

# The 8 Laws of HEALTH

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# 8 Laws of HEALTH

*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. - 3 JOHN 1:2*

**G**

## GODLY TRUST

Trust in God lowers stress and strengthens the immune system

**O**

## OPEN AIR

Pure outdoor air is good for your health. Go out or open the windows.

**D**

## DAILY EXERCISE

Exercise lowers risk of serious health problems. At least 30 minutes a day.

**S**

## SUNSHINE

Getting sunshine exposure everyday helps your body to make Vitamin D.

**P**

## PROPER REST

When you sleep your body heals. Sleep at least 7 hours a night

**L**

## LOTS OF WATER

70% of your body weight is water. Drink at least 8 glasses everyday.

**A**

## ALWAYS TEMPERATE

Avoid harmful substances and be moderate with the good ones.

**N**

## NUTRITION

Eat a plant-based diet with lots of fresh fruit and veggies.

Just like God's ten laws of morality (**Exodus 20**), He has His 8 laws of health. It is obedience to these laws that will result not only in a healthier life but a life of better quality.

*"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***

God gives us a warning to not defile our bodies as they belong to Him who created and redeemed us. He wants us to be healthy. We should be careful so as not to work contrary to God and our own health.

As with the spiritual so with the physical, God will bless us as long as we co-operate with Him concerning our well-being.

*"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."*

**– 1 Corinthians 3:16-17**



Godly Trust is the first of the 8 Laws of Health and it is the most important of them all. It is the law that is unaffected by any other environmental factors, and can only be broken by our own choice. Yet it is often overlooked as seemingly unimportant. But it is vital if we will have health in this unhealthy world.

Let's do a short look on the science of Godly Trust from the perspective of stress. Someone who is stressed, who is worrying or fearful, is not trusting in God. But what is the physical effect of stress.

Stress has a negative effect on the immune system. It decreases your body's ability to fight off infections but also can cause chronic conditions such as plaque buildup in the arteries, which could lead to heart disease or stroke. \* Many other health conditions can be caused by prolonged stress, including but not limited to migraines, backaches, digestive problems, respiratory problems, high blood sugar, sleeping problems, etc. etc. \*\*

All negative emotions such as anger, fear, anxiety, or depression will lead to bad health. With so many health problems that can be caused by stress and negative emotions, it is important for us to trust God and give Him our problems.

**Proverbs 3:5-8** *"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones."*

## **Here are some practical ideas to implement Godly Trust.**

—Place your trust in God and spend time every day with Him. Having morning devotional time with God is important for your mental health.

—Throughout the day give Him your problems instead of worrying about them. "*Casting all your care upon him; for he careth for you.*"  
**(1 Peter 5:7)**

—Sing religious songs, especially Bible promises. Sacred music will foster a positive attitude of trust in God. And scripture songs of God's promises are doubly effective because they are God's Word to you.

\*<https://health.umms.org/2020/11/10/stress-immune-system/>

\*\*<https://hopeforhealingfoundation.org/how-does-worry-and-stress-affect-your-health/>



Of all the substances in our environment, pure air is the most vital. While we can go for weeks without food and days without water, we can only survive for a few minutes without air. Air is the food for the lungs. In the Bible, air or breath is always mentioned as a necessity for life, *"...behold, I will cause breath to enter into you, and ye shall live:"* (**Ezekiel 37:5**)

Pure air is so important that Florence Nightingale, the founder of modern nursing, even said that the first law of nursing was, *"to keep the air he {the patient} breathes as pure as the external air, without chilling him."* \*

Even modern science states that, *"Those who get outside and breathe fresh (clean) air on a regular basis have been shown to have stronger immune systems than those who stay indoors."* \*\*

There are several things that hinder us from properly applying this law of health to our lives.

First is incorrect posture, second incorrect breathing and thirdly impure air in our environment. If we want to experience all the benefits of open air we must do all in our power to fix these three areas.

