"A Healthy New Year"

(How to maintain your body for God's use and glory)
Selected Scriptures
1/6/07

INTRODUCTION:

Today, I would like to focus our attention on taking care of our Bodies.

How do I maintain my body for God's use and glory?



1. View your Body and its value from God's perspective

- We were created in God's image. - Genesis 1:26
- *We are Spirit, Soul and Body - 1Th 5:23*
- Nothing is of more value to you than your soul/spirit.

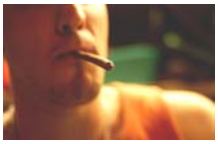
2. Surrender your body to God and His will (*Romans 12:1)*

Don't forget who owns your body - *1 Corinthians 6:19-20*
Your body is God's "Temple"
Don't worship your temple



--Beware of the vanity of preoccupation with outward appearance - 1 Peter 3:3-4
--Beware of the idolatry of self

Don't defile your temple



Through smoking or drug use
Through drinking alcohol
Through over-eating or under-eating
Through self-inflicted wounds

3. Maintain your Body for God (I Cor.10:31; I Tim.4:8)

Reasons why people get sick *(The Word on Health: Dr. Michael D. Jacobson)*

- **Sickness unto Death** (2 Ki 13:14)
- **Sickness to Glorify God through Healing** (Jn 11:4)
- **Sickness to Test or Develop Character** (2 Cor. 12:7; *Job 2:3-7)*
- **Sickness Due to Chastisement for Sin**
- **Sickness Due to a Broken Spirit** (e.g. depression) Proverbs 17:2; Proverbs 18:14
- **Sickness Due to Physical Causes/Natural Law**

(The Word on Health, Dr. Michael D. Jacobson, p. 32)

--Our bodies are "wonderfully made" (Ps. 139:14) and have tremendous healing and regenerative capabilities built in.

Vital Ingredients for a Healthy Body:



1) Righteous Living

2) Physical Exercise (1 Tim. 4:8)

3) Healthy Eating Habits

a. God's original design was that man eat only fresh vegetables and fruit
Genesis 1:29

b. God did allow for the eating of meat after the flood (Gen. 6:19-21)

When eating becomes sin:
--When one eats with offense (1 Cor. 8:13)
--When food becomes an idol (cp. Rom. 1:25)
--When food becomes an addiction (Pr 23:2)



c. People need self-control in eating habits
(Gal. 5:22-23; 1 Cor. 6:12-13; 1 Cor. 9:25-27)

1) Don't be a slave to your appetites (Prov. 23:2)
2) Eat for energy, not for pleasure
3) Eat only what you need (*Proverbs 25:16*)
4) Eat "real" food (Gen. 1: 29)
   a) Organic is best
   b) Avoid spoiled (by man's corruption) or refined food
5) Make plant food the foundation of your diet (Gen. 1:29)
   a) Grains without refinement
   b) Fiber
   c) Vegetables, fruits, beans, seeds, and nuts
6) Prefer "clean" animal flesh (Gen. 9:3) (Lev. 11)
7) Don't eat blood or improperly prepared meat (Ac 21:25)
8) Don't eat the "hard" fat of animals (Lev. 3:17, 7:23)
9) Give yourself periods of prayer and fasting (Joel 2:12; Ezra 8:23)

4) Clean Air & Clean Water
a. Clean Air --No intentional smoke
b. Clean Water - Deut. 8:7

5) Adequate Rest (Ps. 127:2)

Trust God, not physicians

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INTRODUCTION:

Today, I would like to focus our attention on taking care of our Body.

How do I maintain my body for God's use and glory?

1. View your Body and its value from God's perspective

We were created in God's image.

Genesis 1:26 - "Let <u>us</u> make man in <u>our</u> image, after <u>our</u> likeness"
Man was created in the <u>image</u> and <u>likeness</u> of God.
In what sense?
Man bears the image of God in three senses:

1) Man is like God in that he is a <u>person</u> (with personality). A "person" is a being who possesses self-consciousness, self-determination, intellect, emotion, will, world-consciousness, etc.
2) Man is like God in that he has a <u>spirit</u> (Jn. 4:24; I Cor. 6:20; cp. Eph. 4:23-24)
3) Man is like God in that he has a <u>moral nature</u> (a basic, innate comprehension of right and wrong - Rom. 2:14; Eccl. 7:29).

