

## CHAPTER 16

# HOW CAN I APPLY HEALTHY PRINCIPLES IN MY DAILY LIFE?

Do you need a simple lifestyle plan to improve your health? Many people have requested a personal protocol to help them recover excellent health, which is totally possible by God's grace. This chapter gives you the tools to incorporate into a daily schedule all the principles outlined in detail in the other chapters related to specific diseases. First, I will outline some general health principles followed by a line-by-line explanation of the exact schedule I use at health institutes.

### GUIDELINES FOR LIFE

Did you notice the hand of God in your life today? When you look outside at the wonders of nature, the stars, the mighty sea, the fields, the lofty trees, God keeps them all in perfect order. He keeps the earth going around the sun. As the Bible says, "For in Him we live, and move, and have our being;"<sup>1</sup>. If ever you wonder whether God is still there, then check your pulse. Every beat of your heart, your very breath, is continual evidence of the power of an ever-present loving and intimate Creator.

So, the question arises, if God is keeping me alive every minute, and everything about me is under His control, wouldn't it make sense for Him to keep me alive healthy rather than to allow me to be sick?

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Then what would make the difference in Him being able to sustain me in vibrant health versus in sickness? That is a good question, because we

all believe that God would want everybody to be well and healthy. So, something must be limiting His power--keeping Him from giving us the kind of health He would want us to have. What could limit God from being able to give me perfect health all the time?

"The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made. And God has pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God. Every law governing the human machinery is to be considered just as truly divine in origin, in character, and in importance as the word of God. Every careless, inattentive action, any abuse put upon the Lord's wonderful mechanism by disregarding His specified laws in the human habitation, is a violation of God's law."<sup>2</sup>

As I studied the results of obedience or disobedience to the laws of health, I discovered that in the early days of our church, before our health message was given, a lot of our ministers were dying in middle age. They were eating pork and doing a lot of things that the Bible teaches to be harmful and their poor health testified to the truth of God's Word.

Didn't God need those ministers? Couldn't He have kept them alive to do His gospel work? Perhaps there's somewhat of a contract involved in the Great Controversy between God and Satan, whereby when people don't follow the will of the Lord, Satan might object by saying, You can't keep them well God, You can't protect them, You can't take care of them, because they aren't following Your will--they're not really Yours; they're mine.

God says in Exodus 15:26, "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

## How Can I Apply Healthy Principles in My Daily Life?

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." The success of God's purpose to make us healthy is limited if we are out of harmony with the laws of good health.

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Sickness may be a sign that we are knowingly or unknowingly out of harmony with one or more of the laws of health.

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"Those who perceive the evidences of God's love, who understand something of the wisdom and beneficence of His laws, and the results of obedience, will come to regard their duties and obligations from an altogether different point of view. Instead of looking upon an observance of the laws of health as a matter of sacrifice or self-denial, they will regard it, as it really is, as an inestimable blessing."<sup>3</sup>

### HOW TO GO ABOUT REGAINING LOST HEALTH

So what is disease, and what can we do to regain health? Its definition and the exact steps to be followed for recovery are outlined in this quote from the pen of inspiration:

"Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system."<sup>4</sup>

What a perfect prescription for the recovery of health. All we must do is follow these simple steps. God is seeking to bless us by giving us a blueprint for wellness so we know exactly what to do.

We see amazing results when people follow a simple lifestyle schedule based on God's principles.

### PRACTICAL APPLICATION: SCHEDULING HEALTH

The success of the program relies on strict adherence to a very specific and tight schedule, especially regarding the timing of meals, bedtime, and exercise. Rather than leaving it to circumstances, we schedule life's activities where they will have the most powerful beneficial impact on your health.

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Life's activities are scheduled to give each its most powerful beneficial impact on health.

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In nature we can see some of the most striking examples of scheduling. The sun, moon, and stars all run on a clock. We can set our watches by them. Do you know that even soybeans show evidence of an internal clock? A group of scientists headed off to a patch of soybeans at 3:00 a.m. and shined on them a high intensity light mimicking sunlight. The soybeans responded by turning their leaves upward to catch the light. Each morning at 3:00 a.m. for the next week the scientists returned to observe the soybeans, and what they discovered astonished them. The soybeans continued turning their leaves up at 3:00 a.m. every morning for a whole week expecting the bright light, even though there was no bright light present. This was because, just like us, soybeans run on an internal clock.

Let me share an example from one of my patients: An individual with back pain studied our website material on spine health and followed it without achieving the results for which they had hoped. They contacted me and I discovered that they were inconsistent in their schedule. Once we got them scheduled with regular daily mealtimes and sleep times, the results they sought were realized.

Our internal body clock is called the circadian rhythm. The better we stay on time the better health we will enjoy. The circadian clock

## How Can I Apply Healthy Principles in My Daily Life?

malfunctions and becomes imbalanced when meals are off schedule or eaten late in the evening,<sup>5,6</sup> when sleeping times vary,<sup>7</sup> are insufficient, or shifted to a late bedtime and/or late rise time.<sup>8</sup> Regular exercise and sun exposure times are also beneficial for regulating the body clock.

For example, the anti-inflammatory / inflammatory balance is tied to your circadian rhythms.<sup>9,10</sup> A big cause of rheumatoid arthritis is a mismatch in the circadian rhythm clocks controlling the body's regular surges of cortisol and melatonin. The only cure then is not methotrexate or some other drug, but rather it is to get the timing of the circadian rhythms all in order by adopting exact mealtimes, exact bedtimes, and even exact exercise and sun exposure times. These need to be consistent on every day of the week, including on weekends.

A 21 year old young lady with a long history of advanced psoriasis came to see me and I set up a health program for her. The biggest part of her program involved putting her on a regular schedule. When she closely followed the schedule, she reported that her psoriasis was the best it had ever been in her entire life. Timing makes a huge difference!