**First keep a proper posture.** Chin up, shoulders back. Sit or stand straight and tall.

**Secondly, breathe deeply.** Most of us have trained ourselves to breath shallow from the chest and not the abdomen. Take in deep breathes. Your stomach, not your chest should rise when you inhale and fall when you exhale.

**Thirdly avoid air pollutants,** such as tobacco smoke, smog, pesticides, chemicals, etc. Breathing polluted air can cause many different symptoms including headaches, respiratory problems, difficulty sleeping, nausea, etc. etc. \*\*\*



Especially is indoor air often full of air pollutants so it is best to spend some time every day out of doors. If you must be indoors, at least open the windows and allow the pure air in.

Try taking at least 30 minutes a day outside and take in some deep breaths of God's fresh open air.

*\*Notes on Nursing, page 8*

*\*\*<https://www.thejoint.com/georgia/woodstock/woodstock-04031/193796-why-fresh-air-does-body-good>*

*\*\*\*<http://projectrestore.com/library/health/pureair.htm>*



Daily Exercise is the 3rd law in our acronym of **GODS PLAN.**

Exercise promotes good blood circulation which is the foundation of health. It aids in the elimination of carbon dioxide and other wastes from the body. It also aids digestion and helps to regulate the hormones.

Exercise is good for strengthening the bones and muscles. But exercise also has many other benefits including lowering blood sugar, reducing the risk of cancer, helping with weight loss, preventing arthritis and heart disease, etc.

Exercise increases the body's production of endorphins which are natural painkillers. It can help improve memory and help you sleep better\* just like the Bible says, "*The sleep of a labouring man is sweet....*" (**Ecclesiastes 5:12**).

Exercise is especially beneficial for the lymphatic system (a part of the immune system) which is important for removing toxins from the body. Exercise stimulates the lymphatic flow.

In short, appropriate exercise is beneficial for all the body systems. There are many different ways of exercising but the best are ones done in the outdoor air because then you are getting in at least two health laws at once. A brisk walk in the open air is the best type of exercise although there are many other types such as bicycling, hiking, and even outdoor gardening (that requires movement) can be helpful.

Try to get at least 30 minutes a day of moderate exercise in the open air and see how your health improves. \*\*

*\*[https://www.healthline.com/nutrition/10-benefits-of-exercise#TOC\\_TITLE\\_HDR\\_2](https://www.healthline.com/nutrition/10-benefits-of-exercise#TOC_TITLE_HDR_2)*

*<https://medlineplus.gov/benefitsofexercise.html>*

*<https://www.nia.nih.gov/health/real-life-benefits-exercise-and-physical-activity>*

*\*\*<https://www.cdc.gov/physicalactivity/basics/adults/index.htm>*



Our 4th law of health in our acronym is Sunshine. Sunlight is very beneficial to health although it is often seen in a negative light and some people try to avoid getting sun exposure.

The most widely recognized effect of getting out in the sunshine is Vitamin D production. Sunlight makes the human body produce Vitamin D. Vitamin D is an important vitamin for the bones and the immune system.

Sunlight exposure increases serotonin which decreases your chance of getting seasonal depression. *"The light-induced effects of serotonin are triggered by sunlight that goes in through the eye. Sunlight cues special areas in the retina, which triggers the release of serotonin."* \* Perhaps this benefit of sunlight through the eyes is why the Bible says, *"Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun:"* (**Ecclesiastes 11:7**)

Sunlight exposure has many other benefits including, lowering blood pressure, helps wounds heal, improves your mood, can help heal skin problems such as psoriasis or eczema, reduces jaundice, and helps to treat rheumatoid arthritis.

Some are afraid to get out in the sunlight because of the risk of skin cancer, but moderate sunlight exposure actually reduces the risk of several different types of cancer. \*\*

## **Two tips for sunlight exposure:**

--Try to get at least 10 to 30 minutes of unprotected sunlight a day.

-- And avoid sunscreens. Many of them contain toxic chemicals and are not proven to be safe. \*\*\*  
Instead use long clothing and hats to block excess sunlight.