When Adam sinned the image of God in man was marred and defiled but was not obliterated.

*Since mankind still retains this sense of the image of God, his life has a <u>dignity</u> and is to be <u>respected</u>, <u>honored</u>, and <u>protected</u>. Doing so honors the Creator (Gen. 9:6; James 3:9).

1Th 5:23 And the very God of peace sanctify you wholly; and I pray God your whole <u>spirit</u> and <u>soul</u> and <u>body</u> be preserved blameless unto the coming of our Lord Jesus Christ.

SPIRIT -- Our <u>power</u> to know and communicate with God
[NOTE: the "spirit" of unbelievers is dead in relation to God]
SOUL -- Our <u>life</u> with its ability to think, feel, and do

BODY -- Our <u>material vessel</u> that moves and responds to the impulses of the soul

The <u>spirit</u> controls the <u>soul</u> and the soul controls the <u>body</u>.

Why should we be holy and blameless in spirit, soul, and body?

Our wedding day in the clouds is coming. We are expecting our Groom, Jesus Christ.

Just as a groom has every right to a virgin (pure, chaste) bride at the wedding altar, Christ expects the same!

A beautiful parallel:

> Just as it is a father's responsibility to do all in his power to keep his daughter(s) sanctified and preserved for their future husband (I Cor. 7:36-38), God (our heavenly Father) has taken it upon Himself to keep us pure before our wedding day with Christ at His coming!

When it comes to priority, our spirit/soul is of infinite more value than the body because of it's eternal nature

The Lord Jesus Christ said… Mark 8:36-37
For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?

Nothing is of more value to you than your soul/spirit.

Realize the infinite value of your soul/spirit and the urgency of having a relationship with God.

To be "born again" is man's greatest need!

2. Surrender your body to God and His will

Romans 12:1
I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

When one is born again, the Holy Spirit comes to take up residence in his/her body.

Don't forget who owns your body
1 Corinthians 6:19-20
What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

Don't worship your temple

Just like the Old Testament Temple, we should not worship it, but through it worship and glorify God.

--Beware of the vanity of preoccupation with outward appearance

1 Peter 3:3-4

Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; [4] But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

--Beware of the idolatry of self

Don't defile your temple

(Don't harm (damage) your temple)

Through smoking or drug use

"Smoking won't send you to hell, but it will make you smell like you've been there."
No substance should control us or alter our normal rational except the Holy Spirit.

Through drinking alcohol

All alcoholic beverages kill brain cells and can become addictive – Eph. 5:18.

Through over-eating or under-eating

Don't go to any extreme, whether gluttony and obesity on one side or anorexia nervosa or bulimia on the other.

Through self-inflicted wounds

A mark of demon possession in the New Testament.

Just as the temple was not to have graffiti on it, neither should our bodies.

--Our bodies are not to be pierced or tattooed

Leviticus 19:28

"Ye shall not make any cuttings in your flesh for the dead, nor print any marks upon you: I am the Lord."

"In 1901, the United States was classified as the healthiest nation in the world among one hundred nations studied. By 1920, we had dropped to second place. By 1950, we were in third place. By 1970, we were in forty-first place. And in 1981, we had dropped all the way to ninety-fifth place" (Don Colbert, What Would Jesus Eat?, p. xi).

3. <u>Maintain</u> your Body for God (I Cor.10:31; I Tim.4:8)

1 Cor. 10:31
Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

1 Tim. 4:8
For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

A. Reasons why people get sick *(<u>The Word on Health</u>: Dr. Michael D. Jacobson)*

- **Sickness unto Death**

  All since Adam die (exceptions Enoch and Elijah). It is the natural course of life.

  "Now Elisha was fallen sick of his sickness whereof he died" (2 Ki 13:14)

  Sometimes rebellion and unrepentance may lead to premature death (which we will address in a moment).

- **Sickness to Glorify God through Healing**

  "This sickness is not unto death, but for the glory of God, that the Son of God might be glorified thereby" (Jn 11:4)

- **Sickness to Test or Develop Character**

  "Lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me." (2 Cor. 12:7)

  Job 2:3-7
  And the Lord said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him without cause. [4] And Satan answered the Lord, and said, Skin for skin, yea, all that a man hath will he give for his life. [5] But put forth thine hand now, and touch his bone and his flesh, and he will curse thee to thy face. [6] And the Lord said unto Satan, Behold, he is in thine hand; but save his life.
  [7] So went Satan forth from the presence of the Lord, and smote Job with sore boils from the sole of his foot unto his crown.

