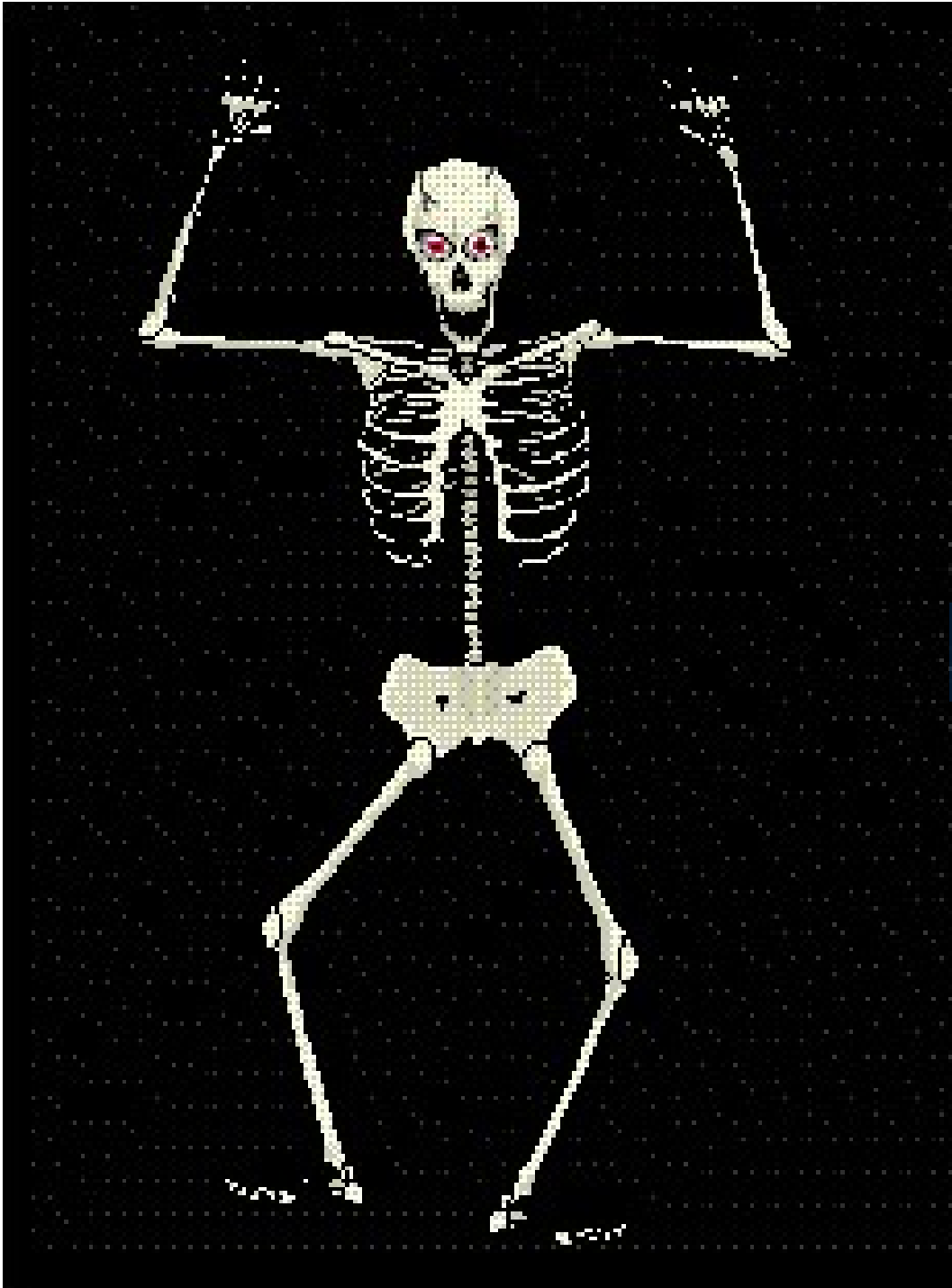


**Blood – 83%**

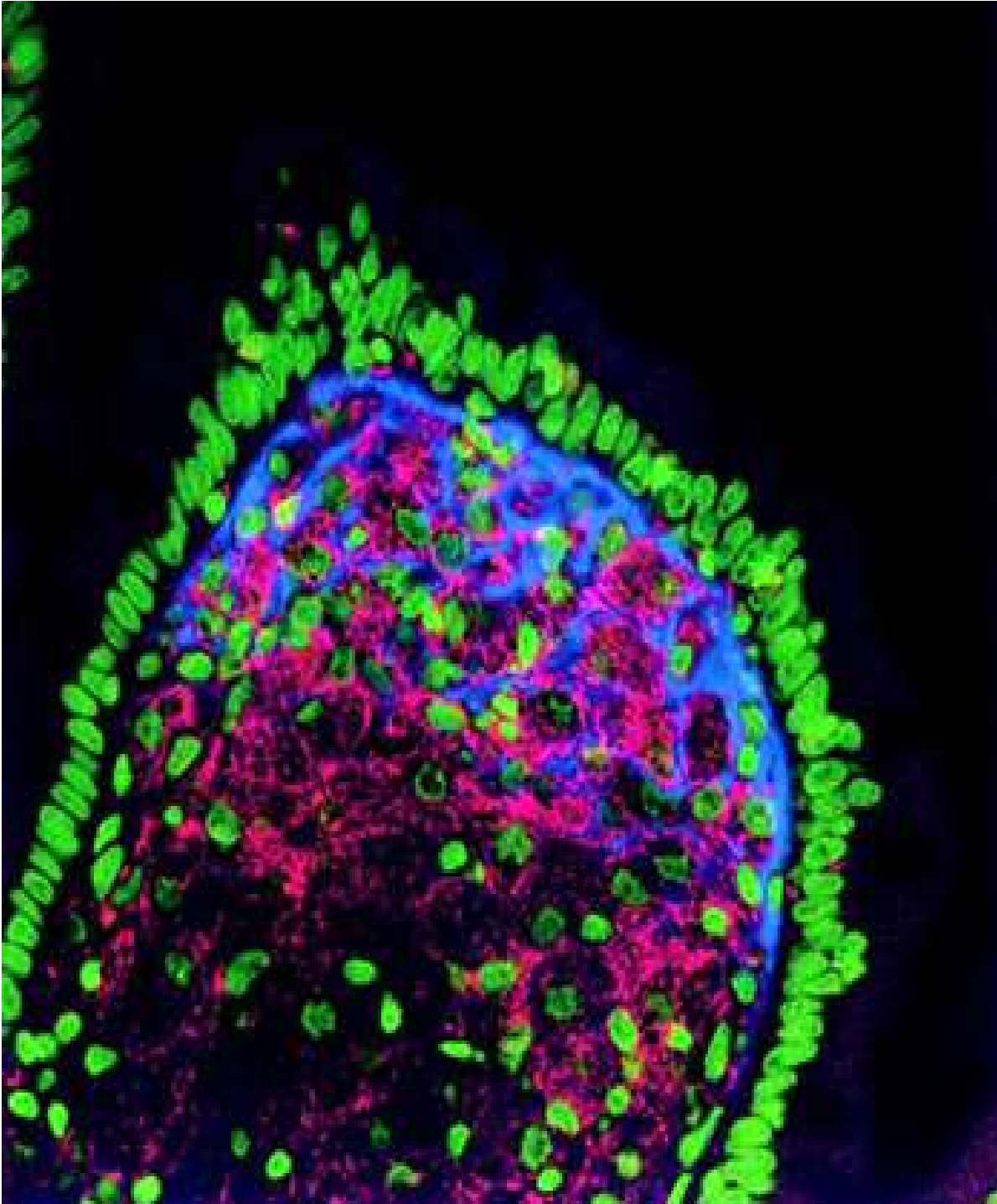




**Muscles – 75%**



**Bone marrow 20-25%**



**Every cell of our body is continually bathed in fluids**

**Every cell requires water to perform its functions**



# Where Does It Go?

- Perspiration
- Respiration
- Kidney (urine)
- Bowels (bowel movement)
- Loss per day: 2 ½ liters

# Functions of Water



- Chemical reactions
- Temperature control
- Lubrication
- Protection
- Digestion
- Nerve conduction

