



GOD'S HEALING WAY

Part 1

God's Health Laws 5

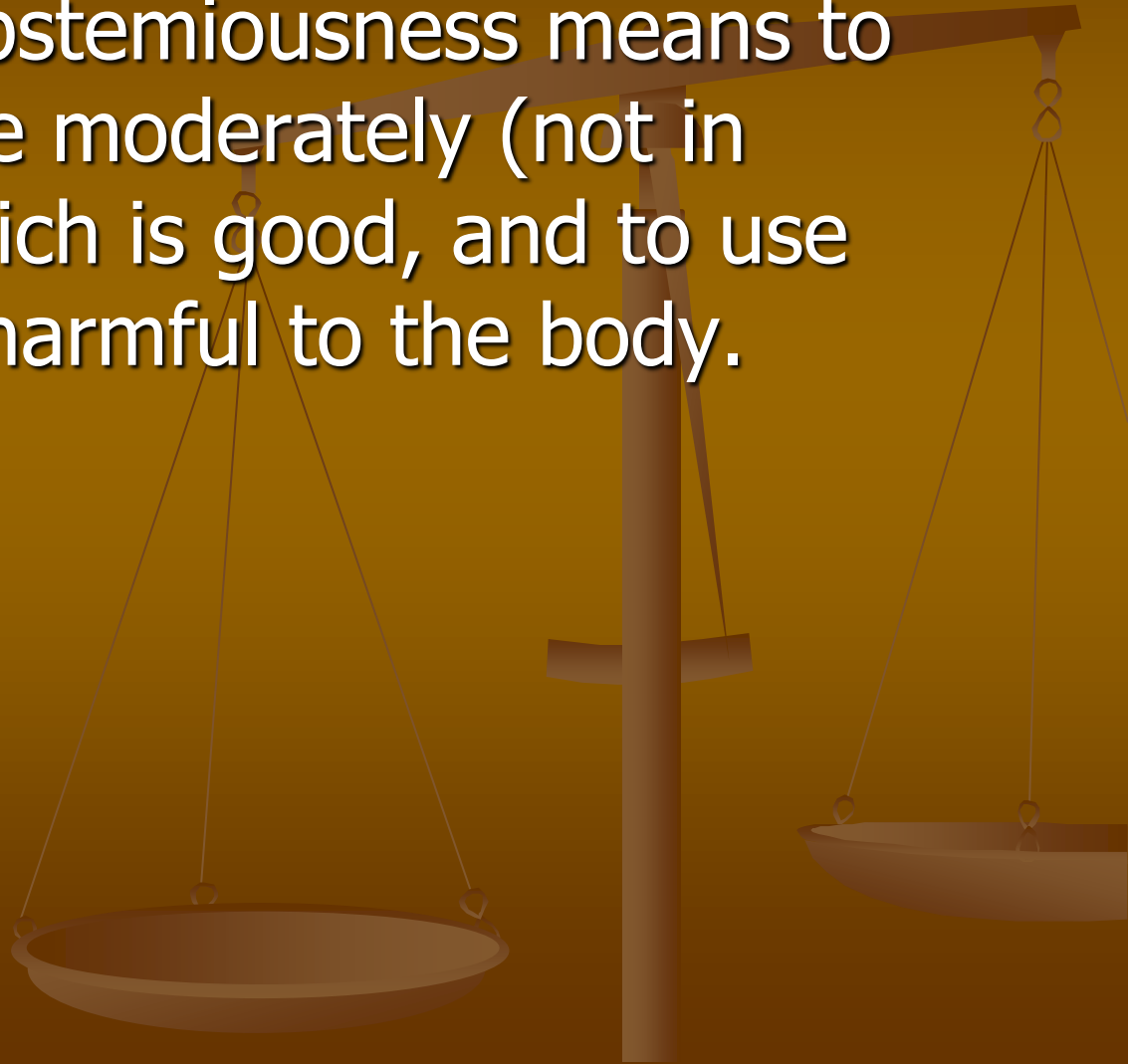
God's Health Laws

- Ideal Diet
- Exercise
- Water
- Sunlight
- **Temperance**
- Fresh Air
- Rest
- Trust in Divine Power



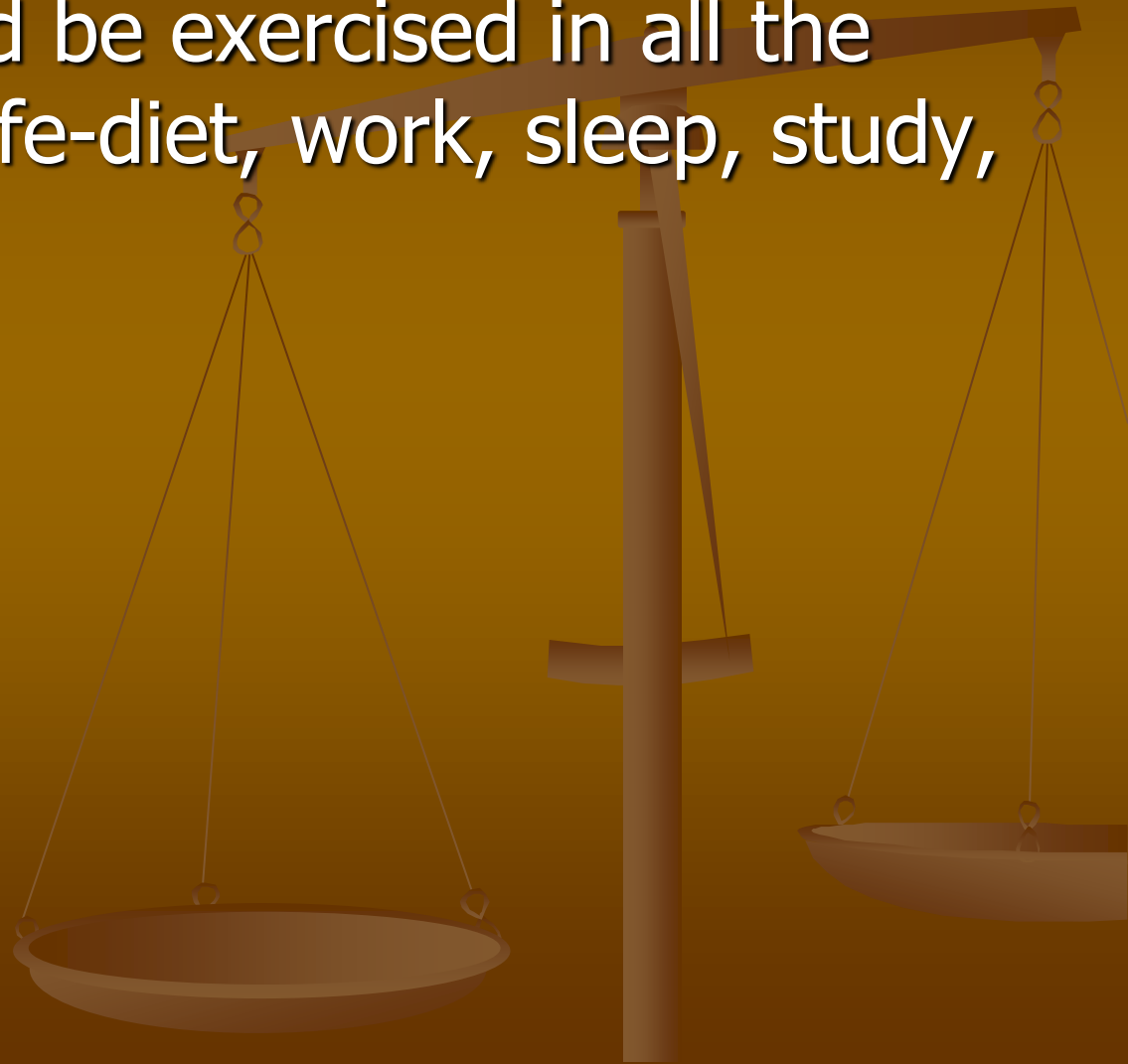
Chapter 5: TEMPERANCE

Temperance or abstemiousness means to deny self, to use moderately (not in excess) that which is good, and to use nothing that is harmful to the body.



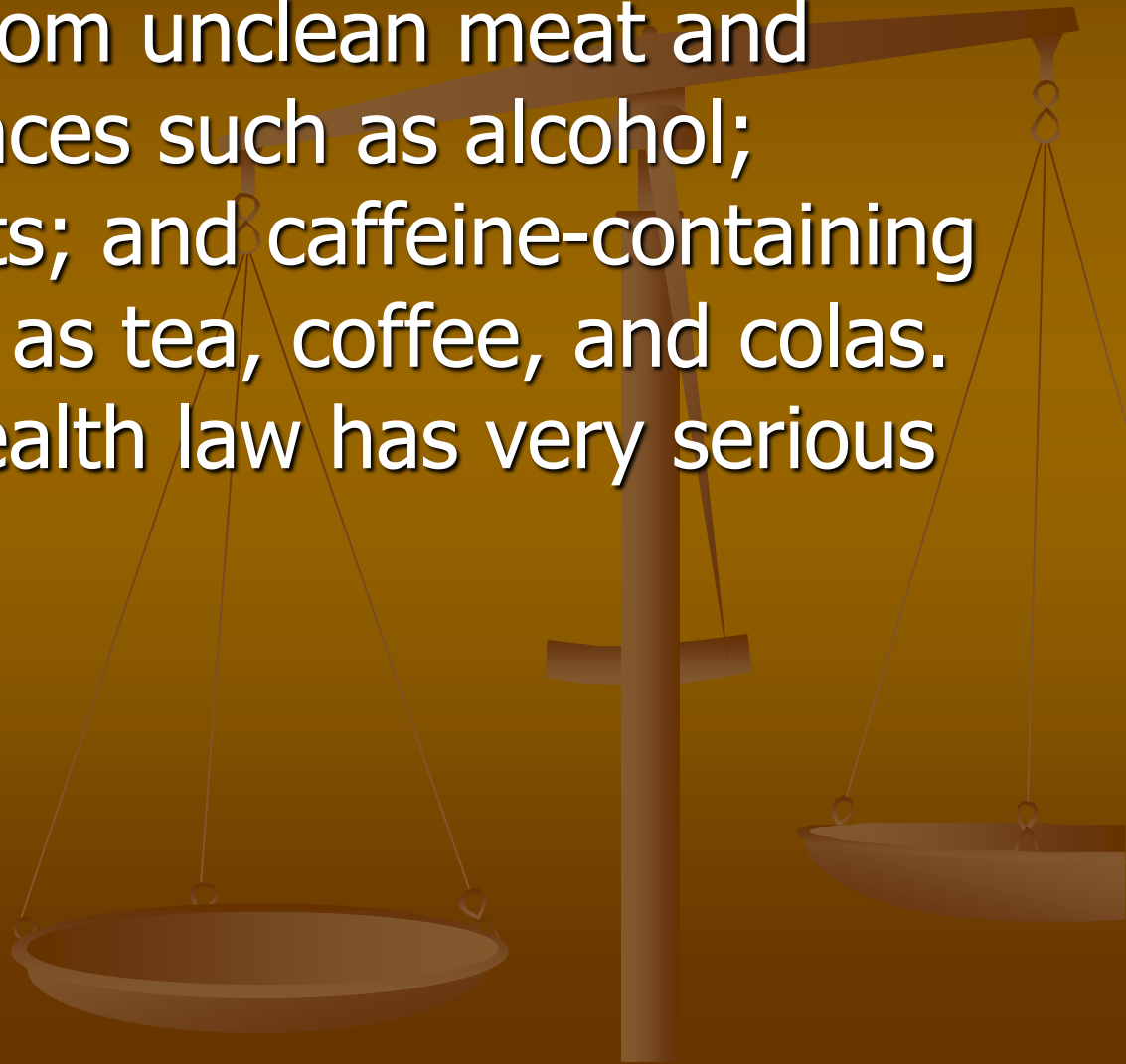
Chapter 5: TEMPERANCE

Moderation should be exercised in all the habits of daily life-diet, work, sleep, study, and dress.