- **Sickness Due to Chastisement for Sin**

  --**Failure in Leadership** (David took a census, and 70,000 died as a result of God's punishment – 1 Chron. 21, 2 Sam. 24)

  --**Immorality** (Prov. 2:18-19 – "For her house inclineth unto death, and her paths unto the dead None that go unto her return again, neither take they hold of the paths of life.")

  Illus: Unrepentance of King David after he committed adultery with Bathsheba – Psalm 32:3-4
  When I kept silence, my bones waxed old through my roaring all the day long. [4] For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah.

  Romans 1:27
  And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompense of their error which was meet.

  --**Taking Communion unworthily** ("Wherefore whosoever shall eat this bread, and drink this cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of that bread, and drink of that cup. For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body For this cause many are weak and sickly among you, and many sleep For if we would judge ourselves, we should not be judged" - 1 Cor. 11:27-31).

  --**Lying** (Ex: Ananias and Sapphira)

  --**Rebellion** ("To obey is better than sacrifice…For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry" (1 Samuel 15:23))
  Ex: Miriam and Aaron – Numbers 12

  --**Bitterness (unforgiveness)** (Mt. 18:33-35 – "…O thou wicked servant, I forgave thee all that debt, because thou desiredst me: Shouldest not thou also have had compassion on thy fellowservant, even as I had pity on thee? And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him. So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses")

  --**A Violated Conscience** ("For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed" (Psalms 31:10)

- **Sickness Due to a Broken Spirit** (e.g. depression)

  "A merry heart doeth good like medicine, but a broken spirit drieth the bones" (Proverbs 17:22)

  Proverbs 18:14
  The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?
  --Physical abuse
  --Sexual abuse
  --Emotional or verbal abuse
  --Raised with very strict rules but no love

- **Sickness Due to Physical Causes/Natural Law**

  "Some illnesses seem to be due simply to the fact that we are physical beings in a physical world. These ailments have no apparent underlying cause other than perhaps the function of natural law. Isaac became blind in his old age, with no reason given as to why (Genesis 27:1). Paul advised Timothy, "Use a little wine for thy stomach's sake and thine often infirmities" (1 Tim. 5:23). Here is Paul, who possessed the gift of healing (Acts 14:9-10), essentially telling his beloved son in the faith to employ a little home remedy—actually a change in diet—because he was frequently sick.

  "Many, many diseases of our day are strongly associated with what we put into our mouths. When we discuss nutrition, we will find that God's Word contains enduring, time-tested, and scientifically established principles that, if followed, can greatly reduce sicknesses that are due to physical causes."

  (<u>The Word on Health</u>, Dr. Michael D. Jacobson, p. 32)

--Our bodies are "<u>wonderfully made</u>" (Ps. 139:14) and have tremendous healing and regenerative capabilities built in.

Vital Ingredients for a Healthy Body:

1) Righteous Living

"Shortly after God miraculously brought the nation of Israel out of Egypt, He spoke to the people through Moses, given them an awesome promise:

"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).

The promise was that He would put none of the diseases of the Egyptians on the Israelites. And what were the diseases from which God would protect Israel if they followed Him?" (Dr. Jacobson, p. 22)

The Egyptians suffered horrible plagues and sickness during the time when Pharaoh would not let the Israelites go. God promises that if Israel will obey Him, they will not suffer His hand of chastening, which would cause disease.

Ex: Daniel and his three friends, who ate only vegetables and water, and God rebuilt their bodies to be noticeably different in a mere ten days (Dan. 1). A miracle, not so much because of the diet, but because of <u>obedience</u> to God.

2) Physical Exercise

1 Tim. 4:8
For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

--Example of Moses and his health (even at the end of his life)

--Example of Jesus and His travels

Exercise should be . . .

a. Part of our <u>work</u> ethic

b. Regular (consistent)

c. Cardio-vascular (get the heart pumping)

(Walking, jogging, swimming, biking at least three times per week for a minimum of 30 minutes)

Benefits of Exercise (from http://www.mayoclinic.com/health/exercise/HQ01676)

Exercise: 7 benefits of regular physical activity

Need motivation to exercise? Here are seven ways exercise can improve your life — starting today!

