

AND BE IN HEALTH - II

III John 2

1 THE DILEMMA

- 1.1 So much sickness--need for healing; yet people are guilty of abusing bodies
- 1.2 Our desire to be in good health
- 1.3 Primary cause of disease is neither bacteria nor viruses, but weakened resistance brought about by our own health-destroying lifestyles
 - 1.3.1 Public health enemy number one is the way we live--our lifestyles
 - 1.3.2 A healthy lifestyle encompasses the mind, body, and spirit
 - 1.3.3 We should avoid what hinders us and make responsible by what we put into
- 1.4 We decide our fate by the things we put into and eliminate from our bodies
- 1.5 My people are destroyed for lack of knowledge
- 1.6 Why people resist knowledge
 - 1.6.1 Don't take it seriously--not important--it doesn't apply to me
 - 1.6.2 Feel goals are unreachable
 - 1.6.3 People resist change because don't have all the facts
- 1.7 Start slowly--body needs time to adjust
- 1.8 A basic key--we should and can enjoy all things in moderation
- 1.9 The decision is ours--we make the choice

2 THE LAWS OF GOD

- 2.1 Deut. 5:33 - *"Ye shall walk in all the ways which the Lord your God hath commanded you, that ye may live, and that it may be well with you, and that ye may prolong your days in the land which ye shall possess."*
- 2.2 Three classes of Biblical law
 - 2.2.1 Moral Law (10 commandments) - given for moral welfare
 - 2.2.2 Dietary Law (Lev 11; Deut. 14:3-21) - given for physical welfare
 - 2.2.3 Ceremonial Law - given as type of Messiah and eternal salvation
- 2.3 We are saved through grace, not the law
 - 2.3.1 Law never given to bestow eternal life, but rather to preserve and bless our earthly life
 - 2.3.2 As long as we live in the body we must realize that it is subject to all the physical laws that God laid down for its normal function and well being

3 FOOD THAT IS FORBIDDEN - LEV. 11

- 3.1 Swine
 - 3.1.1 Parts hoof, but doesn't chew cud
 - 3.1.2 Eats anything putrid that it finds
 - 3.1.3 Limited excretory organs

- 3.1.4 Unclean animals are meat-eaters; scavengers, designed to eliminate disease-producing dead animals
- 3.1.5 By nature poisonous, diseased, and deadly
- 3.1.6 Cause of blood diseases, weakness of stomach, liver troubles, tumors, cancer
- 3.1.7 What it eats becomes flesh in four hours
- 3.1.8 Trichinosis
- 3.2 Unclean fish
 - 3.2.1 Only fish clean are those with fins and scales
 - 3.2.2 Oyster, clam, lobster, shrimp, catfish are scavengers of the sea and have been discovered to only be dumps of devitalized and disease producing filth because of inadequate excretion
- 3.3 Certain fowls
 - 3.3.1 Unclean - eagle, vulture, raven, owl, hawk, swan, pelican, bat
 - 3.3.2 Clean - chicken, duck, geese, turkey (because of gizzard)
- 3.4 Creeping things creep upon all fours
 - 3.4.1 Weasel, mouse, tortoise
 - 3.4.2 Flying creeping things - all except locust, grasshopper
- 3.5 Eating of blood forbidden
 - 3.5.1 *"Only be sure that thou eat not the blood; for the blood is the life; and thou mayest not eat the life with the flesh. Thou shalt not eat it; thou shalt pour it upon the earth as water."*
 - 3.5.2 Lev. 17:10 - *"Ye shall eat the blood of no manner of flesh."*
 - 3.5.3 Deut. 12:23 - *"Only be sure that thou eat not the blood."*
 - 3.5.4 Disease first in blood, and may be major contributor of cancer
- 3.6 Eating of fat
 - 3.6.1 Lev. 3:17 - *"It shall be a perpetual statute for your generations throughout all your dwellings that ye eat neither fat nor blood."*
 - 3.6.2 Scientist are now emphasizing evil of fats and cholesterol

4 WHY DO WE EAT?

- 4.1 Eat to live or live to eat?
- 4.2 Most of us eat emotionally--what is pleasurable and tastes good (such as junk food, which has little or no nutritional value)
- 4.3 Should eat for nutrition and fuel

5 SOME GUIDELINES FOR PROPER DIET

- 5.1 Keep energy intake equal to energy expenditure
 - 5.1.1 Metabolism - like thermostat
 - 5.1.2 Best exercise for weight reducing should be taken about three-fourths through every meal. First, put your hands on the edge of the table in front of you, push back firmly, stand up, and walk away
- 5.2 Reduce consumption of highly refined and processed foods
 - 5.2.1 Refining and processing removes most nutrients
 - 5.2.2 White flour
 - 5.2.3 White sugar - robs body of important vitamins and is addictive

5.3 Reduce or eliminate salt (holds fluids in body - associated with high blood)

5.4 Limit or eliminate caffeine

5.4.1 Is a drug; can cause stomach acid secretions

5.4.2 Affects nervous system; linked to increased heart rate and blood pressure, restlessness, disturbed sleep

5.4.3 Moderation accepted, but abstinence better

5.5 Eliminate saturated fats (animal meats and dairy products)

5.6 Keep cholesterol levels down

5.6.1 Red meat, eggs, dairy products, etc.

5.6.2 Some foods can lower

5.6.3 Use polyunsaturated fats (corn, safflower, sunflower, olive oils)

5.7 Reduce protein intake

5.7.1 Too much can affect kidneys and entire metabolic system

5.7.2 Good alternate source - almonds, peanuts, sunflower seeds, soybeans, leafy green vegetables, potatoes

5.8 Increase raw foods

5.9 Clean hard water

5.10 Proper preparation