We are given the following insights about how keeping to a tight schedule during camp meetings benefits health, "Brethren and sisters must not be sick upon the encampment. If they clothe themselves properly in the chill of morning and night, and are particular to vary their clothing according to the changing weather, so as to preserve proper circulation, and strictly observe regularity in sleeping and in eating of simple food, taking nothing between meals, they need not be sick. They may be well during the meeting, their minds may be clear, and able to appreciate the truth, and they may return to their homes refreshed in body and spirit."<sup>11</sup>

### TIMING OF MEALS

When we understand how the human body is designed to process food, we will see the necessity of paying close attention to when and what we put into our mouths. Of all the activities of daily life, scheduling and planning meals seems to be one of the most neglected. Many people these days are so busy that often they don't take time to have a decent breakfast. When they get hungry they grab a snack here and there, or nibble all day, until they get home to a big evening meal. People eat at just about any time of day or night with no regard to any specific mealtime. They do not realize that by neglecting to take care of their bodies' needs, they are sabotaging their physical, mental, and emotional health. They are lethargic, have aches and pains, brain fog, are grumpy and depressed, and are susceptible to catching every disease that is going around. They often end up on medication and even in the hospital, all for the want of a few simple lifestyle changes.

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**People who eat their meals at the exact same time every day consume fewer calories, have better insulin sensitivity, and have lower cholesterol levels and therefore less diabetes and heart disease.**

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It is important to schedule and eat both breakfast and lunch at exactly the same time to the minute every day of the week including on weekends, not varying the start time by more than 5 minutes either earlier or later.

Inspiration backs this up, "If it falls to your lot to prepare the meals, make careful calculations, and give yourself all the time necessary to prepare the food, and set it on the table in good order, and on exact time. To have the meal ready five minutes earlier than the time you have set is more commendable than to have it five minutes later."<sup>12</sup>

## How Can I Apply Healthy Principles in My Daily Life?

My advice to people who are serious about living life to the fullest, maximizing their potential, and achieving vibrant health is to treat their meal schedule like an airport schedule. Planes take off at a given time; passengers who show up late and miss their flight are obliged to wait for the next scheduled flight. If your meal is late, it is better to skip it than to eat at the wrong time. Skipping a meal once in a while can be a blessing. Just drink a glass of cool water, which will quench the appetite, and take a walk, far, far away from the beckoning refrigerator, fast food joint or snack vending machines and let your stomach experience a much-deserved rest.

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**If you are late for a meal, it is better to skip it than to upset your circadian rhythms by eating at an unscheduled time; occasionally skipping a meal can be beneficial as well.**

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“Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health.”<sup>13</sup>

Sobering medical observations show that when mealtimes are varied the body is not ready with insulin to meet the sugar from the meals which come at irregular and unpredictable times. This results, among other things, in insulin resistance which leads to elevated blood sugars and diabetes.<sup>14</sup> People who eat their meals at the exact same times

every day have better insulin sensitivity.<sup>15,16</sup> A regular schedule lowers both total and LDL cholesterol, and raises the good HDL cholesterol, thereby lowering the risk of heart disease.<sup>17</sup> Keeping to regular mealtimes significantly lowers the risk of adolescent obesity.<sup>18</sup> Irregularity of schedule, on the other hand, such as encountered in shift work, raises both cholesterol,<sup>19</sup> and triglycerides, and increases abdominal and adolescent obesity, all of which have a detrimental effect on heart health.<sup>20</sup>

It is most healthful to skip the evening meal. A third meal is rarely necessary except in cases of hard physical labor, and even then, it needs to be carefully planned for. If included, it is very difficult to make a schedule work, because you need 5 hours between the end of the last meal to the start of the next and a minimum of 3 hours between the end of an evening meal and going to bed. The schedule for a three meal a day program is quite challenging; breakfast would need to be at 6:00 a.m., lunch at noon and supper at 5:30 p.m. If an evening meal is eaten, it should be light and easily digestible such as fruit and grains (like toast or crackers), because you want your stomach to be completely empty by your bedtime of 9:00 p.m. Otherwise you set yourself up for slow digestion of food, less than refreshing sleep and the horrors of Alzheimer's disease. The inspired counsel is, “If you feel that you must eat at night, take a drink of cold water, and in the morning, you will feel much better for not having eaten.”<sup>21</sup>

The Israelites only ate two meals a day until the time of Solomon, who with all his heathen wives brought in the pagan custom of a third meal with late night feasting. This, to a large degree, contributed to the demoralisation of society and the eventual demise of his kingdom.<sup>22</sup>

“Regularity in eating is of vital importance. There should be a specified time for each meal. At this time let everyone eat what the system requires and then take nothing more until the

## How Can I Apply Healthy Principles in My Daily Life?

next meal. There are many who eat when the system needs no food, at irregular intervals, and between meals, because they have not sufficient strength of will to resist inclination.”<sup>23</sup>

### SNACKING

Unlike animals that graze continually or eat when they see or find food, humans are designed to run best on two meals a day with no snacking between. Having only two meals a day lowers the risk of many diseases, including cancer. But, having three meals a day increases colon cancer risk by 70% and eating four meals by 90%.<sup>24,25</sup> Except for the two regular meals taken at the exact, same scheduled time every day, nothing must pass the lips or enter the stomach except pure water with the occasional lemon juice in it if desired. As you will find in the other chapters of this book, snacking increases blood pressure, reflux, obesity, cholesterol, diabetes, heart disease, and cancer, just to name a few. For each time you snack throughout the day your risk of colon cancer goes up by an additional 60%!<sup>26</sup>

“But I’m hungry, I don’t want to wait till mealtime,” you may say. Hunger, other than at mealtimes, usually signals thirst and can be quenched with a glass of pure water.

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**“The importance of regularity in the time for eating and sleeping should not be overlooked. Since the work of building up the body takes place during the hours of rest, it is essential, especially in youth, that sleep should be regular and abundant.”<sup>27</sup>**

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People who don’t snack, eating only at mealtimes, sleep better at night. Strick mealtime regularity pays off in improved sleep. This may be the missing link for people who are battling insomnia.

### REST

Another way to improve your health is to observe regularity in sleeping. As with the timing of meals, keeping to a regular sleep time is often considered a luxury, totally dispensable when work is pressing, social events extend late into the evening, or entertainment is on. Often the weekend is spent, “sleeping in”, trying to make up for the deficit. The result is often the “Monday morning blues” as your body tries to reset its circadian clock back to your weekday schedule.