*\*<https://www.healthline.com/health/depression/benefits-sunlight#mental-health>*

*\*\*<https://www.healthline.com/health/depression/benefits-sunlight#sun-safety>*

*\*\*\*<https://www.ewg.org/sunscreen/report/the-trouble-with-sunscreen-chemicals/>*



# 8 Laws of HEALTH

## PROPER REST

The 5th law in the acronym of GODS PLAN is Proper Rest. We live in a society today that is contrary to proper rest. People stay up late to study, work, or party, and then get up early getting very few hours of sleep. The Bible states, *"It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep."* **Psalm 127:2**

Science shows that the average adult needs at least 7-8 hours of sleep a night. Getting inadequate amounts of sleep is bad for your general health and your immune system. *"In the short term, a lack of adequate sleep can affect judgment, mood, ability to learn and retain information, and may increase the risk of serious accidents and injury."*



*In the long term, chronic sleep deprivation may lead to a host of health problems including obesity, diabetes, cardiovascular disease, and even early mortality.” \**

Though it is a very important part, sleep is not all that is included in Proper Rest. Of course, God gave us the Sabbath which is a weekly rest day for us. And it is also good to take breaks from the stressors of work and daily life periodically. Science tells us that, *“People who take vacations have lower stress, less risk of heart disease, a better outlook on life, and more motivation to achieve goals.” \*\**

So Proper Rest includes sleep, weekly rest, and even periodic vacations. But on the sleep part here are a few ways to fall asleep faster and sleep better:

--Get daily exercise.

--Sticking to a schedule of sleeping times will help to improve your sleep as well as insuring you get sunshine each day.

--Avoid nicotine (tobacco), alcohol, and caffeine (such as in coffee, tea, cola or chocolate) and avoid eating before bedtime.

--Don't stress. Having evening prayer time with God can help you to calm down from the cares of the day.

*\*<http://healthysleep.med.harvard.edu/healthy/matters/consequences>*

*\*\*<https://www.webmd.com/balance/features/take-a-break>*



The 6th law of health is Lots of Water. Lots of water includes both the internal and external use of water. But in this short article we will only look at the internal use.

Around 70% of the human body is made of water, although the exact percentage varies by age and gender. Drinking enough water can prevent and help treat many common conditions that people suffer from. Dehydration has been linked to causing many problems, such as, migraines, back pain, constipation, kidney stones, muscle cramps, heartburn, fatigue, stomach ulcers, arthritis, weight gain, high and low blood pressure, urinary tract infections, etc.

In addition, cartilage (found in the joints and between the spinal disks) is 80% water so if you are chronically dehydrated you can experience joint pain or back pain. And since around 75% of the brain is water, dehydration even in small amounts very negatively affects the brain. Science shows that *"Mild dehydration (fluid loss of 1–3%) can impair energy levels, impair mood, and lead to major reductions in memory and brain performance."* \*

If you are drinking plenty of water your urine should have a pale yellow color or be clear and you should be urinating at least 6 times a day. Typically at least 8 glasses or 2-3 liters of water a day is recommended, but more is needed if it is hot weather or if you are exercising. For a better and more accurate recommendation of what you personally need to drink, take how much you weigh (*in pounds*) and divide that number in half. That number is the number of ounces you need to drink every day. (*For those that use the metric system you will have to use an online calculator to convert your numbers to metric. i.e. Kilograms and Millilitres*)

Along with drinking enough water you should also:

--Eat moderate amounts of salt. Too much or too little salt in the diet can make you dehydrated.

--Avoid alcohol and caffeinated drinks such as coffee as these can actually dehydrate you. Remember water was Daniel's beverage of choice to be healthy.

**(Daniel 1:12-15** *Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. ... 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.*)

--Drink moderate amounts of water throughout the day rather than drinking a lot in one sitting.

*\*<https://www.healthline.com/nutrition/7-health-benefits-of-water#2>.-Significantly-affects-energy-levels-and-brain-function*



The 7th law of health is Always Temperate. Temperance is also mentioned in the fruit of the Spirit. *"But the fruit of the Spirit is ... temperance..."* (**Galatians 5:22, 23**)

Temperance means abstaining from what is harmful and keeping moderation in that which is good. For example, smoking is well known to cause health problems so it is harmful, a temperate man will never smoke. But apples are beneficial for health. However, eating several large boxes of apples in one sitting would make you sick. So a temperate man will be moderate in how many apples he eats at a time.