# Benefits of Water

(The most precious of all liquids)

- Reduces heart disease risk
- Reduces fatigue
- Removes impurities from the body
- Improves mental alertness

Reduced risk of kidney and gall stone formation

Adequate water drinking +  
Healthy life style

=

Prevention of diseases

# Tips for drinking water

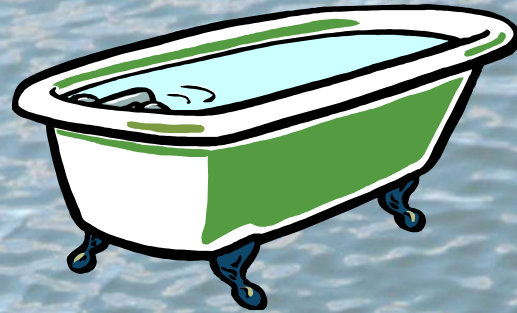
- Start the day with 2 glasses of water
- Drink 8-10 glasses daily
- Avoid drinking with your meals
- Avoid soft drinks, coffee and tea
- Consume sufficient water from the moment you awake throughout the day, to ensure the urine is clear and dilute
- Don't forget to drink water while traveling & while at work





# Water is Best

- Juice?
- Tea?
- Milk?
- “Water is the best liquid possible to cleanse the tissue.”



Counsels on Diet and Foods, p. 421

- Nutritional needs should be supplied through the food.

# Signs of Dehydration

- Fatigue
- Head ache
- Back ache
- Dry skin
- Colored urine
- Constipation
- Thirst

- Irritability





Don't forget the daily outward application called a shower or bath!



## Hot and cold shower

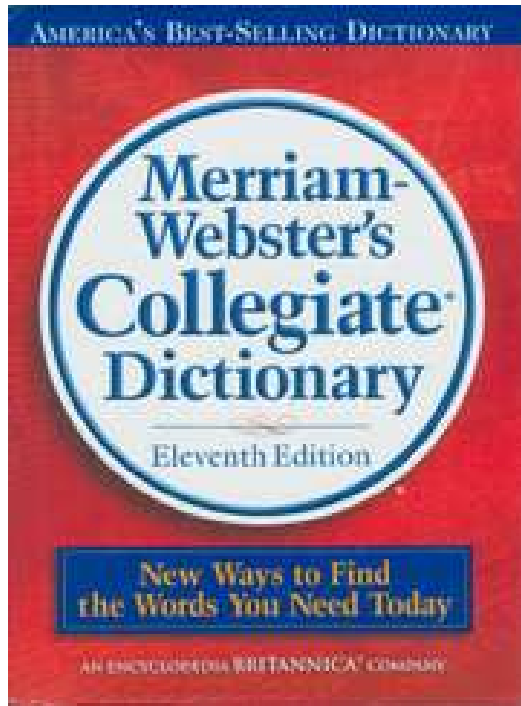
- Stimulates circulation
- Strengthens the immune system
- Good treatment for colds and flu
- Relaxes bronchioles in asthmatics
- Is invigorating