Sleeping regular hours has anti-inflammatory benefits and improves overall sleep quality. A strict schedule with a set nightly bedtime no later than 9:00 p.m., and a set wake up time 7.5 or 8 hours later, on all days of the week, including the weekends, will make a huge difference in how you feel.<sup>28</sup> Research shows that compared to sleeping too little (less than 6 hours) or too much (more than 9 hours) getting between seven and a half to eight hours of regular sleep significantly reduces the risk of dying from cancer and other diseases.<sup>29</sup> People who sleep well have significantly better immune function than people with insomnia.<sup>30</sup>

“Make it habit not to sit up after nine o'clock. Every light should be extinguished. This turning night into day is a wretched, health-destroying habit, and this reading much by brain workers, up to the sleeping hours, is very injurious to health. It calls the blood to the brain and then there is restlessness and wakefulness, and the precious sleep, which should rest the body, does not come when desired.”<sup>31</sup>

One reason for an early bedtime is to enable the body to produce melatonin. Melatonin is a protective, anti-cancer hormone with strong antioxidant activity.<sup>32</sup> People who go to bed by 9:00 p.m. have a much higher surge of health promoting melatonin in the early hours of the morning. High levels and predictable timing of melatonin are associated with lower cancer and autoimmune disease rates. So, the timing of your sleep is very important. People who go to

## How Can I Apply Healthy Principles in My Daily Life?

bed later, for example around 11:00 p.m., have much lower melatonin levels, and the time of its surge varies widely. This upsets your body clock.

Thus, it is beneficial to go to bed and get up at the same time every day of the week so as not to disrupt the sleep-wake cycle.

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“Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock.”<sup>33</sup>

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It is best not to have any lights on at night while you are sleeping because it suppresses melatonin production resulting in increased cancer cell growth rates. Disruption of circadian rhythms is associated with accelerated growth of cancerous tumors.<sup>34</sup> Evidence now links exposures to light at night to elevated breast<sup>35</sup> and colorectal cancers.<sup>36</sup> Even a nightlight or a bright alarm clock can be detrimental.

Rest and relaxation also encompass mental and spiritual rejuvenation. I'm sure we can all testify to the necessity of proper mental rest. Jesus Christ said, “Come ye yourselves apart into a desert place, and rest a while.”<sup>37</sup> We are also benefited by a weekly mental rest—an escape from the daily grind. Historically, whenever the weekly cycle has been changed or work has been required seven days a week, humans have experienced poor health and decreased productivity. Research shows that Seventh-day Adventists, who observe the weekly rest according to the Bible Sabbath, have significantly higher plasma levels of immune stimulating antioxidants, which increase longevity, slow aging, and reduce the risks of cancer, autoimmune disease, heart disease and arthritis.<sup>38</sup>

### EXERCISE

Regularity in daily exercise also helps to keep your circadian rhythm on track.<sup>39</sup>

People who regularly engage in vigorous exercise have significantly lower total

cholesterols and better HDL cholesterol.<sup>40</sup> In fact, vigorous exercise lowers the risk of hypertension, high cholesterol, and diabetes.<sup>41</sup> Choosing the stairs over an elevator 5 times a day can lower LDL cholesterol by 8%.<sup>42</sup> Walking for exercise, 30 minutes a day, significantly lowers triglycerides and total cholesterol and increases HDL cholesterol.<sup>43</sup> Walking 6,000 or more steps per day has been shown to lower triglycerides 10 mg/dL and raise HDL 3 mg/dL. This means exercise can make you healthier, feel younger, more energetic and lower your risk of dying of a heart attack.

“Walking, in all cases where it is possible, is the best exercise, because in walking, all the muscles are brought into action.... There is no exercise that can take the place of walking. Want of exercise causes the bowels to become enfeebled and shrunken. Exercise will strengthen these organs that have become enfeebled for want of use. The circulation of the blood is greatly improved by the act of walking. The active use of the limbs will be of the greatest advantage to invalids.”<sup>44</sup>

Did you know that perfect health depends on perfect circulation? A lot of people suffer from poor circulation. Most people realize that if circulation stops, so does life. But not everyone realizes that compromised circulation leads to compromised health and sickness.

Inflammation increases when blood flow is congested and slowed.<sup>45,46,47,48</sup> A sedentary lifestyle, tight clothing and/or cold extremities make autoimmune inflammatory diseases more likely to occur. On the other hand, when circulation is quickened by exercise, and supported by unrestrictive, sufficiently warm, evenly distributed clothing, inflammation decreases.<sup>49</sup>

So, pay attention to dress. The purpose of clothing is to maintain your blood at an even, balanced temperature throughout your whole body. When clothing is insufficient as it is when short sleeves or short pants are worn, the blood is chilled back from the extremities to the trunk where it becomes congested. This increases

## How Can I Apply Healthy Principles in My Daily Life?

inflammation throughout the whole body,<sup>50,51</sup> disrupts the circadian rhythms,<sup>52</sup> and raises the risk of many diseases.

“In order to follow the fashions, mothers dress their children with limbs nearly naked; and the blood is chilled back from its natural course and thrown upon the internal organs, breaking up the circulation and producing disease. The limbs were not formed by our Creator to endure exposure, as was the face. The Lord provided the face with an immense circulation, because it must be exposed. He provided, also, large veins and nerves for the limbs and feet, to contain a large amount of the current of human life, that the limbs might be uniformly as warm as the body. They should be so thoroughly clothed as to induce the blood to the extremities. Satan invented the fashions which leave the limbs exposed, chilling back the life current from its original course. And parents bow at the shrine of fashion and so clothe their children that the nerves and veins become contracted and do not answer the purpose that God designed they should. The result is, habitually cold feet and hands. Those parents who follow fashion instead of reason will have an account to render to God for thus robbing their children of health. Even life itself is frequently sacrificed to the god of fashion.”<sup>53</sup>

Too tight clothing, wherever it is worn, has a negative effect on the health of that part of the body. Tight bands should leave no marks on the skin. For example, studies show that too tight clothing around the waste slows the digestion of food, increases inflammation and increases one’s risk of disease.<sup>54,55</sup>

“Tight bands or waists hinder the action of the heart and lungs and should be avoided. No part of the body should at any time be made uncomfortable by clothing that compresses any organ or restricts its freedom of movement. The clothing of all children should be loose enough to admit of the freest and fullest respiration, and so arranged that the shoulders will support its weight.”<sup>56</sup>

While these quotes speak of children, the principles apply to adults too.