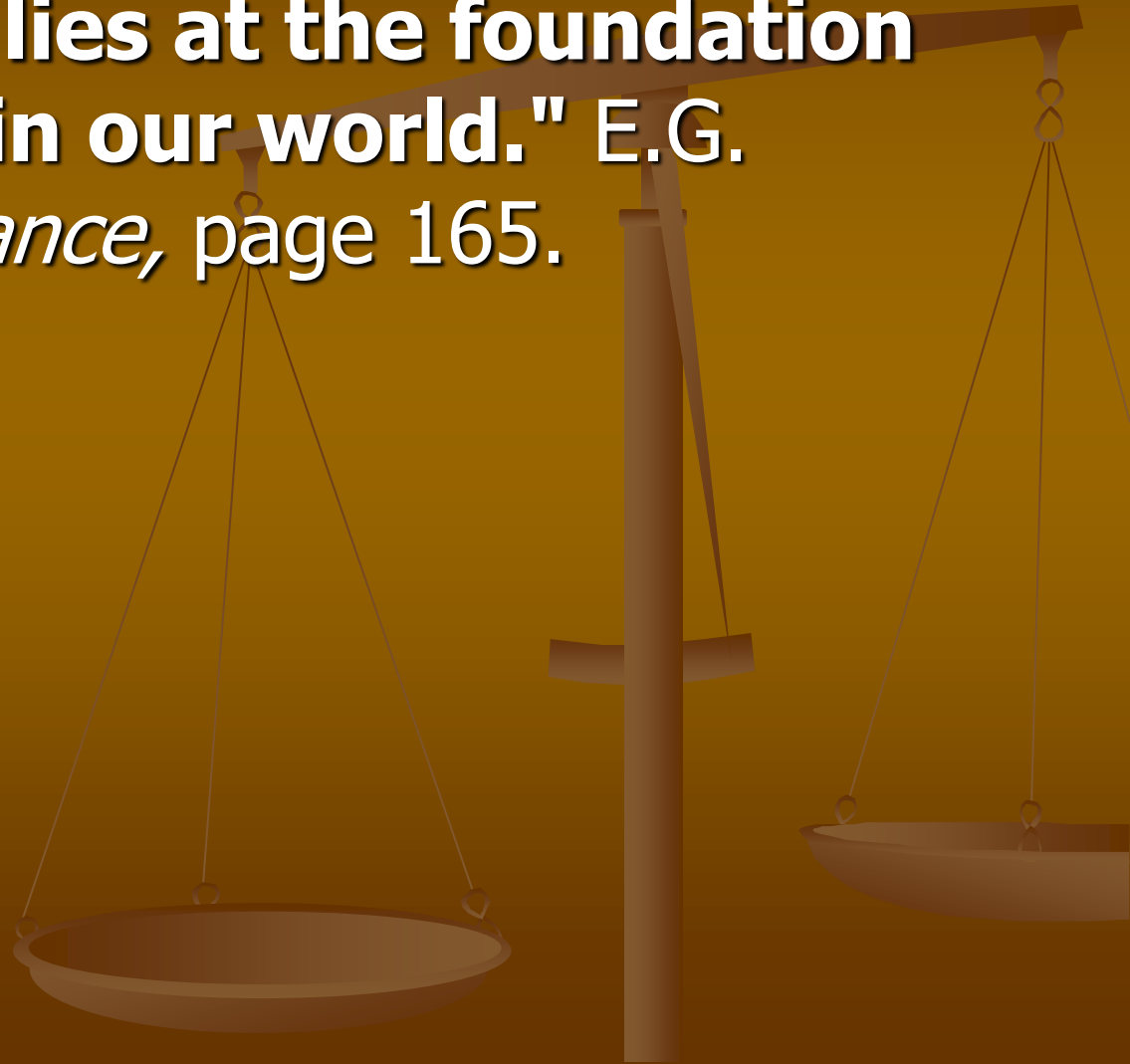
Chapter 5: TEMPERANCE

Abstain entirely from unclean meat and harmful substances such as alcohol; tobacco products; and caffeine-containing beverages such as tea, coffee, and colas. Breaking this health law has very serious consequences.