**ALWAYS  
TEMPERATE**





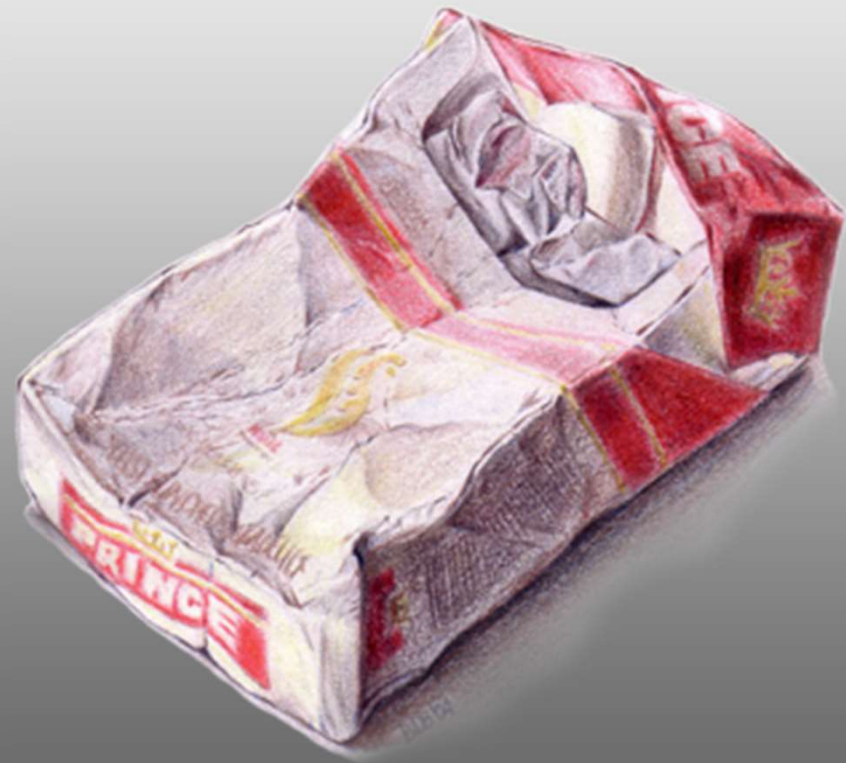
## Webster's Dictionary

**“Moderation in thoughts,  
action or feeling or  
abstinence from intoxicating  
drinks”**

Temperance means using moderately those things which are good and healthy, completely abstaining from those things that are harmful to the body, and avoiding unneeded extremes. The great principle here is healthy balance or self-control. This law more than any other requires obedience to the first law “Comple Trust”. For without the power of God, man cannot be in balance.

# What is harmful?

- Alcohol
- Cigarette smoking/tobacco
- Street drugs
- Caffeine containing foods and beverages:
  - Chocolate
  - Coffee
- Refined white sugar
- Sex (outside marriage)