### HEALTH BY FAITH

When you do your part by putting into practice these good lifestyle habits, God is able to do His part in protecting you from disease. Following the health laws is what makes the difference as outlined in this quote,

“We ask to be kept from the pestilence that walketh in darkness, that is stalking with such power through the world; we are then to cooperate with God, observing the laws of health and life. Having done all that we possibly can, we are to keep asking in faith for health and strength. We are to eat that food which will preserve the health of the body. God gives us no encouragement that He will do for us what we can do for ourselves. Natural laws are to be obeyed. We are not to fail of doing our part. God says to us, ‘Work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of His good pleasure’ (Philippians 2:12, 13).”<sup>57</sup>

### AND NOW THE SCHEDULE

We start people on this schedule at health institutes and it is important, for the full recovery of health, to persevere and continue on it at home. Below I am going to explain the schedule line-by-line in detail. I have put a star (\*) by each item where you need to check in the disease specific chapters for recommendations for it. Initially you will need to adjust the times to fit your job or weekend obligations, but once you establish it, be careful not to let trivial things upset it. Make it a point to be regular in your daily habits and once you get settled in the new pattern, see if you don’t notice a difference in your life. It takes at least three weeks to establish a new habit, so be patient and persistent. As you see your health improve it will inspire you to carry on.

## How Can I Apply Healthy Principles in My Daily Life?

Line (#)	SCHEDULE
(1) <u>5:00 a.m.</u>	<u>Rising Time.</u>
(2)	Take a cool sponge bath or shower, scrub skin.
(3)	Drink 32 oz/1L of warm water with the juice of one lemon.
(4)	Take a 10-15 minute outdoor walk and breathe deeply.
(5)	Personal devotional time.
(6)	Gratitude journaling: list 10 things for which you are thankful.
(7) <u>6:30 a.m.</u>	Herbal Tea: 1-2 cups, taken one half hour before meals.*
(8) <u>7:00 a.m.</u>	<u>Breakfast</u> 65-70% fresh fruit.* 10-15% Nuts and seeds.* 20% cooked foods.*
(9)	Supplements.*
(10)	After breakfast walk: 10-15 minutes.
(11)	Stress Management.
(12) <u>10:00 a.m.</u>	Routine Hydration: Drink 32 oz/1L water with one teaspoon of activated charcoal powder added.
(13)	Walk 10-15 minutes outdoors.
(14) <u>1:00 p.m.</u>	Second herbal tea of the day: 1-2 cups.*
(15) <u>1:30 p.m.</u>	<u>Lunch</u> 65-70% Fresh Vegetables Or Savory Fruits (raw if possible). 10-15% Nuts and Seeds 20% cooked (at most)
(16)	Supplements.*
(17)	After lunch walk: 10-15 minutes.
(18) <u>4:00 p.m.</u>	Drink 32 oz/1L of water and take a 10-15 minute walk outdoors.
(19) <u>6:30 p.m.</u>	Hydrotherapy.*
(20) <u>9:00 p.m.</u>	<u>Bedtime</u>
(21)	Charcoal poultice as needed overnight. *

**\* Look in the disease specific chapters for recommendations regarding this scheduled item.**

### LINE (#) BY LINE (#) SCHEDULE EXPLANATION

#### Line (1) GETTING OUT OF BED

Notice the rising time of 5:00 a.m. It's good to have regular hours for rising, praying, and eating. Remember how important it is to do this every day of the week to avoid the Monday morning blues. But why 5:00 a.m.? This is largely dictated by your predetermined bedtime schedule, because you need eight hours of

sleep. I have 9:00 p.m. on the schedule for optimal melatonin as explained earlier in this chapter.

#### Line (2) MORNING ROUTINE

I have people get up in the morning and take a cool, not necessarily cold, shower, or sponge bath, with vigorous scrubbing and stimulation of the skin.

## How Can I Apply Healthy Principles in My Daily Life?

“Most persons would receive benefit from a cool or tepid bath every day, morning or evening. Instead of increasing the liability to take cold, a bath, properly taken, fortifies against cold, because it improves the circulation; the blood is brought to the surface, and a more easy and regular flow is obtained. The mind and the body are alike invigorated. The muscles become more flexible, the intellect is made brighter. The bath is a soother of the nerves. Bathing helps the bowels, the stomach, and the liver, giving health and energy to each, and it promotes digestion.”<sup>58</sup>

“Persons in health should on no account neglect bathing. ...The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each.

“It also promotes digestion, and instead of the system's being weakened it is strengthened. Instead of increasing the liability to cold, a bath, properly taken, fortifies against cold because the circulation is improved and the uterine organs, which are more or less congested, are relieved; for the blood is brought to the surface, and a more easy and regular flow of the blood through all the blood vessels is obtained.”<sup>59</sup>

People who boost their immune system with a cool bath have higher white cell counts and a more energetic immune system which prepares them for any cold weather disease exposures.<sup>60</sup> And so, start off your day with a good cool sponge bath.

### **Line (3) PRO-ACTIVE HYDRATION**

It is time to hydrate the body by drinking warm water with some lemon in it. The closer the temperature of the water is to that of the body the more easily will it absorb.