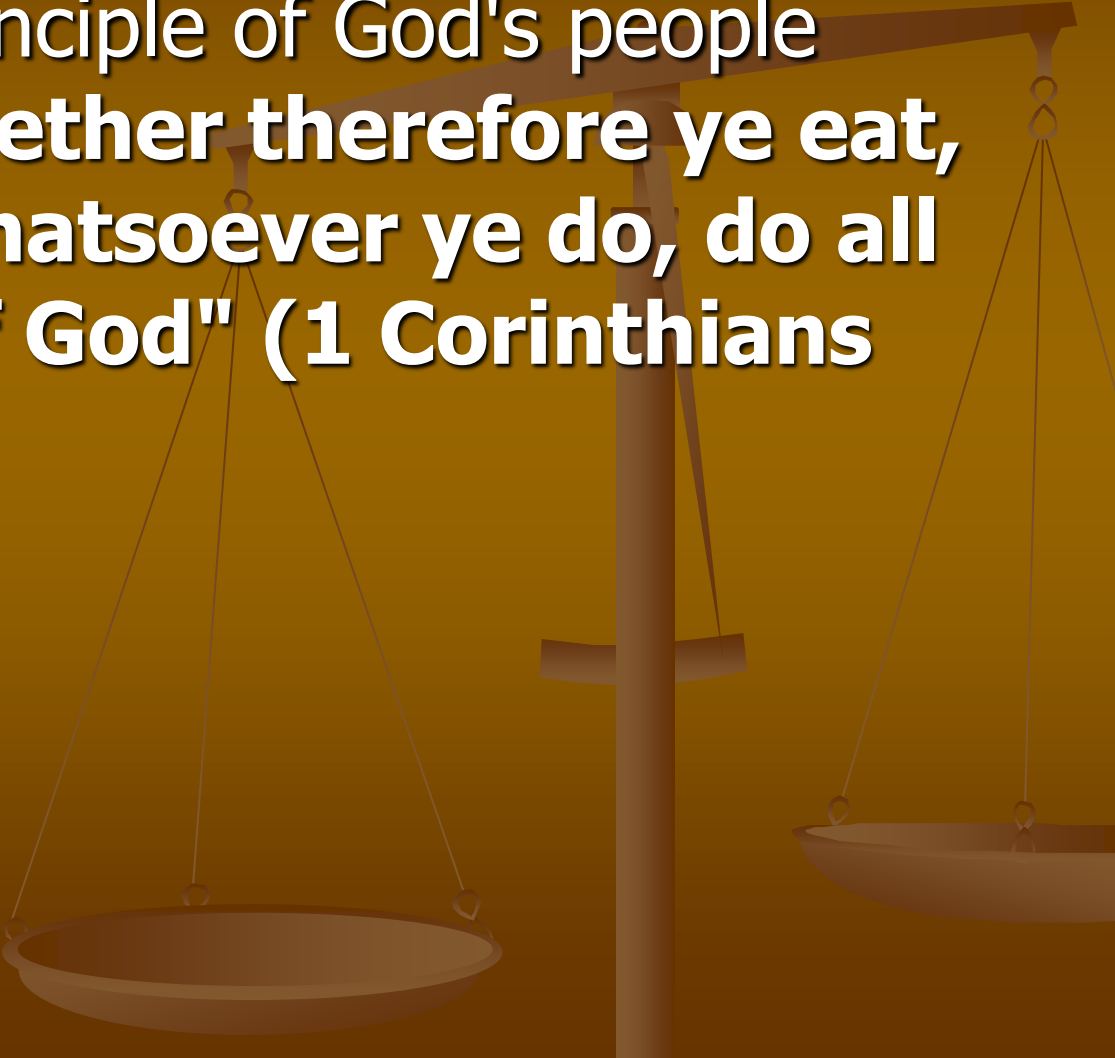


Chapter 5: TEMPERANCE

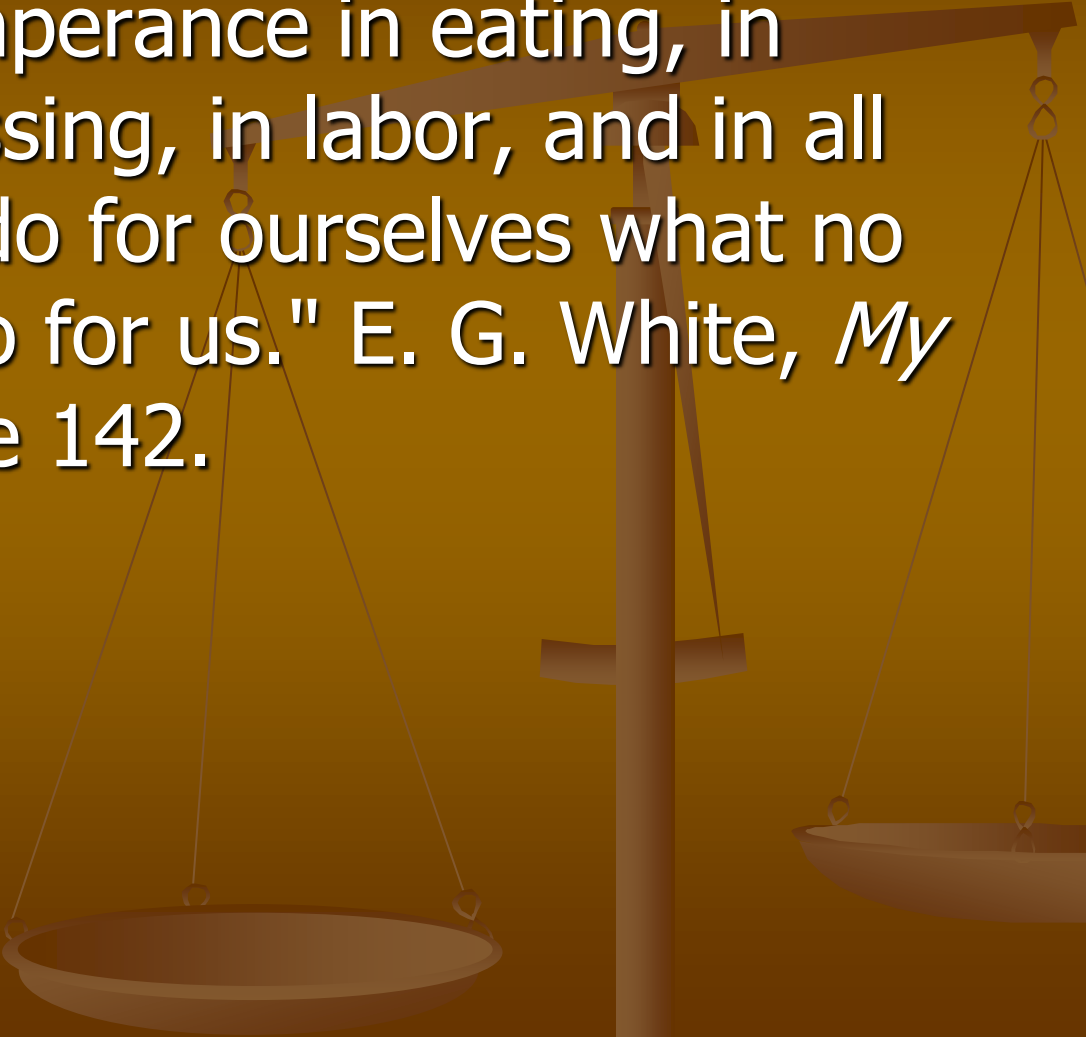
"Intemperance lies at the foundation of all the evil in our world." E.G. White, *Temperance*, page 165.



The governing principle of God's people should be, **"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God" (1 Corinthians 10:31).**



"By practicing temperance in eating, in drinking, in dressing, in labor, and in all things, we can do for ourselves what no physician can do for us." E. G. White, *My Life Today*, page 142.



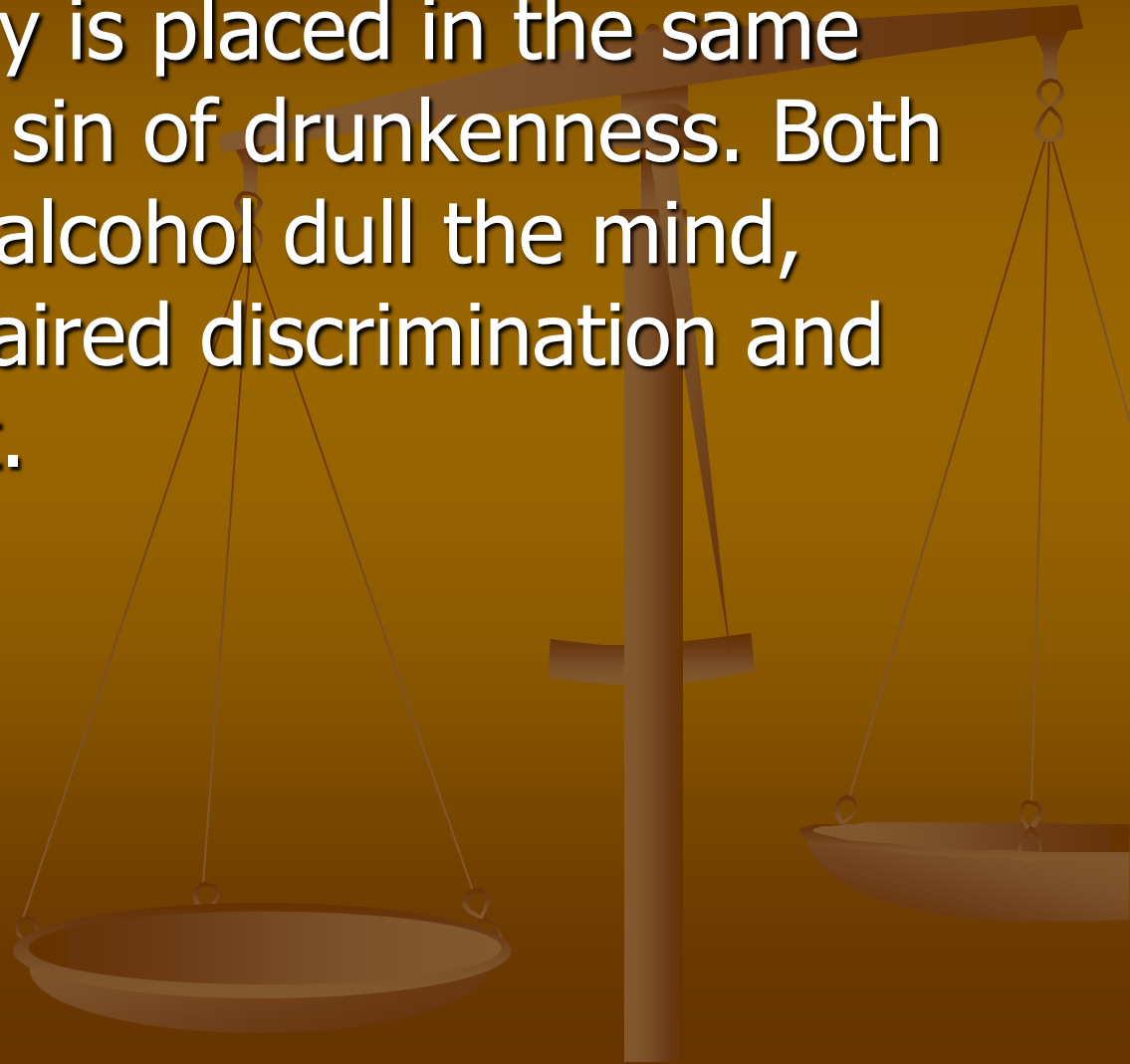
DIET: Appetite

**"Blessed art thou, O Land, when ...thy
princes eat in due season, for
strength, and not for drunkenness!"
(Ecclesiastes 10:17).**