# ALCOHOL



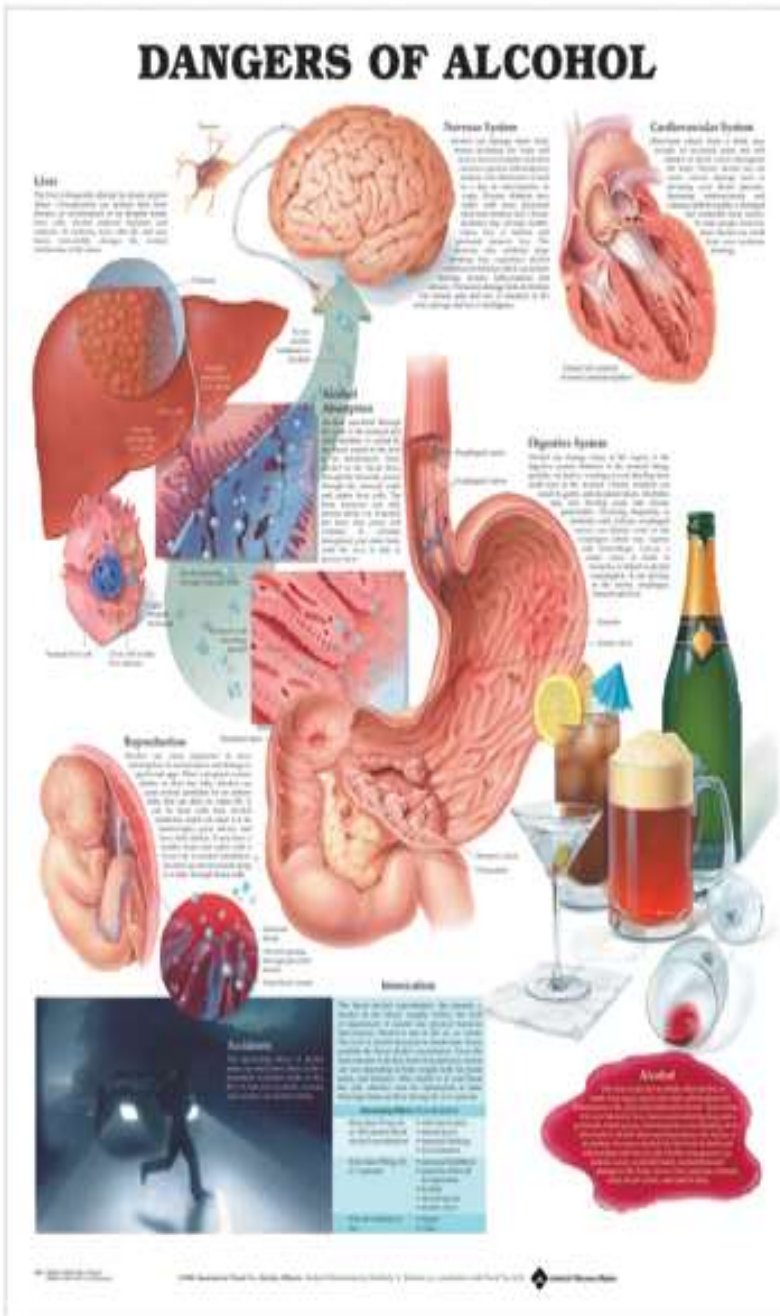




**Alcohol affects the frontal lobe of the brain, which is the seat of **inhibition, reasoning, powers, memory and judgment.****

Most highway deaths involve the use of alcohol

**Adolescents drinking alcohol are 8 times more likely to use illicit drugs**



- **Lung, Esophagus, stomach, liver, breast and rectum.**
- **Gastrointestinal problems**
- **Brain cells die at an increased rate**
- **Alcohol raises blood pressure**
- **Raises the risk of stroke**
- **Clearly linked to several heart problems**



**SMOKING**



**Tobacco smoking accounts for**  
**Five million deaths**  
**per year world wide**

Smoking one pack of cigarettes per day for a full year leaves **one quart** of tar in your lungs!!!

Just **ONE** cigarette leaves a noticeable amount of tar in the lungs!

Tar contains **over 4,000 chemicals**, 37 of which are known to cause cancer





**There are at least  
300 known poisons  
in tobacco smoke  
including :**

**Nicotine, Arsenic,  
Radon, Cyanide,  
Phenol, DDT,  
Asbestos,  
Benzene, Carbon  
monoxide and  
Formaldehyde.**

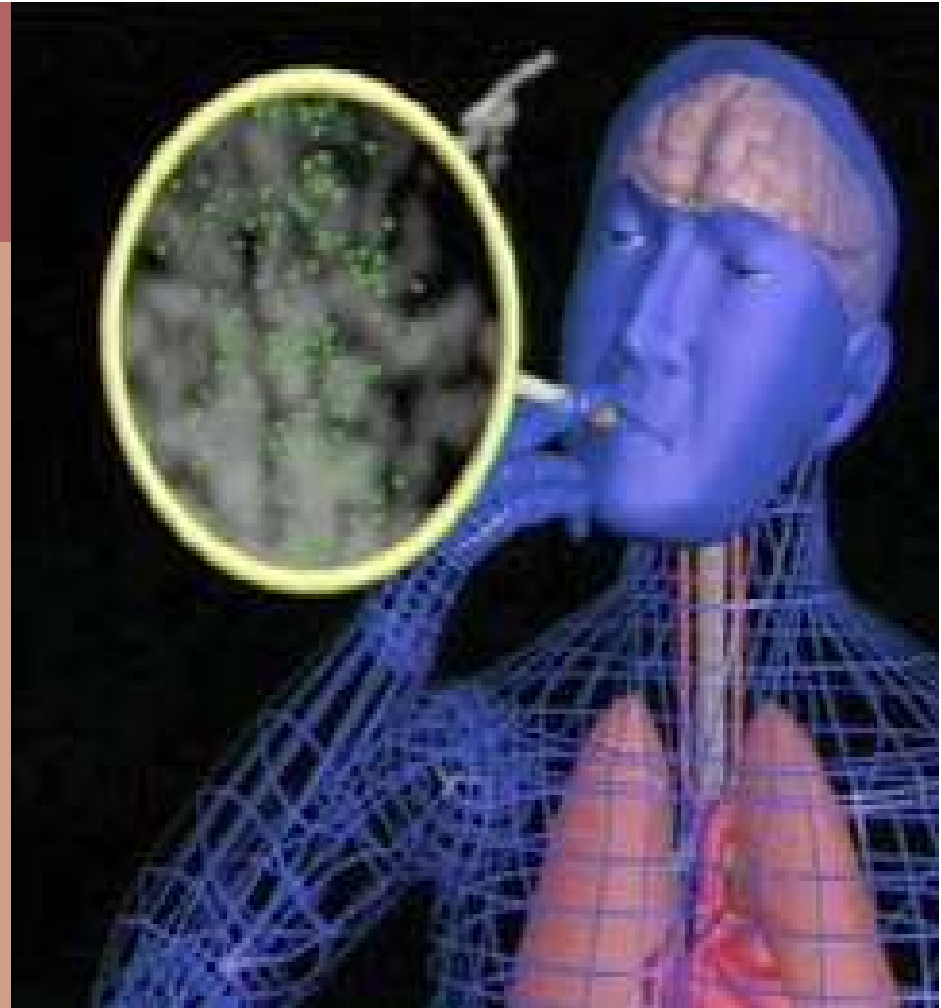
Three most harmful chemicals in cigarette are