“In the morning I take lemon and water. I drink nothing between meals unless it be occasionally some lemon and water.”<sup>61</sup>

People generally drink way too little water and are dehydrated. Why are they dehydrated when they have a cup of something in their hand all day long? It is the result of competing drinks. Any drink with sugar or caffeine in it tends to dehydrate our bodies rather than to

hydrate them. Also, if you consume products with refined sugar in them, you will only be thirsty for half as much water as what you really need.<sup>62</sup>

“Thousands have died for want of pure water and pure air who might have lived. And thousands of invalids, who are a burden to themselves and others, think that their lives depend upon taking medicines from the doctors. They are continually guarding themselves against the air and avoiding the use of water. These blessings they need in order to become well. If they would become enlightened and let medicine alone, and accustom themselves to outdoor exercise and to air in their houses, summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy instead of dragging out a miserable existence.”<sup>63</sup>

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“Thousands have died for want of pure water and pure air who might have lived.”<sup>64</sup>

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We recommend proactive hydration. By the time you feel thirsty for water, you are already 30% behind on your hydration. Regularly scheduled water consumption keeps you ahead of the game. On the chart we have scheduled three quarts/litres of water a day, this may need to be adjusted depending on your size. Having your water portioned out, for example, in 3 one quart/Litre bottles, and drinking one at each designated time can be a big help to keeping up with your water needs.

### **Line (4) MOVEMENT IN THE MORNING**

We recommend taking a walk in the early morning.

“Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases.”<sup>65</sup>

An early morning outdoor walk especially when there is dew on the ground helps you to breathe in more negative ions which boost your immune system. Overnight the trees make

## How Can I Apply Healthy Principles in My Daily Life?

oxygen out of carbon dioxide that has accumulated during the day. There are fewer pollutants in the morning air; people haven't had a chance to drive their cars around which suck in fresh air and blow out dirty exhaust. There are many reasons why an early morning walk is most beneficial.

### **Line (5) MAKING CONTACT WITH THE GREAT PHYSICIAN**

We recommend scheduling time for morning devotions to better acquaint yourself with the Great Physician. All healing ultimately comes from God. Some diseases are the result of being out of harmony with Him. If we are going to be healed, it is important to know, trust, and follow the one that says, "I am the LORD that healeth thee."<sup>66</sup> If someone is unsure whether or not they have a good relationship with God, we highly recommend reading a small but powerful and profound book called "Steps to Christ", by Ellen G. White.<sup>67</sup>

"The burden of sin, with its unrest and unsatisfied desires, is the foundation of their maladies. They can find no relief until they come to the Healer of the soul. The peace which He alone can give, would impart vigor to the mind, and health to the body."<sup>68</sup>

For some people, even when they are doing all the right things we have recommended here, healing will not come until their mind and heart are at peace with God.

"The love which Christ diffuses through the whole being is a vitalizing power. Every vital part--the brain, the heart, the nerves--it touches with healing. By it the highest energies of the being are roused to activity. It frees the soul from the guilt and sorrow, the anxiety and care, that crush the life forces. With it come serenity and composure. It implants in the soul, joy that nothing earthly can destroy,--joy in the Holy Spirit,--health-giving, life-giving joy."<sup>69</sup>

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Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise.

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### **Line (6) Gratitude Therapy**

Gratitude journaling (writing) is very helpful. We have scheduled devotional time, and part of that time includes being thankful.

"Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings--as much a duty as it is to pray. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father's house?"<sup>70</sup>

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It is a positive duty to resist melancholy, discontented thoughts and feelings--as much a duty as it is to pray.

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### **Line (7) HERBAL REMEDIES (TEA TIME)**

The next thing we recommend is that people drink their medicinal herbal teas half an hour before meals.

"The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped for sudden ailments, have served tenfold, yes, one-hundred-fold better purpose, than all the drugs hidden under mysterious names and dealt out to the sick."<sup>71</sup>

Herbs are beneficial; the different herbs for specific ailments can be found in the respective chapters on disease conditions.

### **Line (8) BREAKING THE FAST**

Next comes breakfast.

First a word of caution about drinking with meals. The stomach needs at least two hours after a meal for the uninterrupted digestion of food. It is also important that you stop drinking water at least 30 minutes before a meal so as not to dilute the digestive juices and hinder the process of digestion.

"Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of saliva; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, taken with meals, will arrest

## How Can I Apply Healthy Principles in My Daily Life?

digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Masticate slowly, and allow the saliva to mingle with the food.

“The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed.”<sup>72</sup>

A lot of people are not hungry at breakfast time. For most people this is because they ate their breakfast the night before, consequently they are not hungry in the morning.

“It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day.”<sup>73</sup>

For abundant health and healing the best plan is to aim for around 80 percent of the food eaten as created, raw and uncooked. This was the historical diet followed at the very successful early Adventist sanitariums.

“Let our people discard all unwholesome recipes. Let them learn how to live healthfully, teaching to others what they have learned. Let them impart this knowledge as they would Bible instruction. Let them teach the people to preserve the health and increase the strength by avoiding the large amount of cooking that has filled the world with chronic invalids. By precept and example make it plain that the food which God gave Adam in his sinless state is the best for man's use as he seeks to regain that sinless state.”<sup>74</sup>

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“The food provided for the patients is wholesome and palatable. The diet is composed of fruits and grains and nuts.”<sup>75</sup>

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To be healthy you need to have a good breakfast. “Of what?”, you may ask. “It would be well for us to do less cooking and eat more fruit in its natural state. Let us eat freely of fresh grapes, apples, peaches, oranges, blackberries, and all other kinds of fruit which can be obtained.”<sup>76</sup>

There are benefits to each of these foods, for example grapes and apples help the lungs to fight viral illnesses. Would you believe, scientist have discovered that if you eat an apple a day it makes you breathe in an extra 138 millilitres of air (20% more) with each breath.<sup>77</sup>

At breakfast, for optimal health, we aim for 80 percent raw fruit, nuts, seeds, and 20% cooked grains and pulses. As you plan your menus look at the other relevant chapters in this book for specific guidelines and recommendations; including not drinking smoothies and juices, avoiding fermented foods, processed foods (such as refined bottled oils), chocolate, vinegar, sourdough bread, etc.

Nuts and seeds boost the immune system. Pecans are particularly good because they're the highest in antioxidants, about twice as high as walnuts. Walnuts on the other hand are rich in anti-inflammatory omega-3 fatty acids. Sunflower seeds are high in vitamin E, folate and selenium, pumpkin seeds are especially high in zinc, and Brazil nuts have the highest amount of selenium.

Make breakfast simple. You do not have to balance your entire life's nutrition at this one meal.

“Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal you can have a change. The cook should tax her inventive powers to vary the dishes she prepares for the table, and the stomach should not be compelled to take the same kinds of food meal after meal.”<sup>78</sup>

You may be wondering why 20% cooked. After all there are people out there who go to academic extremes to figure out how to make every meal 100% raw, including things that are not palatable, and not good for you eaten raw. So, why 20%? It is because some things such as beans and grains (except for some that are sprouted), and some vegetables, that are very beneficial for your health, absolutely must be cooked. You also do not want to eat everything cold.

“I would advise all to take something warm into the stomach every morning at least. You can do this without much labor.... I do not approve of eating much cold food, for the reason that the vitality must be drawn from the system to warm the food until it becomes of the same temperature as the stomach before the

## How Can I Apply Healthy Principles in My Daily Life?

work of digestion can be carried on. Another very simple yet wholesome dish is beans boiled or baked.”<sup>79</sup>

Beans make a good warm breakfast dish, especially for diabetics and people wanting to improve brain health. Their high fiber helps blood sugar control, and their high concentration of select amino acids provides the building blocks for abundant neurotransmitters for the brain.

### **Line (9) SHALL I SUPPLEMENT**

What about supplements—all those over-the-counter products, such as vitamins, minerals, and enzymes, that claim to promote wellness? In the following quote you will see that historically they were called “patent nostrums”, because they were a wellness product you could patent and market.

“When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthful habits. If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues.”<sup>80</sup>

Where in the Bible does it recommend oral medication? Where does it say, “Swallow this and you'll get better.”? In the Bible it was commanded to lay hands on the sick, put a poultice of figs on a boil, or go dip in the Jordan River, and there were several times where the balm of Gilead and other poultices were used, but oral medication was never mentioned.

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**Where in the Bible does it recommend oral medication? Where does it say, “Swallow this and you'll get better?”**

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### **HERBS OR SUPPLEMENTS**

When used medicinally, we recommend taking herbs as teas to address specific health issues in conjunction with adopting a healthy lifestyle.

There is a difference between herbs and supplements. Herbs are preparations where you

can see what the product is such as a leaf, flower, or bark, etc. Supplements are pills, liquids or powders that have been concocted in some laboratory and manufactured in a factory. We previously referred to these as patent nostrums.

When the Bible talks about the building of the earthly temple, God gave very specific instructions that there was to be no tool of iron used upon the stones of the altar.<sup>81</sup> Our bodies are likened to the temple of the Holy Spirit. We are what we eat. The foods--fruits, nuts, seeds, grains, vegetables, etc.--that we eat are perfectly designed and are used by the Creator to sustain and energize the body and keep it in perfect health. Man tries to improve on God's design, but any interference, whether by processing, altering, extracting, etc., only makes the food inferior and harder for the body to utilize.

The manufacturing of vitamin and mineral supplements is just such an example. Science suggests vitamin A is beneficial to health, so people extract it from carrots as beta carotene. But the fact is that carrots have been found to have 273 different active forms of vitamin A, not just beta carotene. So, what happened to the other 272 forms of vitamin A? When you settle for a pill in the place of eating carrots, you miss out on quite a few important forms of vitamin A. It is best to eat natural foods in their entirety—whole foods as grown, rather than parts in the form of supplements. What's more, vitamin A supplement pills are detrimental and have been found to increase the risk of death from lung cancer by 46%, and of heart disease by 26%.<sup>82</sup>

### **Line (10) THE AFTER MEALS DIGESTIVE WALK**

Next on the schedule is a therapeutic walk right after the meal.

“But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit. The mind is diverted from self to the beauties of nature. The less the attention is called to the stomach, the better. If you are in constant fear that your food will hurt you, it most assuredly will. Forget your troubles; think of something cheerful.”<sup>83</sup>

## How Can I Apply Healthy Principles in My Daily Life?

This idea concerning your ability to control your thoughts leads us to our next point, in Line (11).

### **Line (11) STRESS MANAGEMENT**

I noticed that a lot of my patients, especially the cancer patients, experienced life as stressful leading up to their diagnosis. Biblical stress management may be the key to your health recovery.

“Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul and weakening the life forces. Remorse for sin sometimes undermines the constitution and unbalances the mind. There are erroneous doctrines also, as that of an eternally burning hell and the endless torment of the wicked, that, by giving exaggerated and distorted views of the character of God, have produced the same result upon sensitive minds. Infidels have made the most of these unfortunate cases, attributing insanity to religion; but this is a gross libel and one which they will not be pleased to meet by and by. The religion of Christ, so far from being the cause of insanity, is one of its most effectual remedies; for it is a potent soother of the nerves.”<sup>84</sup>

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“Worry is blind, and cannot discern the future; but Jesus sees the end from the beginning.” “Those who accept the one principle of making the service and honor of God supreme will find perplexities vanish, and a plain path before their feet.” {DA 330.1}

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You may be thinking, as many do, “I have real symptoms, I have a diagnosis, my doctor has a treatment plan, my issues are not mental or mind related.” Sometimes people get very offended if you infer that their illness is not only physical, but that it is their mind that is making them sick. We just read above that nine tenth or 90% of diseases have their foundation in the mind. If you were betting, would you put your money where you would have only one in ten, or nine out of ten chances of winning? It makes absolutely no sense at all to start focusing on

the physical without any reference to the mental.

For example, if your stomach occupies your thoughts too much—as to whether it hurts or not—it will probably start hurting. This reminds me of when I was on “foot service” in my residency. There was one doctor that did nothing but see and treat patients with foot problems. We residents followed him around learning how to treat patients. While seeing all these foot pain patients for three months, my feet began to hurt for no apparent reason. That was a little embarrassing. About a year later I was sitting down with my fellow residents when one of them mentioned, “Yeah, when I was on the foot service, and all those patients were coming in with their feet hurting, my feet started to hurt too”. Several others also chimed in, “Yeah, right, my feet too.” We all had a good laugh.

Since the mind has such power over the body, we have included three chapters in the book to help you deal with psychological stress; “Stress Management God’s Way”, “If We Would Be but More Grateful: The Power and Science of Gratitude”, and “Health by Faith: Whole Person Healing”.