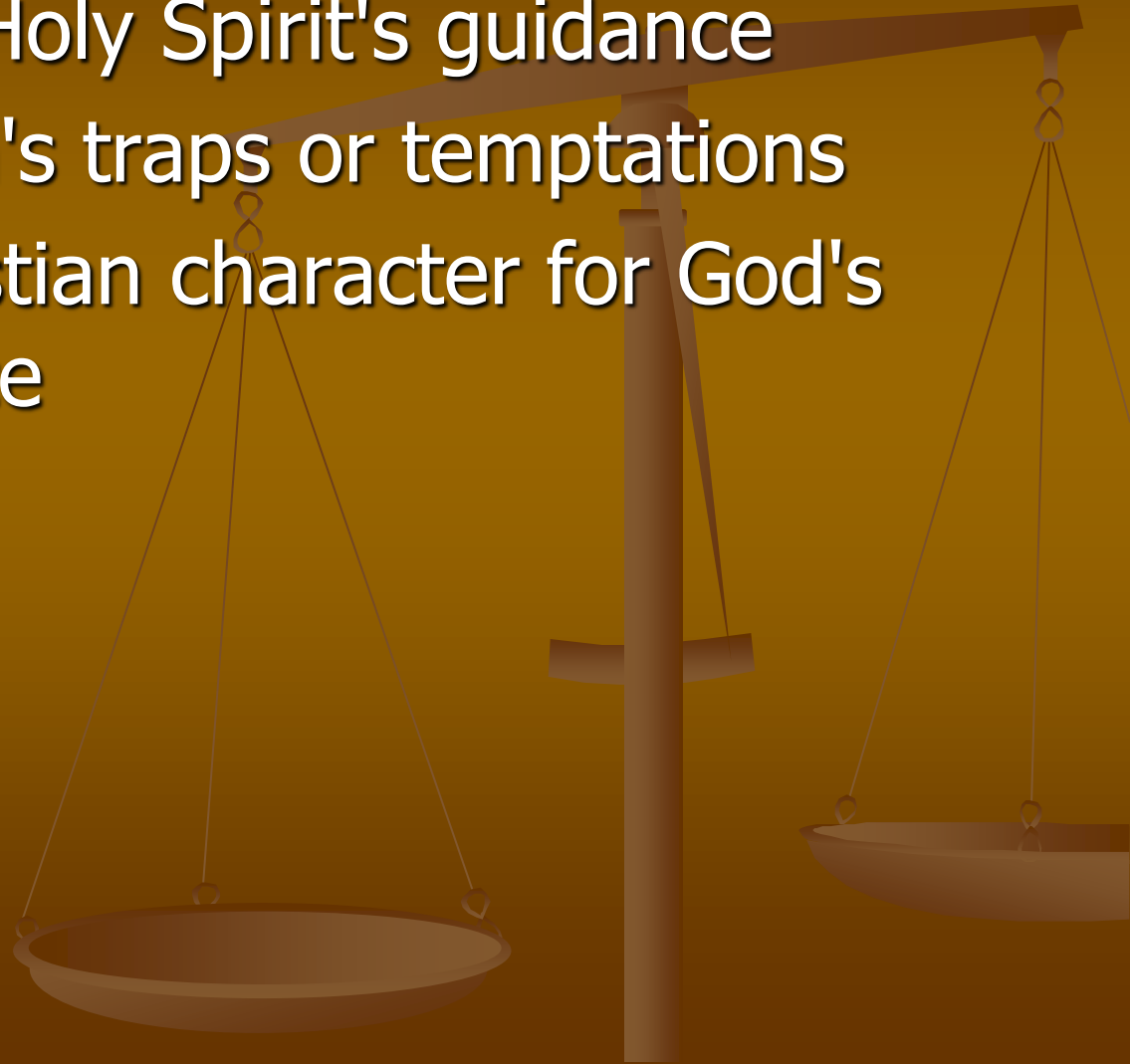
DIET: Appetite

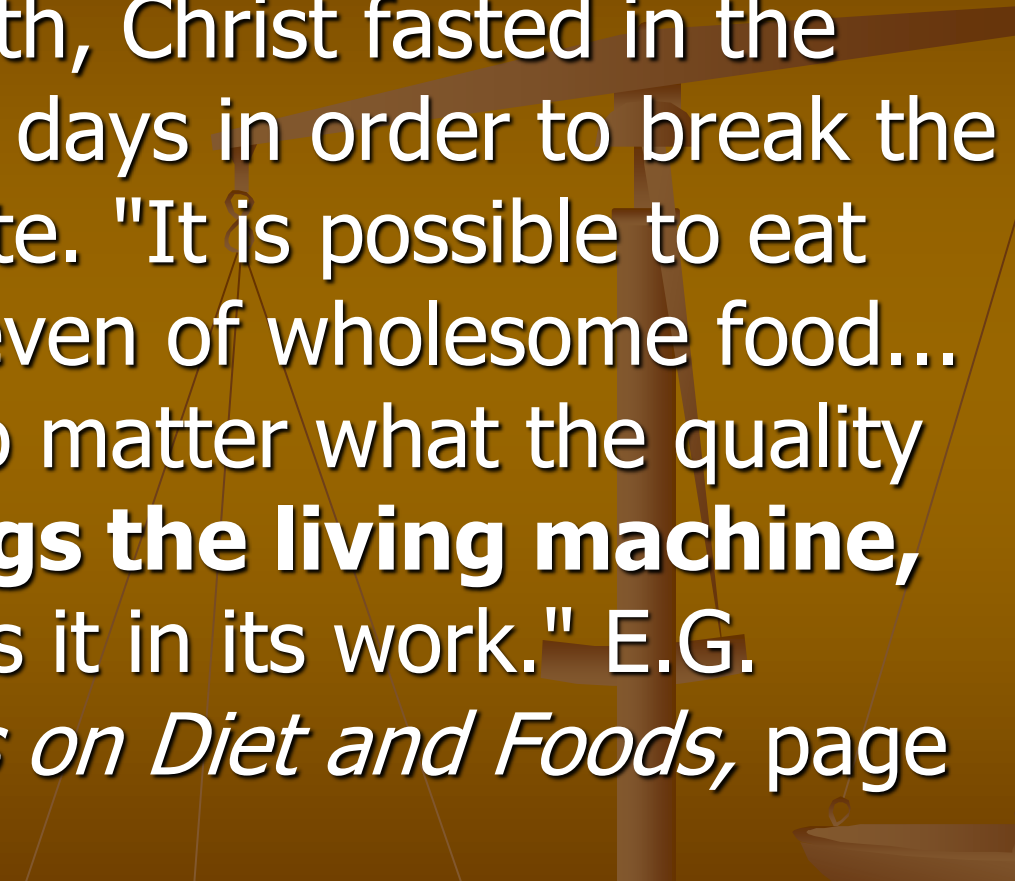
The sin of gluttony is placed in the same category as the sin of drunkenness. Both overeating and alcohol dull the mind, resulting in impaired discrimination and faulty judgment.



A TEMPERATE APPETITE CLEARS THE MIND

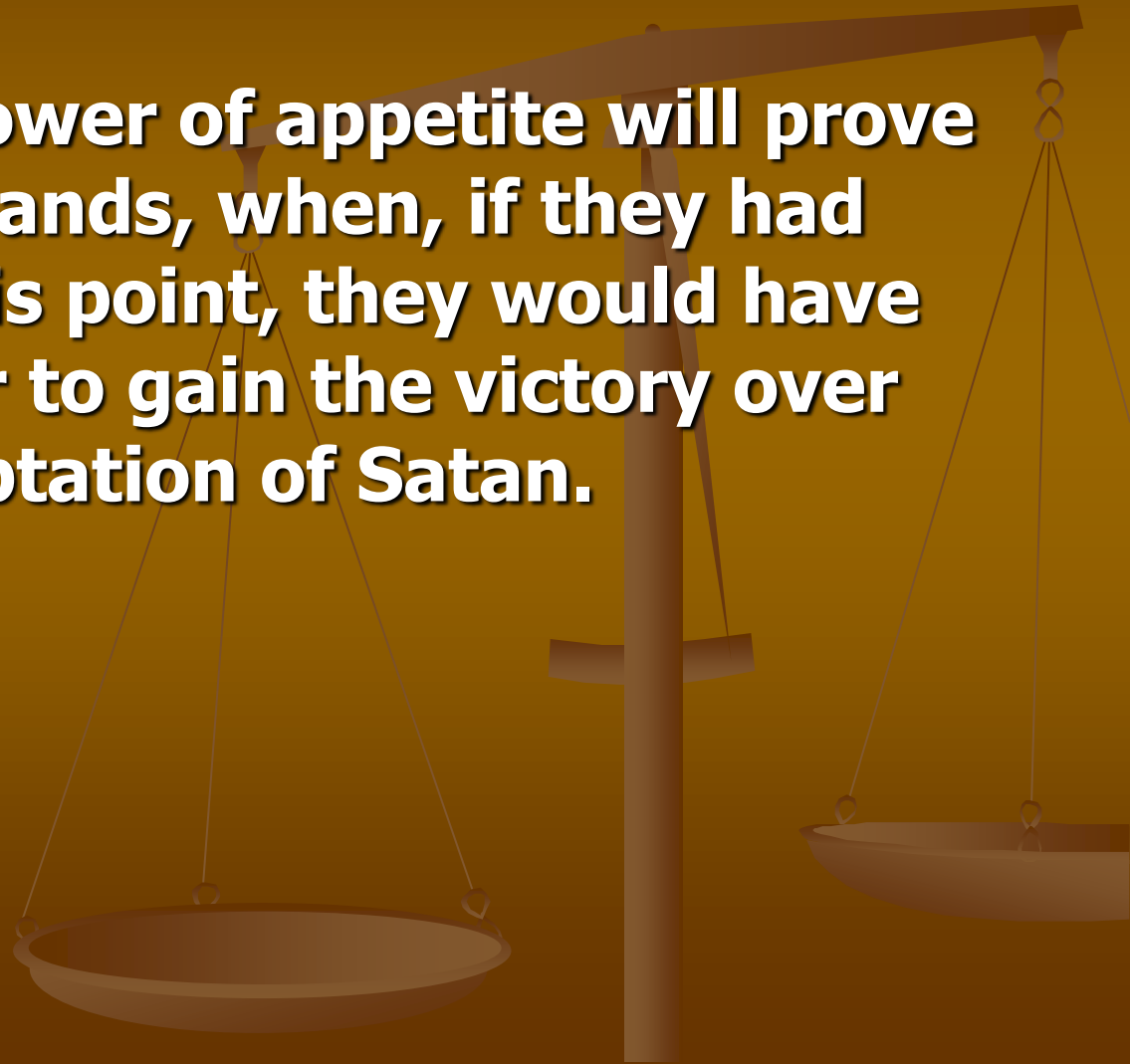
- To discern the Holy Spirit's guidance
- To detect Satan's traps or temptations
- To perfect Christian character for God's glory and service

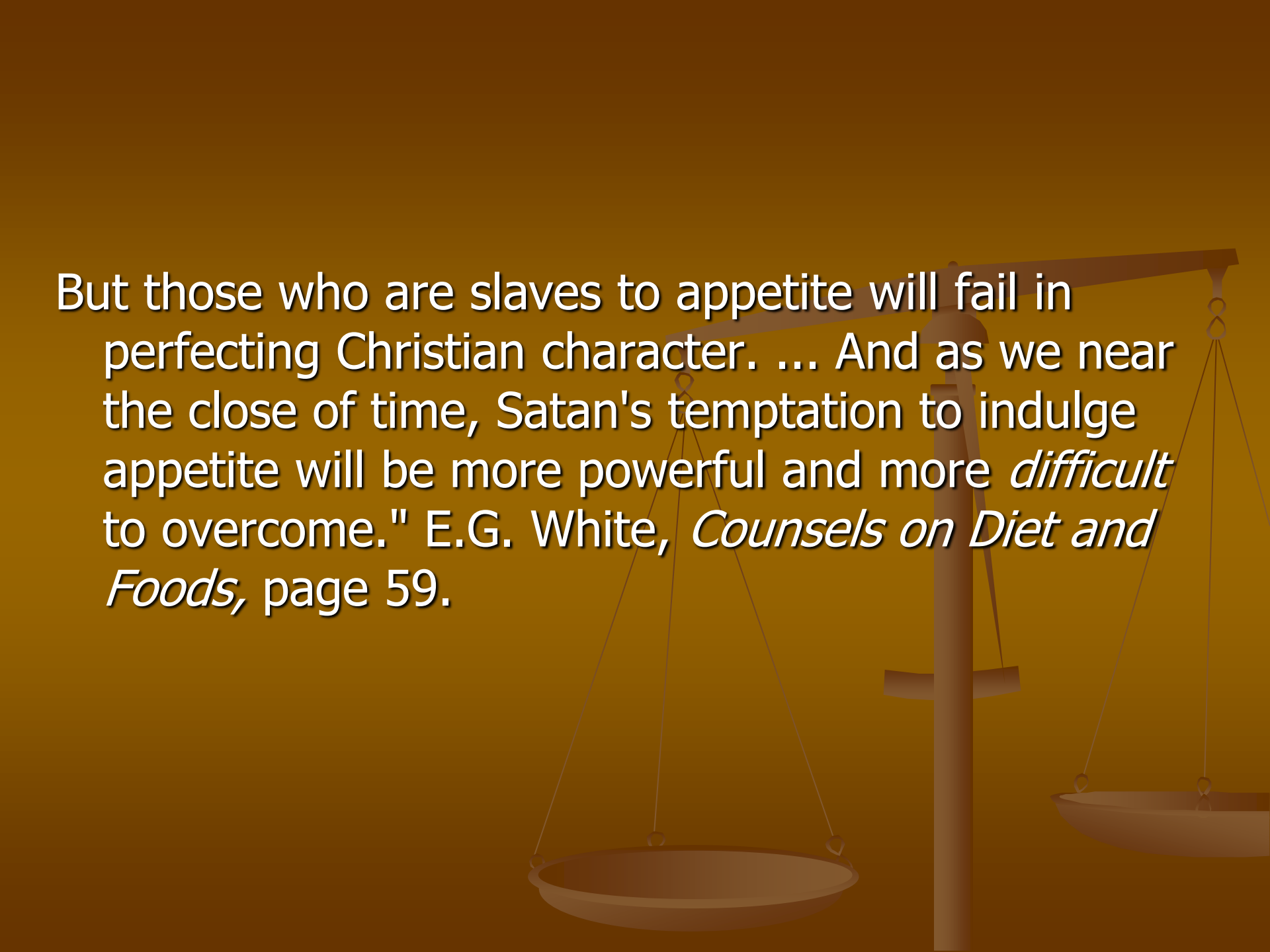




While here on earth, Christ fasted in the wilderness forty days in order to break the power of appetite. "It is possible to eat immoderately, even of wholesome food... **Overeating**, no matter what the quality of the food, **clogs the living machine**, and thus hinders it in its work." E.G. White, *Counsels on Diet and Foods*, page 131.