There are many harmful substances which we should stay away from. Alcohol is another well-known and widely used poison that we should avoid completely. Drugs that affect the mind and are poisonous to the body such as cocaine or marijuana should also be avoided. Caffeine is a drug that is found in coffee, soft drinks, tea, and chocolate and can create many health problems from increasing the risk of heart attacks in young people to causing gout flare-ups. \*

Even some of the spices people commonly use can create health problems since several are actually stomach irritants. With nutmeg for example, the toxic dose can be as little as 2 teaspoons per person, ingesting too much of it can cause organ failure and even death. \*\*

Temperance also includes avoiding external poisons such as chemicals and radiation. While sometimes there are toxic exposures you cannot control (ex. air pollution), what you can avoid it is best for your health to avoid.

And when it comes to moderation, even the good food we should be moderate in.

While most of us are familiar with the common side effects of overeating such as weight gain and nausea, there are other risks such as mental decline, heart disease and stroke.

There are other areas of life that we should be moderate in. Sleeping is good but too much sleep also has health risks. Working is good but overwork is not. Study is good in moderation but studying too much will harm the brain as well as the body.

So if you want to practice temperance remember, avoid that which is harmful, and practice moderation in that which is good.

*\*<https://www.caffeineinformer.com/harmful-effects-of-caffeine>*

*\*\*<https://www.healthline.com/health/high-on-nutmeg#warnings>*





The final law of the 8 laws of health is Nutrition. The old saying "*you are what you eat*" is quite true. Our bodies are made from the food we eat. Healthy food makes a healthy body, unhealthy food makes an unhealthy body.

The first and best step you can take in following this law is to go on a plant-based diet. "*Those who eat a plant-based diet lower their risk for heart disease, type 2 diabetes, obesity, and other health conditions. Research also shows that a plant-based diet can be less expensive than [sic] an omnivorous diet.*" \*

A plant based diet was God's original diet for mankind even after sin and death entered our world. *"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat....and thou shalt eat the herb of the field;"* (**Genesis 1:29; 3:18**) Thus it is no surprise that, a plant-based diet has many benefits including, strengthening your immune system, weight loss, lowering blood pressure, and lowering the risk of heart disease, stroke, cancer and Alzheimer's disease. A plant-based diet also can prevent and help reverse type 2 diabetes.

Plant foods are high in antioxidants. Many of the vitamins we need to consume are found in high amounts in fresh fruit and veggies. *"You've likely seen powders and potions that tout antioxidant and anti-inflammatory benefits, but it's really best to get your antioxidants through a plant-based diet. 'When we get our nutrients from whole foods, they tend to be more bioavailable than supplements,' Maya Feller, RD, CDN, says. 'Plus, when we eat whole foods, in general, we don't worry about toxicity.'"*  
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How can you put a plant based diet into practice and get good nutrition?

--A well rounded meal should include a carbohydrate whole grain as the base, a protein food (lentils, beans, peanuts, etc.) and a small amount of healthy vegetable fat (nuts, seeds, oils, and avocados).

--Eat a variety of fruit and veggies. Eating a variety will enable you to get all the necessary nutrition. For vegetable meals a good rule is to eat at least one yellow/orange vegetable and one green vegetable.

*\*<https://www.pcrm.org/good-nutrition/plant-based-diets>*

*\*\*<https://www.livestrong.com/article/13730585-plant-based-diet-benefits/>*

## **DISCLAIMER:**

The information in this booklet is for educational purposes and is not to be used as medical advice or to diagnose or to treat disease. Therefore, the use or misuse of any information contained herein is at the sole risk and discretion of the user. For diagnosis, treatment or any other procedure including allopathic medical advice, see your medical doctor. For healing, see the Great Physician.

**(Exodus 15:26)**



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