**Nicotine, Tar and Carbon monoxide**



## Nicotine is a stimulant to the :

- Heart – increases BP, Heart rate and oxygen demand
- Nervous system – it binds to and stimulates brain cells. This effect is present within seven seconds of the first puff.





# Tea & Coffee



**THE UNKNOWN  
TRUTH  
ABOUT**

**TEA AND COFFEE**

*Dr. Enoch S. Sundaram*

# INGRIDENTS

TEA

TANNIN

CAFFINE



COFFEE

CAFFINE

PHENOLIC ACID

Other harmful substances includes:



Sleeping pills /  
pharmaceutical drugs  
(which will be unnecessary when the  
body regains a healthy balance)

Drugs that directly  
hinders recovery

Birth control pills (women)




# Carbonated Drinks

## Examples of “unneeded extremes”

- Eating only raw
- Eating only fruits
- Only one meal per day
- Under eating
- Covering the whole body  
(certain religions)

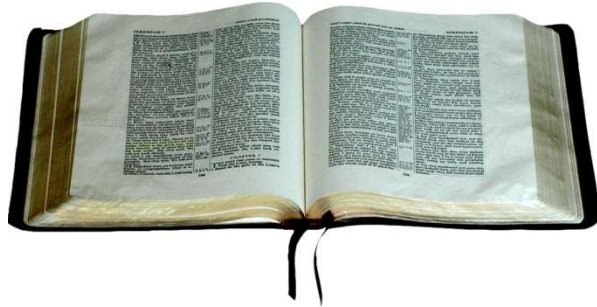






Moderate use and healthy  
balance can be applied to:

- ✓ Sleep
- ✓ Food
- ✓ Work
- ✓ Sex (within marriage)
- ✓ Proper clothing
- ✓ Mental labor
- ✓ Exercise etc.



## God says:

- Phil 4:5 “Let your moderation be known unto all men.”
- 1Cor 9:25 “And every man that striveth for the mastery is temperate in all things.”
- 3T 51 “It is impossible for an intemperate man to be a Christian, for his higher powers are brought into slavery to the passions.”

# GOOD NUTRITION



**DUST = SUBSTANCE**

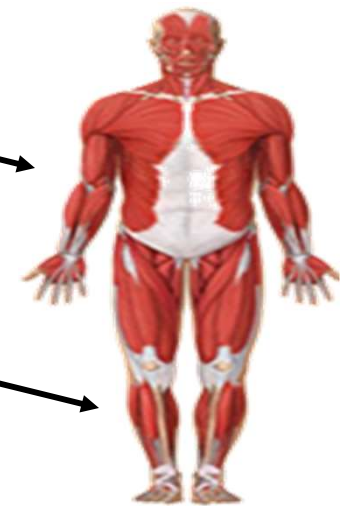
**SUBSTANCE = MATTER**

**MATTER = ELEMENTS**



**Calcium Phosphorus Iron**

**Magnesium Potassium Zinc**



**CREATED FROM THE ELEMENTS**

# Nutritional Needs

- Proteins 10-15%
- Fat 10-15%
- Carbohydrates 70-80%
- Vitamins:
  - Fat soluble: A, D, E, K
  - Water soluble: B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>6</sub>, B<sub>12</sub>, C
- Minerals: calcium, phosphorus, magnesium, potassium
- Trace minerals: iron, zinc, chromium, iodine, fluoride, selenium