"The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan.





But those who are slaves to appetite will fail in perfecting Christian character. ... And as we near the close of time, Satan's temptation to indulge appetite will be more powerful and more *difficult* to overcome." E.G. White, *Counsels on Diet and Foods*, page 59.

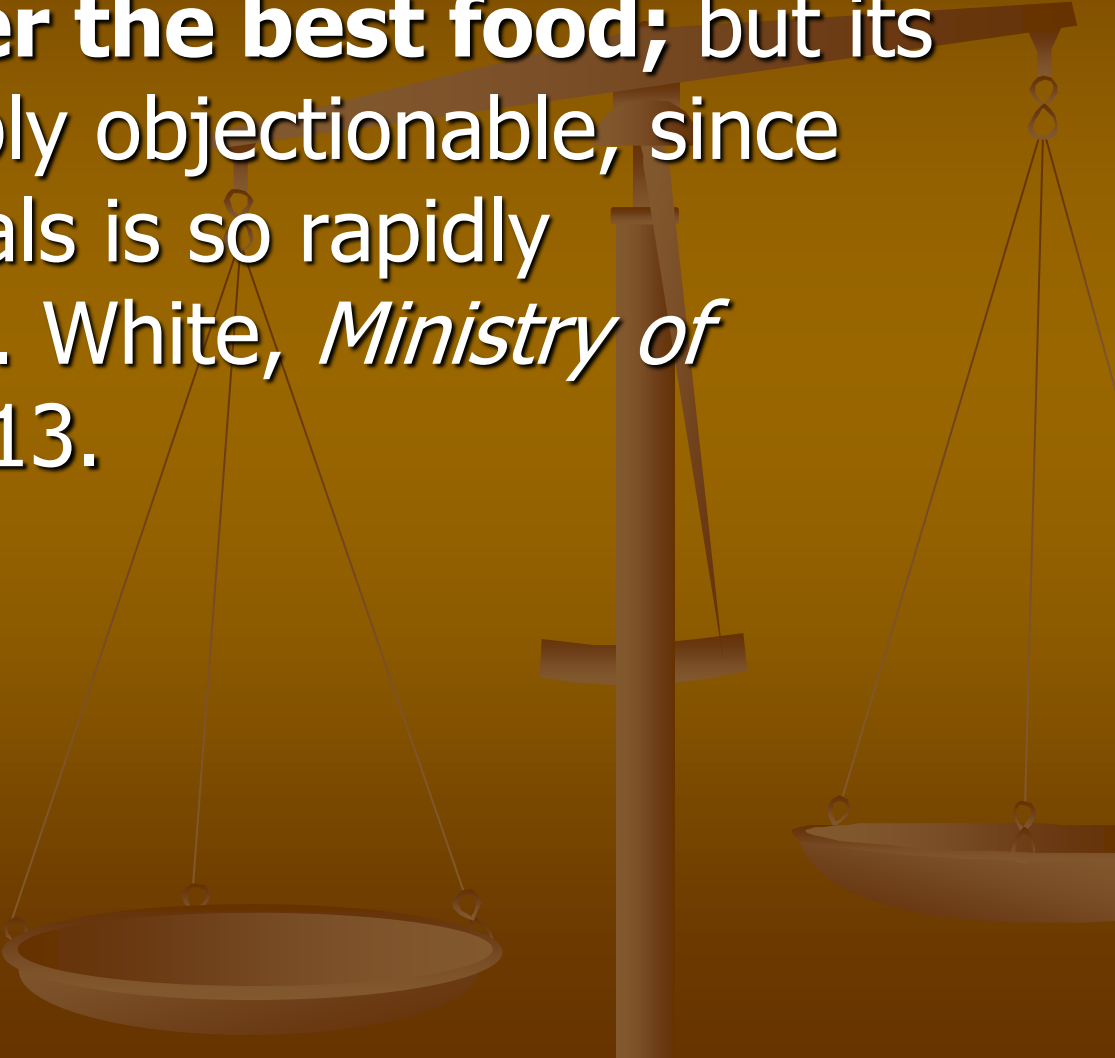
Unclean Meat

The Bible prohibits the use of all unclean meat (Leviticus 11). While the Bible clearly teaches complete abstinence from unclean meat as food, even *clean* meat has problems with its use.



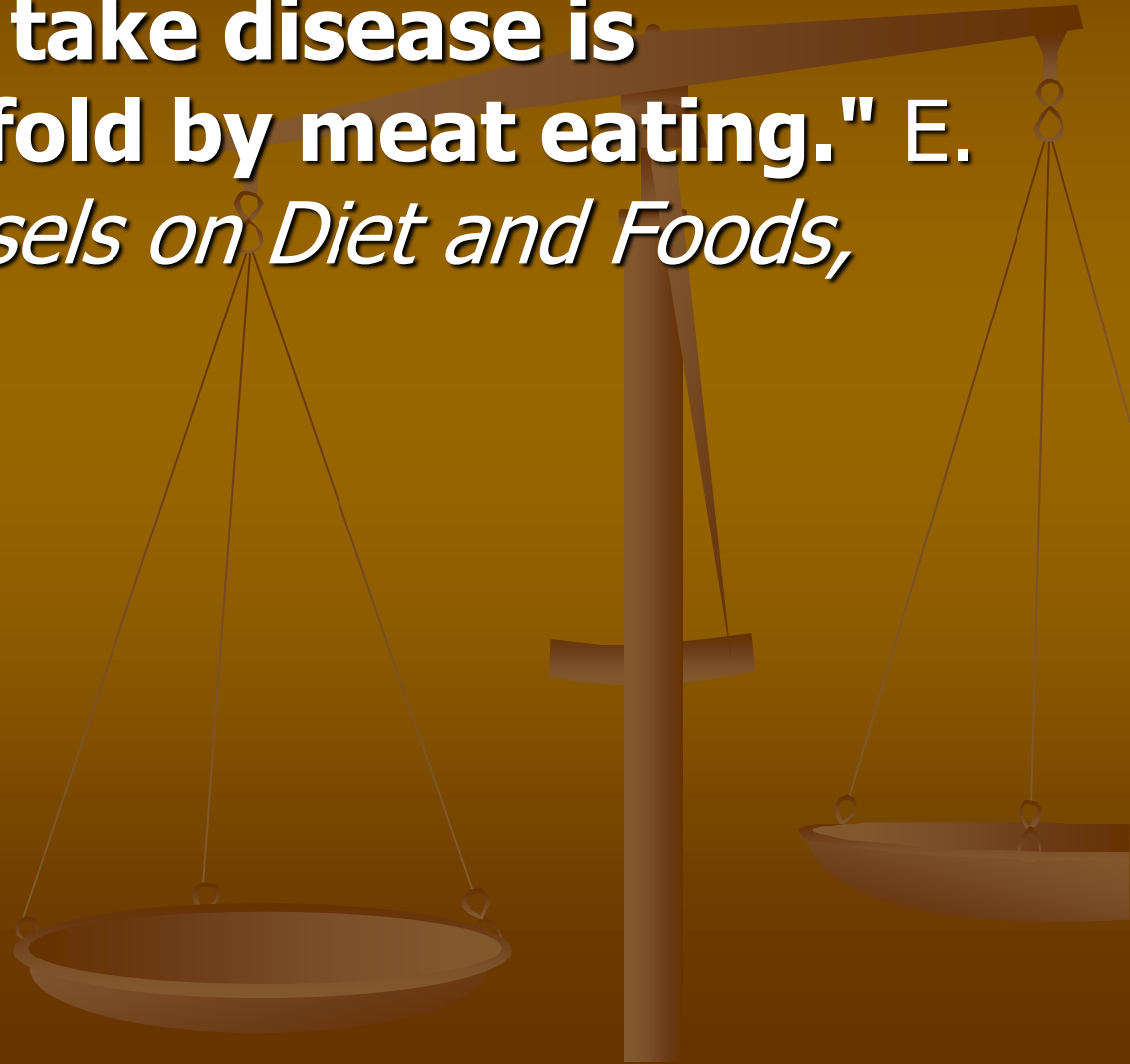
Flesh Eating

"Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing." E.G. White, *Ministry of Healing*, page 313.