Want to feel better, have more energy and perhaps even live longer? Look no further than old-fashioned exercise.

The merits of exercise — from preventing chronic health conditions to boosting confidence and self-esteem — are hard to ignore. And the benefits are yours for the taking, regardless of age, sex or physical ability. Need more convincing? Check out seven specific ways exercise can improve your life.

1. Exercise improves your mood.

Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down.

Exercise stimulates various brain chemicals, which may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Exercise even reduces feelings of depression and anxiety.

2. Exercise combats chronic diseases.

Worried about heart disease? Hoping to prevent osteoporosis? Regular exercise might be the ticket.

Regular exercise can help you prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular exercise boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing low-density lipoprotein (LDL), or "bad," cholesterol. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries.

And there's more. Regular exercise can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.

3. Exercise helps you manage your weight.

Want to drop those excess pounds? Trade some couch time for walking or other physical activities.

This one's a no-brainer. When you exercise, you burn calories. The more intensely you exercise, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but activity you accumulate throughout the day helps you burn calories, too.

4. Exercise strengthens your heart and lungs.

Winded by grocery shopping or household chores? Don't throw in the towel. Regular exercise can leave you breathing easier.

Exercise delivers oxygen and nutrients to your tissues. In fact, regular exercise helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

5. Exercise promotes better sleep.

Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day.

A good night's sleep can improve your concentration, productivity and mood. And, you guessed it, exercise is sometimes the key to better sleep. Regular exercise can help you fall asleep faster and deepen your sleep. The timing is up to you — but if you're having trouble sleeping, you might want to try late afternoon workouts. The natural dip in body temperature five to six hours after you exercise might help you fall asleep.

6. Exercise can put the spark back into your sex life.

Are you too tired to have sex? Or feeling too out of shape to enjoy physical intimacy? Exercise to the rescue.

Regular exercise can leave you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Exercise improves your circulation, which can lead to more satisfying sex. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise, especially as they get older.

7. Exercise can be — gasp — fun!

Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical!

Exercise doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find an activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!

Are you convinced? Good. Start reaping the benefits of physical activity today!

3) Healthy Eating Habits

a) God's original design was that man eat only fresh vegetables and fruit

We tend to eat the way we do because of the patterns we adopted from our parents. We have acquired certain "tastes."

We often treat our bodies like we do our car's gas tank. "Fill-er-up" with the lowest grade of fuel we can.

Since the body is made up of living cells, it makes sense to feed it live food (such as fresh fruits and vegetables), not "dead food" – which is food cooked to death or processed to death with no enzymes or real nutritional value.

Genesis 1:29
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.

"On this original diet, man lived an average of 912 years, prior to the flood, without a single recorded instance of sickness. Following the flood, two changes were made in man's diet. . . meat was added and man started to cook his food. Following these two changes in the way man ate, the life span rapidly declined in ten generations from an average of 912 years to 100 years. Today, we have moved even further from God's original diet by putting increasingly more toxic substances into our bodies so that today, by the age of 40, the average person already has serious physical problems. The average four-year-old already has plaque build up in his arteries, and the average youth of today cannot even pass the President's minimal physical fitness requirements." (Malkmus, "God's Marvelous Self-Healing Body" article, p. 1)

b. God did allow for the eating of meat after the flood (Gen. 6:19-21)

Who ate meat?
--Abraham and his angelic guests (Gen. 18:8)

--Isaac (Gen. 27)

--Israel (Lev. 11:2ff) (at Passover – Ex. 12)

--the priests (Lev. 6:24-26; Ex. 12:1-8)

--Jesus Christ (fish – Mt. 14:19; Lk. 24:36-43; Jn. 21:12-13)

[NOTE: no blood or "hard" fat – Gen. 9:4; Acts 15:20]

When eating becomes sin:

--When one eats with offense (1 Cor. 8:13)

--When food becomes an idol (cp. Rom. 1:25)

--When food becomes an addiction (Pr 23:2)
Proverbs 23:2
And put a knife to thy throat, if thou *be* a man given to appetite.

c. People need self-control in eating habits

(Gal. 5:22-23; 1 Cor. 6:12-13; 1 Cor. 9:25-27)

1) Don't be a slave to your appetites (Prov. 23:2)

2) Eat for energy, not for pleasure

3) Eat only what you need (*Proverbs 25:16*- Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it.)