“When trials come to us, let us not dwell upon the greatness of the difficulties and feel that we cannot have joy in the Lord. It is true we will have changes of feelings. There will come to us times of discouragement and depression. But shall we live by feeling or by faith? When our brethren and friends speak unadvisedly, and cause us grief, let us not be cast down. Let us remember that we are in a world of trial and grief, of sorrow and disappointment. When these experiences come to us, they should drive us to Christ. If they do not, we meet with loss.”<sup>85</sup>

### **Line (12) ROUTINE HYDRATION AND CHARCOAL**

“In health and in sickness, pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease.”<sup>86</sup>

We recommend adding one teaspoon of charcoal powder, which is a powerful internal

## How Can I Apply Healthy Principles in My Daily Life?

cleanser, to the scheduled mid-morning quart/litre of water. This can be beneficial to remove unwanted toxins and inflammation from your system, whether you are sick or not. Our recipe is to take a one quart/litre jar, fill it with water while leaving room for a little air and charcoal, add the charcoal, put on the lid and shake it till the charcoal is well mixed, and drink it. At no other place in your body can you get charcoal so close to the bloodstream to pull out toxins and inflammation as in the intestines where the vessels are right beneath the surface.

“I send you at this time pulverized charcoal. Let him drink the water after it has stood a while to extract the virtue. This should be cold when used.” {20MR 280.4}

The charcoal can be taken with meals or separately. If taken with a meal, it might be better to add it to food rather than adding more liquid to the meal. Charcoal does not tend to pull out necessary nutrients, it only tends to adsorb toxins. For example, kidney dialysis patients have their blood filtered across charcoal three times a week, but don't experience subsequent nutritional deficiencies. A word of caution, don't take charcoal within two hours of taking any medication as charcoal could make it ineffective.

Finally, it is recommended to leave one day a week in which to give your body a rest from this treatment by not ingesting activated charcoal.

### **Line (13) ROUTINE EXERCISE**

Regular outdoor walk in the fresh air and sunshine is therapeutic.

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A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe.

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“When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise, and the feet should be well protected. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe. For those who can walk, walking is preferable to riding. The muscles and veins are enabled better to perform their work. There will be increased vitality, which is so necessary to health. The

lungs will have needful action, for it is impossible to go out in the bracing air of a winter's morning without inflating the lungs.”<sup>87</sup>

Now that's a strong statement, isn't it? Have you ever seen a PDR (Physicians' Desk Reference of all the available drug medications)? It has about 5,000 drugs in it, and all the explanations describing what symptoms they are prescribed for. Well, you can either take one of those 5,000 drug medications or you can choose to take an outdoor walk. Which one do you prefer?

### **Line (14) SECOND HERBAL TEA OF THE DAY: 1-2 CUPS**

Look in the disease specific chapters for recommendations. See comments under Line (7).

### **Line (15) LUNCH TIME**

Diet is the main emphasis of a good health program. Hydrotherapy is useful too, but the food really is the most important, because very few people eat the right things. Even people who think they have been eating healthy can be misled by erroneous teachings that are in exact opposition to the Creator's designs. You are made up of what you eat. If you are sick and want to change and get healthy, you will need to change your eating habits. Improving your diet makes a powerful difference.

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“More can be accomplished for sick people by regulating their diet than by all the baths that can be given them.”<sup>88</sup>

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We recommend you aim to for 80% raw, or lightly steamed vegetables and herbs for lunch, in combination with 20% cooked food. The more your meal consists of raw, lightly steamed or lightly cooked vegetables the better will be your health.

The 20% warm, or cooked part of the meal may consist of such items as brown rice, beans, lentils, whole grain pasta, potatoes, bread, etc.

“Many are debilitated from disease and need nourishing, well-cooked food. Health reformers, above all others, should be careful to avoid

## How Can I Apply Healthy Principles in My Daily Life?

extremes. The body must have sufficient nourishment.”<sup>89</sup>

We generally have to encourage people to eat some vegetables, as not everybody naturally relishes them--they have to learn to enjoy them. Fruit goes down much easier, but they are less enthusiastic when it comes to such delicacies as greens and roots, until their palate has acquired a taste for them.

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We generally have to encourage people to eat some vegetables, as not everybody naturally relishes them--they have to learn to enjoy them.

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“In a medical institution there are varied appetites to satisfy. Some require well-prepared vegetables to meet their peculiar needs. Others have not been able to use vegetables without suffering the consequences. The poor, sick dyspeptics need to be given many words of encouragement. Let the religious influence of a Christian home pervade the sanitarium. This will be conducive to the health of the patients. All these things have to be managed carefully and prayerfully. The Lord sees the difficulties to be adjusted, and He will be your helper.”<sup>90</sup>

### **Line (16) AFTER LUNCH SUPPLEMENTS**

See Line (9).

### **Line (17) AFTER LUNCH DIGESTIVE WALK**

After lunch, we recommend you go out for a walk, just like you did after breakfast. The walk does not have to be long.

“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.... In some cases want of exercise causes the bowels and muscles to become enfeebled and shrunken, and these organs that have enfeebled for want of use will be strengthened by exercise. There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved.”<sup>91</sup>

### **Line (18) WATERING THE CELLS (see also Lines #3 and #12)**

Mid-afternoon, drink more water, remembering the two-hour after-meal gap (see line #8).

This is the third prescribed quart/L of water of the day. People can drink more water if they desire. How much water can you safely drink? Most people can drink a gallon/4L per day without any worry of washing out their electrolytes (salt) and without needing to take additional salt.

“Drink freely of pure, soft water. If this course should be followed perseveringly, resisting the inclination to do otherwise, it would work wonders in the recovery of health.”<sup>92</sup>

(Also see section, “Line (3) PRO-ACTIVE HYDRATION”, above.)

### **Line (19) HYDROTHERAPY FOR THE SICK**

Water is wonderful, used on the inside as well as on the outside. When used on the outside it is called hydrotherapy.

External application of water can be used for cleansing as well as for improving the healthy action of the organs and cells. Hydrotherapy needs to be applied correctly, specific to your disease condition, so please refer to the prescribed method in the relevant chapters.