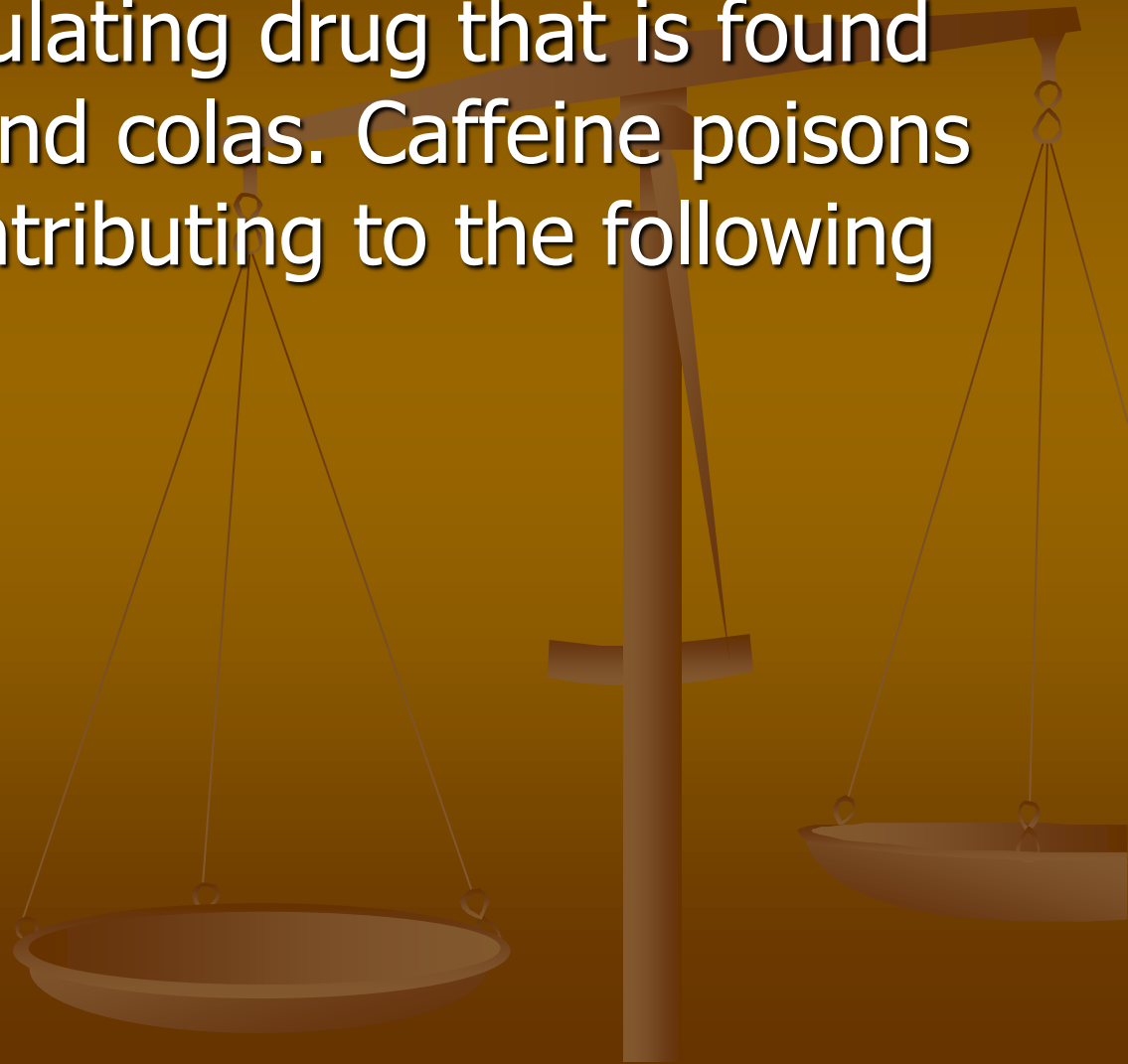
Flesh Eating

"The liability to take disease is increased tenfold by meat eating." E. G. White, *Counsels on Diet and Foods*, page 386.



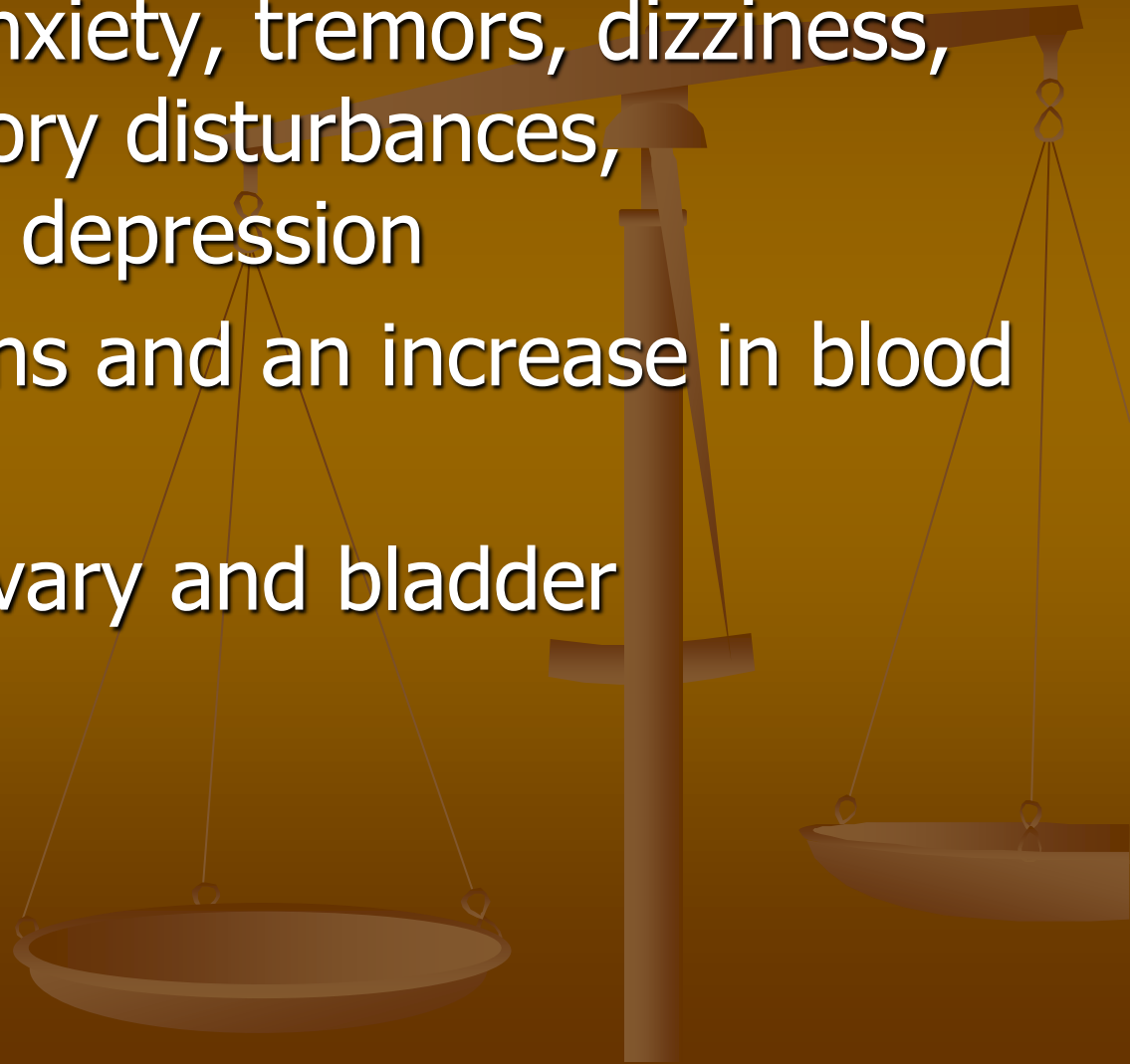
TEA, COFFEE, AND COLAS

Caffeine is a stimulating drug that is found in coffee, tea, and colas. Caffeine poisons the body by contributing to the following conditions:



TEA, COFFEE, AND COLAS

- Nervousness, anxiety, tremors, dizziness, sleep and memory disturbances, headaches, and depression
- Heart palpitations and an increase in blood fats
- Cancer of the ovary and bladder

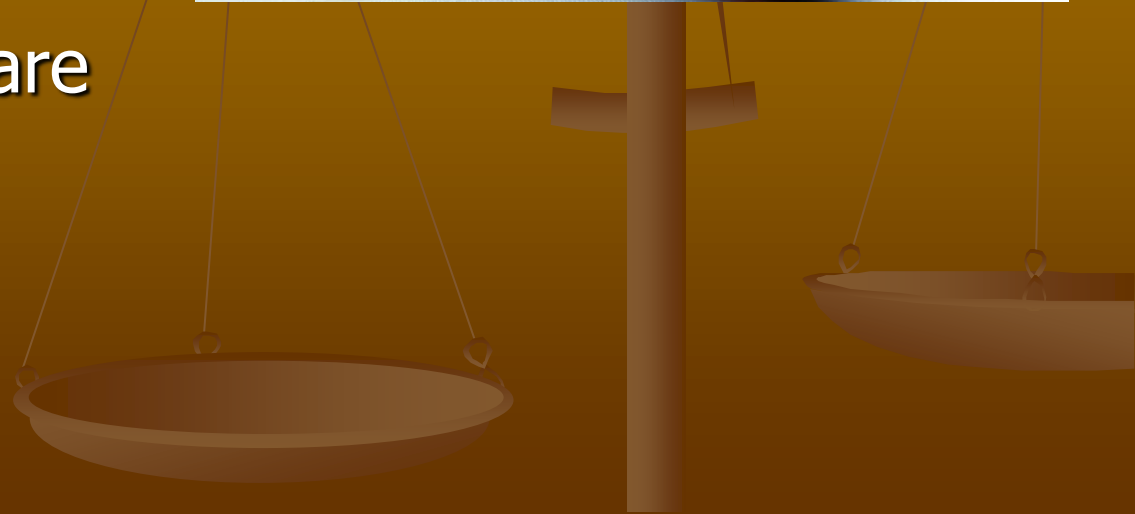


TEA, COFFEE, AND COLAS

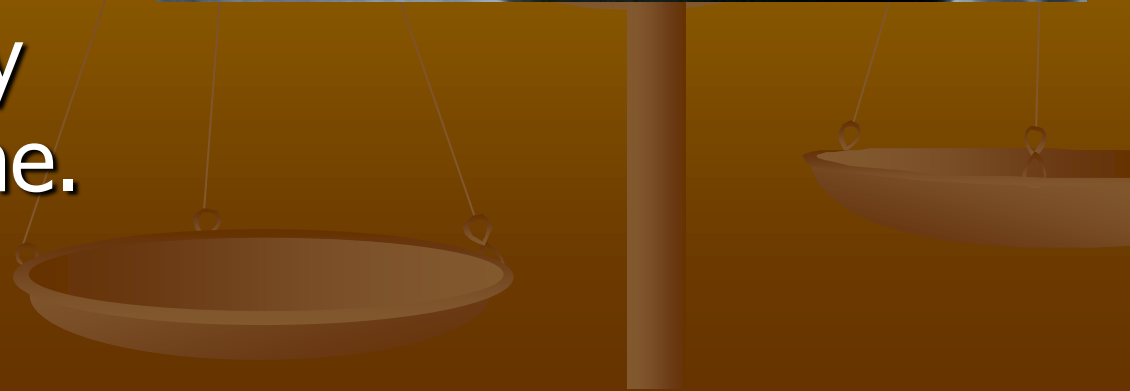
- Birth defects and other developmental problems
- Diseases of the breast and prostate
- Peptic ulcers
- Osteoporosis