4) Eat "real" food (Gen. 1: 29)
Genesis 1:29
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.

   a) Organic is best

   b) Avoid spoiled (by man's corruption) or refined food

5) Make plant food the foundation of your diet (Gen. 1:29)

   a) Grains without refinement
   b) Fiber
   c) Vegetables, fruits, beans, seeds, and nuts
   d) Cut the Carbs (food with excessive carbohydrates is fattening; Cut back on white bread, white rice, white sugar – Americans consume 300 lbs. of sugar a year)

6) Prefer "clean" animal flesh (Gen. 9:3) (Lev. 11)

   (Don't be prideful, divisive or judgmental over this issue – Acts 10:15; 1 Tim. 4:1-5; Col. 2:16)

7) Don't eat blood or improperly prepared meat
Ac 21:25

8) Don't eat the "hard" fat of animals (Lev. 3:17, 7:23)

Hard Fat = fat under the skin that covered the organs and muscles

Note: The only oils which should be used are those which are liquid when at room temperature. Any oil which is a solid at room temperature (i.e. lard, margarine, butter, shortening) will solidify in your system and is unhealthy.

9) Give yourself periods of prayer and fasting (Joel 2:12; Ezra 8:23)

From a health standpoint, fasting is very beneficial.

"Humans live on one-quarter of what they eat; on the other three-quarters lives their doctor."--Egyptian pyramid inscription, 3800 B.C.

"Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food. But to eat when you are sick, is to feed your sickness." --Hippocrates, M.D., 460?-370? B.C., Father of Western Medicine

"Every patient carries her or his own doctor inside." Albert Schweitzer, M.D., 1875-1965, Alsatian medical missionary, theologian and musician

"The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in proper diet, and in the cause and prevention of disease." --Thomas Edison, 1847-1931, America's greatest inventive mind (incandescent lamp, phonograph, microphone, et. al.)

http://www.cyberclass.net/mastercleanser.htm

The Master Cleanser *(By Stanley Burroughs)*

Tom J. Kennedy writes:
Many natural healers attest to fasting as the oldest and proven remedy for the cure of disease. In fact, I can recall observing sick animals on the farm where I grew as a child. These sick animals voluntarily chose to refuse solid food as their preferred approach to healing. So why should I as a civilized man think it is necessary to eat solid food in order to keep up my strength if I am stricken with disease?

I will reproduce a portion of Chapter 2 (beginning at page 16) The Lemonade Diet from the booklet "The Master Cleanser" by Stanley Burroughs.

Purpose:
To dissolve and eliminate toxins and congestion that have formed in any part of the body.
To cleanse the kidneys and the digestive system.
To purify the glands and cells throughout the entire body.
To eliminate all unusable waste and hardened material in the joints and muscles.
To relieve pressures and irritation in the nerves, arteries, and blood vessels.
To build a healthy bloodstream.
To keep youth and elasticity regardless of our years.

When To Use It
When sickness has developed - for all acute and chronic conditions.
When the digestive system needs a rest and a cleansing.
When overweight has become a problem.
When better assimilation and building of body tissue is needed.

And How Often?
Follow the diet for a minimum of 10 days or more - up to 40 days and beyond may be safely followed for extremely serious cases. The diet has all the nutrition needed during this time. Three to four times a year will do wonders for keeping the body in a normal healthy condition. The diet may be undertaken more frequently for serious conditions.

How To Make "The Master Cleanser"
(I have doubled the recipe that is in the booklet.)
4 tbsp lemon (or lime) juice (1 lemon)
4 tbsp genuine maple syrup (the darker the better; Grade B)
1/5 tsp cayenne pepper (red pepper) or to taste
10 to 12 oz. water (spring or purified) (hot or cold)
Combine the lemon juice, maple syrup, and cayenne pepper in a container.
Add the water and stir.

The Maple Syrup
The maple syrup has a large variety of minerals and vitamins. Naturally the mineral and vitamin content will vary according to the area where the trees grow and the mineral content in the soil. These are the minerals found in average samples of syrup from Vermont: sodium, potassium, calcium, magnesium, manganese, iron, copper, phosphorus, sulphhur, chlorine and silicon. Vitamin A, B1, B2, B6, and C, nicotinic acid and pantothenic acid are also present in the syrup. Information on the need and effect of these properties will be found in the Biochemistry in the back of the book, "Healing for the Age of Enlightenment."