Because these treatments can be exhausting for the patient, we have found that applying hydrotherapy before retiring for the night is both convenient and beneficial. Thus, we like to administer them right before bedtime. Hydrotherapy should always be followed by a 30-minute (minimum) rest, so the body can most fully respond to the treatment.

There are many unexpected benefits to simply bathing as a preventive measure.

“Frequent bathing is very beneficial, especially at night, just before retiring, or upon rising in the morning. It will take but a few moments to give the children a bath, and to rub them until their bodies are in a glow. This brings the blood to the surface, relieving the brain; and there will be less inclination to indulge in impure practices. Teach the little ones that God is not pleased to see them with unclean bodies and untidy, torn garments. Tell them that he wants

## How Can I Apply Healthy Principles in My Daily Life?

them to be pure without and within, that he may dwell with them.”<sup>93</sup>

### **Line (20) MAKING IT TO BED ON TIME**

Bedtime should be no later than 9:00 p.m. as we described at the beginning of this chapter under the heading “REST”.

### **Line (21) BENEFITS OF CHARCOAL**

Charcoal’s medicinal value lies in its ability to pull toxins, excess fluids and inflammation out of the body.<sup>94</sup> Bedtime is a good time to apply a charcoal poultice if needed, so it can work overnight. Here are some examples of how to use charcoal and an actual experience on how effective charcoal can be.

“I send you at this time pulverized charcoal. Let him drink the water after it has stood a while to extract the virtue. This should be cold when used. When used for fomentations over the bowels, the coal should be put into a bag, sewed up, and dipped in hot water. It will serve several times. Have two bags; use one and then the other.”<sup>95</sup>

“On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. She had contracted fever while on the campground and was taken to our school-building, near Melbourne, Australia. But she became so much worse that it was feared she could not live. The physician, Dr. Merritt Kellogg, came to me and said, ‘Sister White, have you any light for me on this case? If relief cannot be given our sister, she can live but a few hours.’ I replied, ‘Send to a blacksmith’s shop and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides.’ The doctor hastened away to follow out my instructions. Soon he returned, saying, ‘Relief came in less than half an hour after the application of the poultices. She is now having the first natural sleep she has had for days.’”<sup>96</sup>

Notice that this advice was given purely on the basis of the symptoms without any elaborate investigation or diagnosing of a disease condition with a specific intricate name. The simple natural charcoal poultice remedy was applied, not to mask the symptoms, but to work with the laws of nature by relieving the load of toxins and inflammation so the body could heal. No matter what your condition

is, go to God, then treat the illness with the best natural remedy to which He directs your mind.

“Natural means, used in accordance with God’s will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy.”<sup>97</sup>

The way we make a charcoal poultice is to boil one cup of water, add 3 tablespoons of activated charcoal, and 3 tablespoons of ground flax seeds. Simmer for 5 minutes and let cool. What you will have after cooking this mixture is a gel that is easy to work with. You can apply it directly to the skin or wrap it in one layer of damp paper towel and apply the damp paper towel to the skin over the area to be treated. Then wrap the applied poultice with plastic wrap and an elastic bandage, to hold it in place, and leave it on overnight. The same poultice can be used the following night, by flipping it over and reapplying as above.

Also check out line(14) for taking charcoal orally.

## **CONCLUSION**

When you go with God’s plan for your lifestyle, following a regular schedule, disease recovery is more certain. With time it will get easier and become a joy.

We haven’t touched on all the health principles that we could have, but we did touch on the ones that pertain to a good, health promoting daily schedule.

Following is a blank form where you can plan your own schedule according to the recommendations for your condition. Then pray for God’s power to follow it through.

“Let pupils be impressed with the thought that the body is a temple in which God desires to dwell, that it must be kept pure, the abiding place of high and noble thoughts. As in the study of physiology they see that they are indeed “fearfully and wonderfully made” (Psalm 139:14), they will be inspired with reverence. Instead of marring God’s handiwork, they will have an ambition to make all that is possible of themselves, in order to fulfill the Creator’s glorious plan. Thus they will come to regard obedience to the laws of health, not as a matter of sacrifice or self-denial, but as it really is, an inestimable privilege and blessing.”<sup>98</sup>

This has been the experience of those who have put the above principles into practice. Our prayer is that it will be yours also.

## How Can I Apply Healthy Principles in My Daily Life?

Line(#) Fill in your own schedule

Line (#)	SCHEDULE
(1) : a.m.	<u>Rising Time.</u>
(2)	Take a cool sponge bath or shower, scrub skin.
(3)	Drink 32 oz/1L of warm water with the juice of one lemon.
(4)	Take a 10-15 minute outdoor walk and breathe deeply.
(5)	Personal devotional time.
(6)	Gratitude journaling: list 10 things for which you are thankful.
(7) : a.m.	Herbal Tea: 1-2 cups, taken one half hour before meals.*
(8) : a.m.	<u>Breakfast</u> 65-70% fresh fruit.*
	10-15% Nuts and seeds.*
	20% cooked foods.*
(9)	Supplements.*
(10)	After breakfast outdoor walk: 10-15 minutes.
(11)	Stress Management.
(12) : a.m.	Routine Hydration: Drink 32 oz/1L water with one teaspoon of activated charcoal powder added.
(13)	Walk 10-15 minutes outdoors.
(14) : p.m.	Second herbal tea of the day: 1-2 cups.*
(15) : p.m.	<u>Lunch</u> 65-70% Fresh Vegetables or Savory Fruits (raw if possible).
	10-15% Nuts and Seeds
	20% cooked (at most)
(16)	Supplements.*
(17)	After lunch outdoor walk: 10-15 minutes.
(18) : p.m.	Drink 32 oz/1L of water and take a 10-15 minute walk outdoors.
(19) : p.m.	Hydrotherapy.*
(20) : p.m.	<u>Bedtime.</u>
(21)	Charcoal poultice as needed overnight.*
<b>* Look in the disease specific chapters for recommendations regarding this scheduled item.</b>	

# How Can I Apply Healthy Principles in My Daily Life?

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