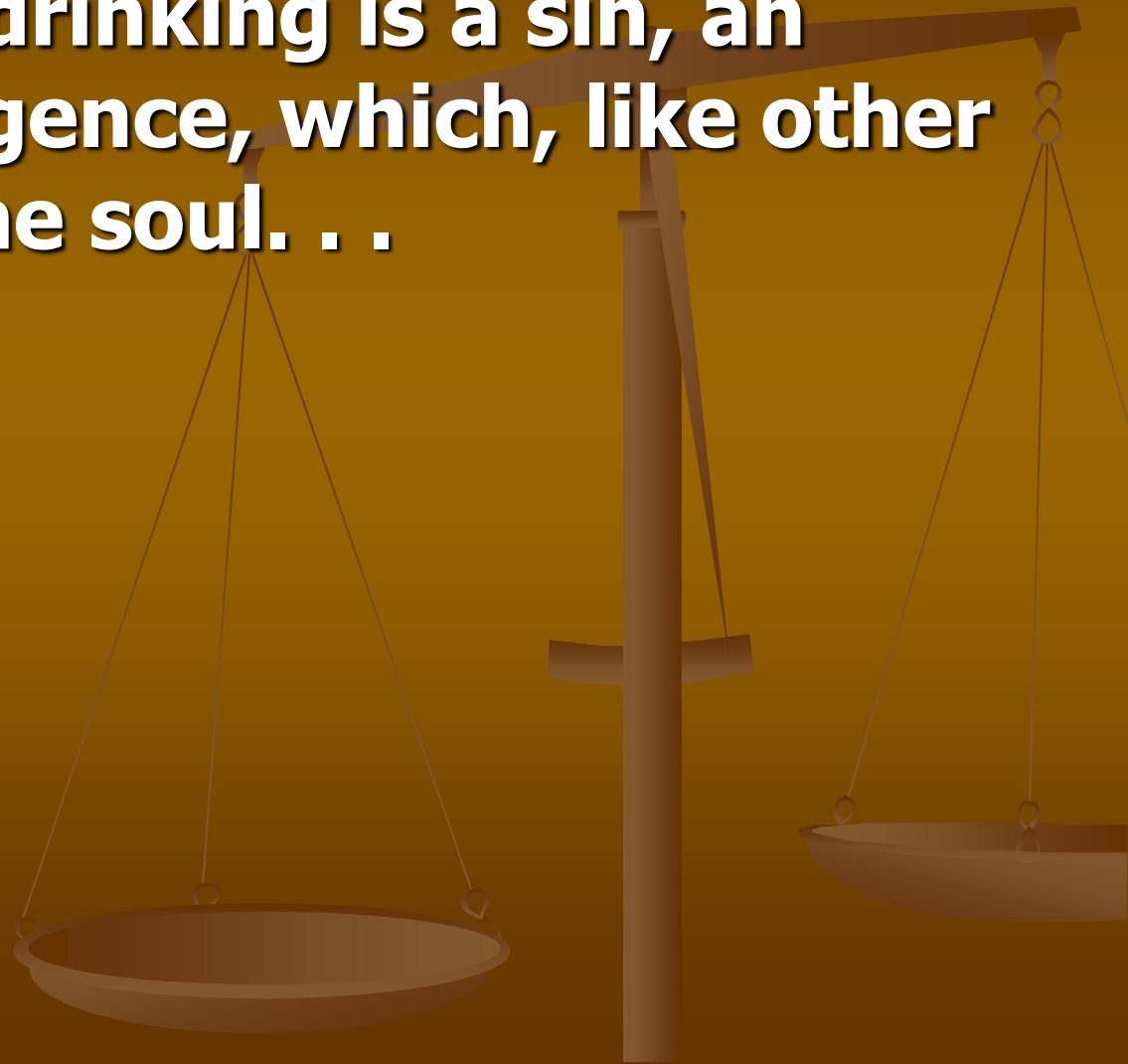
Stopping caffeine can cause temporary withdrawal symptoms such as headaches, mental depression, and tiredness. Besides caffeine, cola drinks (soft drinks, pop) contain sugar and phosphates which are also harmful to the body.

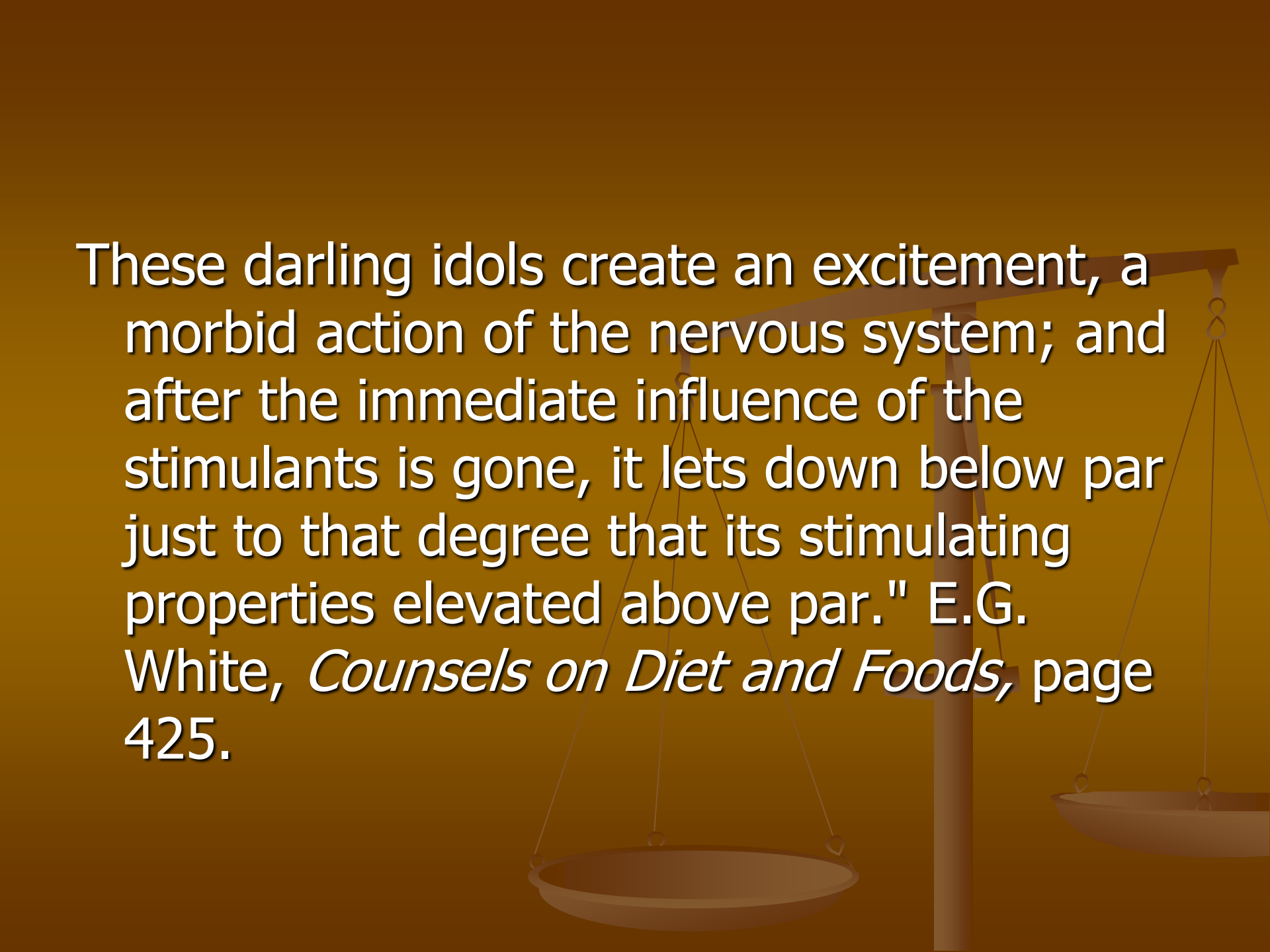


Tea contains tannin,
which is a stomach
irritant and
interferes with
digestion.
Chocolate and
cocoa contain
theobromine-a
substance closely
related to caffeine.



"Tea and coffee drinking is a sin, an injurious indulgence, which, like other evils, injures the soul. . .

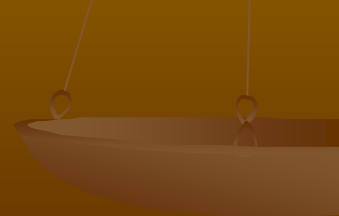
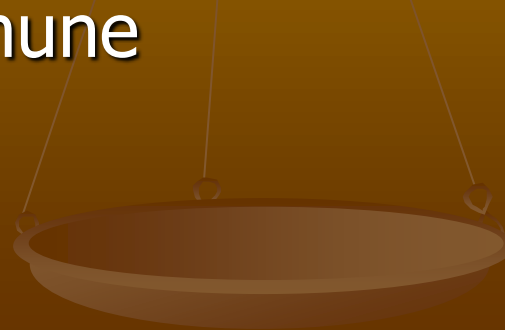




These darling idols create an excitement, a morbid action of the nervous system; and after the immediate influence of the stimulants is gone, it lets down below par just to that degree that its stimulating properties elevated above par." E.G. White, *Counsels on Diet and Foods*, page 425.