Let nutrition be your medicine





Eat Fruits  
and  
Vegetables  
Daily



**Add lot of Green Leaves  
in your diet**

# Eat more whole grains & nuts







Eat more fiber  
and less refined  
foods



# Fiber reduces risk of

- Cancer of the colon
- Gallbladder disease
- Varicose veins
- Diverticular disease
- Hemorrhoids
- Obesity





Make break  
fast  
your biggest  
meal





**No Snacks in between**

# Plant Food Advantages

- No cholesterol
- High in fiber
- Moderate in calories
- Rich in phytochemicals



# Animals and Nutrients



- Meat contains no vitamin C or E
- It has no carbohydrates or fiber
- It contains viruses, bacteria, and parasites at a much higher rate than vegetables

# Adam Gave them Names



- He did not say “beef”, but cow
- He did not say “pork”, but swine
- He did not say “meat”, but animal



# Timing and Volume

- 2-3 meals a day
  - Breakfast as a king
  - Lunch as a noble-man
  - Supper as a peasant
- No eating between meals
- 5 hours between two meals
- Last meal 5 hours before sleep
- Do not overeat

# General Guidelines

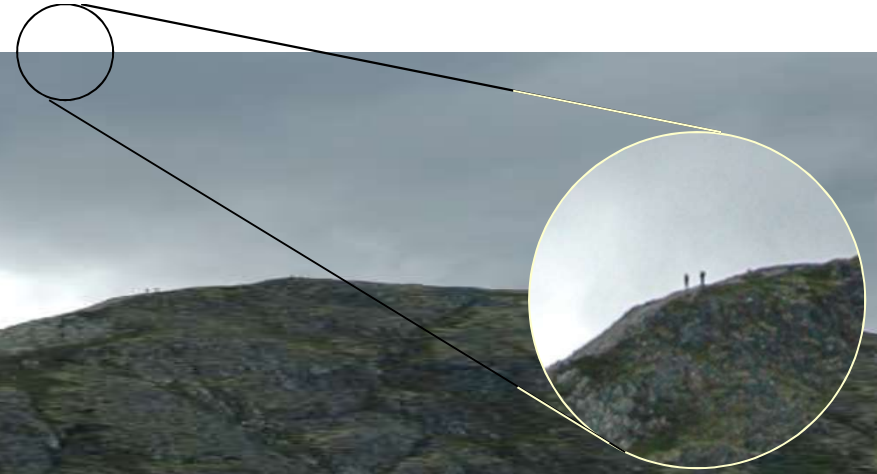
- 2/3 or about 60% raw
- Chew food well (drink your food and chew your water)
- Avoid:
  - Refined and enriched products
  - To mix fruits and vegetables
  - Eating when stressed or upset

# Any Replacements?

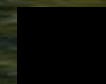
- Chocolate
- Tea
- Coffee
- Milk
- Meat
- Sweets
- Carob
- Herb tea
- Cereal coffee
- Soy milk
- Soy chunks
- Dried fruits







# The Fence or the Ambulance?



# Prevention is Wisdom

“A prudent man foreseeth evil,  
and hideth himself but the  
simple pass on, and are  
punished.”

“The Owner’s Manual”, Pr 22:3



# Prevention vs. Cure

- “An ounce of prevention is worth a pound of cure.” (Selected Messages, p. 291)
- Conversion Rate: 1 – 16

Conclusion:

Prevention is better than cure



# An Appeal From A Loving Father

**“Keep my commandments and live, and my law as the apple of thine eye. “Proverbs 7:2**

**“Why shouldest thou die before thy time?“ Ecclesiastes 7:17**

**“In vain shalt thou use many medicines; for thou shalt not be cured.” Jeremiah 46:11**

**“I am the Lord that healeth thee.” Exodus 15:26**

**“Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.” Psalm 100:3**

Would You Want to be a New



*Creation?*

# When Should I Start?

The best time to start is between yesterday  
and tomorrow.



**NOW**



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thank you