The Lemon

The lemon is a loosening and cleansing agent with many important building factors. The ability of the elements in the lemon and in the maple syrup working together creates these desired results.

Its 49% potassium strengthens and energizes the heart, stimulates and builds the kidneys and adrenal glands.
Its oxygen builds vitality.
Its carbon acts as a motor stimulant.
Its hydrogen activates the sensory nervous system.
Its calcium strengthens and builds the lungs.
Its phosphorus knits the bones, stimulates and builds the brain for clearer thinking.
Its sodium encourages tissue building.
Its magnesium acts as a blood alkalizer.
Its iron builds the red corpuscles to rapidly correct the most common forms of anemia.
Its chlorine cleanses the blood plasma.
Its silicon aids the thyroid for deeper breathing.

The natural iron, copper, calcium, carbon, and hydrogen found in the sweetening supplies more building and cleansing material. It truly is a perfect combination for cleansing, eliminating, healing, and building. Hence, supplements are not needed during the diet and may actually interfere with its cleansing action.

Juice fasting works because it does two things according to <u>Detoxification</u> by Ron Lagerquist:

Removes Toxins–Eliminates life-robbing toxins that hinder the body's God-given recuperative abilities.

Increases Nutrients–Floods the body with nutrients that energize the body's natural regenerative abilities.

Eliminated during the detoxification process

- Dead, dying or diseased cells
- Unwanted fatty tissue
- Trans-fatty acids
- Hardened coating of mucus on the intestinal wall
- Toxic waste matter in the lymphatic system and bloodstream
- Toxins in the spleen, liver, and kidneys
- Mucus from the lungs and sinuses
- Imbedded toxins in the cellular fibers and deeper organ tissues
- Deposits in the microscopic tubes responsible for nourishing brain cells
- Excess cholesterol

The Result

- Mental clarity is improved
- Rapid, safe weight loss is achieved without flabbiness
- The nervous system is balanced
- Energy level is increased
- Organs are revitalized
- Cellular biochemistry is harmonized
- The skin becomes silky, soft, and sensitive
- There is greater ease of movement
- Breathing becomes fuller, freer and deeper
- The digestive system is given a well-deserved rest

People testify that after making changes toward better eating, fasting becomes easier. You could say fasting is a measure of lifestyle.

4) Clean Air & Clean Water

a) Clean Air

--No intentional smoke

--A clean house

b) Clean Water

Deut. 8:7
For the Lord thy God bringeth thee into a good land, a land of brooks of water, of fountains and depths that spring out of valleys and hills;

Drink distilled or filtered water (because of the chemicals which are used to clean regular tap water)

--Avoid excessive coffee or other caffeine-loaded beverages

--Fresh juices (not processed and homogenized from the store; freshly made vegetable and fruit juices are best) and plenty of water is best

--Grape juice is the best anti-oxidant beverage

--Green tea is excellent

5) Adequate Rest

a) Enter into God's rest (Heb. 3:7-11, 19; 4:9-11)

b) Work for your bread (laziness is a killer)

c) Rest one in seven
(Gen. 2:2; Exod. 16:23, 20:8, 35:3; Heb. 10:24-27)

Note: The Sabbath was for Israel (Ex. 31:12ff)

The Sabbath was not for the Church legalistically (Col. 2:16; Ga. 4:10; Rom. 14:5)

d) Be Spirit-led not flesh led so that you can avoid unnecessary stress

e) A good night's sleep (Ps. 127:2)

CONCLU:

- Jesus is not called the first Big Mac but the First Fruits.
- Jesus is not called the living coke but the living water.
- Jesus is not called devils' food cake but He is the bread of Life

1. Our obsession must be God (not food or health or fitness)
2. Victorious eating begins when you shop. Don't bring it home: make not provision for the flesh.
3. I Cor. 10:31: "…eat and drink to the glory of God"
4. Become God dependent, not drug or doctor dependent

Everyone who sought the physicians in the Bible got worse or died.

Trust God, not physicians

2Ch 16:12 And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease was exceeding great: yet in his disease he sought not to the LORD, but to the physicians.