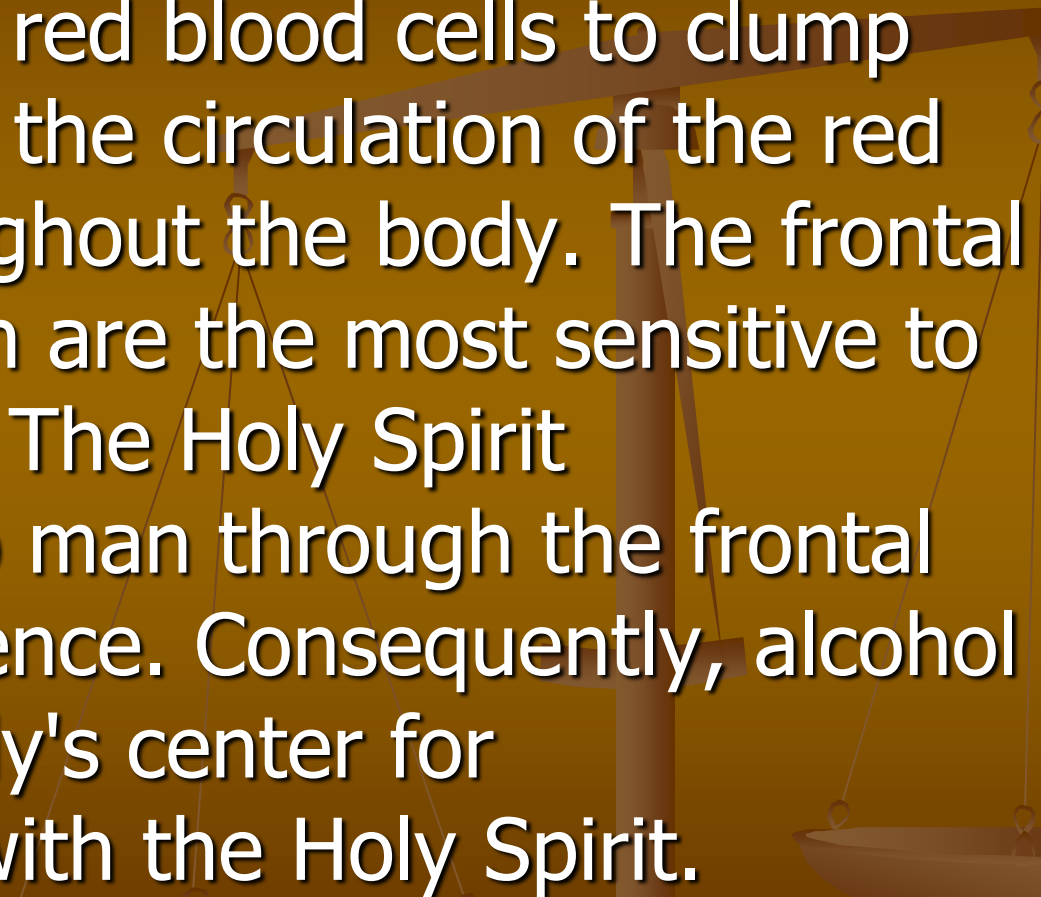
ALCOHOL

Alcoholism is a leading cause of disease and death. Alcohol poisons every tissue of the body-the brain and nervous system, the heart, the liver, the gastrointestinal tract, and the immune system.



ALCOHOL

Alcohol causes the red blood cells to clump together slowing the circulation of the red blood cells throughout the body. The frontal lobes of the brain are the most sensitive to alcohol's effects. The Holy Spirit communicates to man through the frontal lobes-the conscience. Consequently, alcohol weakens the body's center for communication with the Holy Spirit.

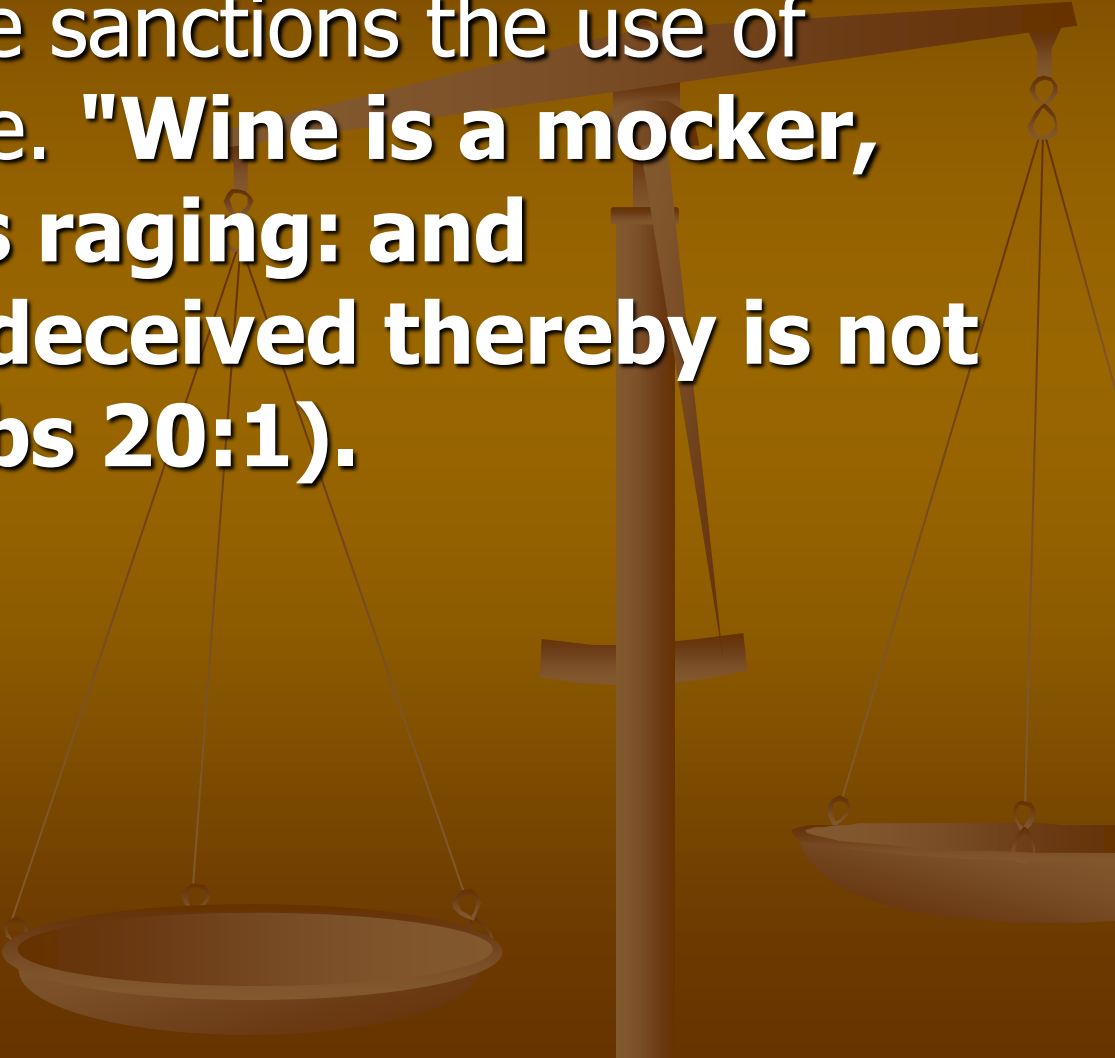


ALCOHOL



- Alcohol plays a major role in suicides, homicides, and vehicle accidents. "Every year millions upon millions of gallons of intoxicating liquors are consumed. Millions upon millions of dollars are spent in buying wretchedness, poverty, disease, degradation, lust, crime, and death." E.G. White, *Ministry of Healing*, page 338.

The Bible nowhere sanctions the use of intoxicating wine. **"Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise" (Proverbs 20:1).**



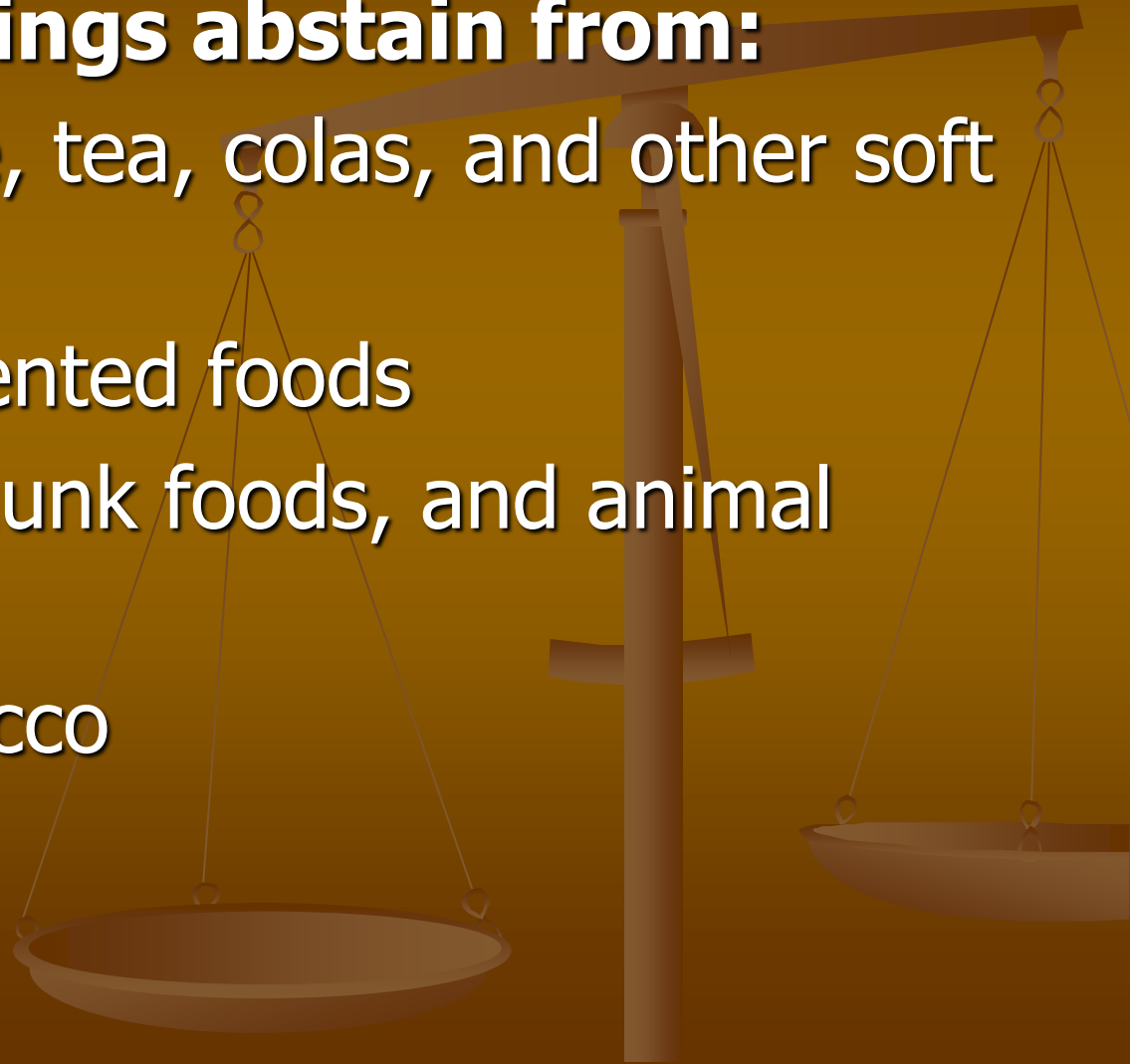
"The wine that Christ made from water at the marriage feast of Cana was the pure juice of the grape."
E.G. White, *Ministry of Healing*, page 333.
"Thus saith the Lord, As the new wine is found in the cluster ... Destroy it not; for a blessing is in it" (Isaiah 65:8).



OVERCOMING ALCOHOL ADDICTION

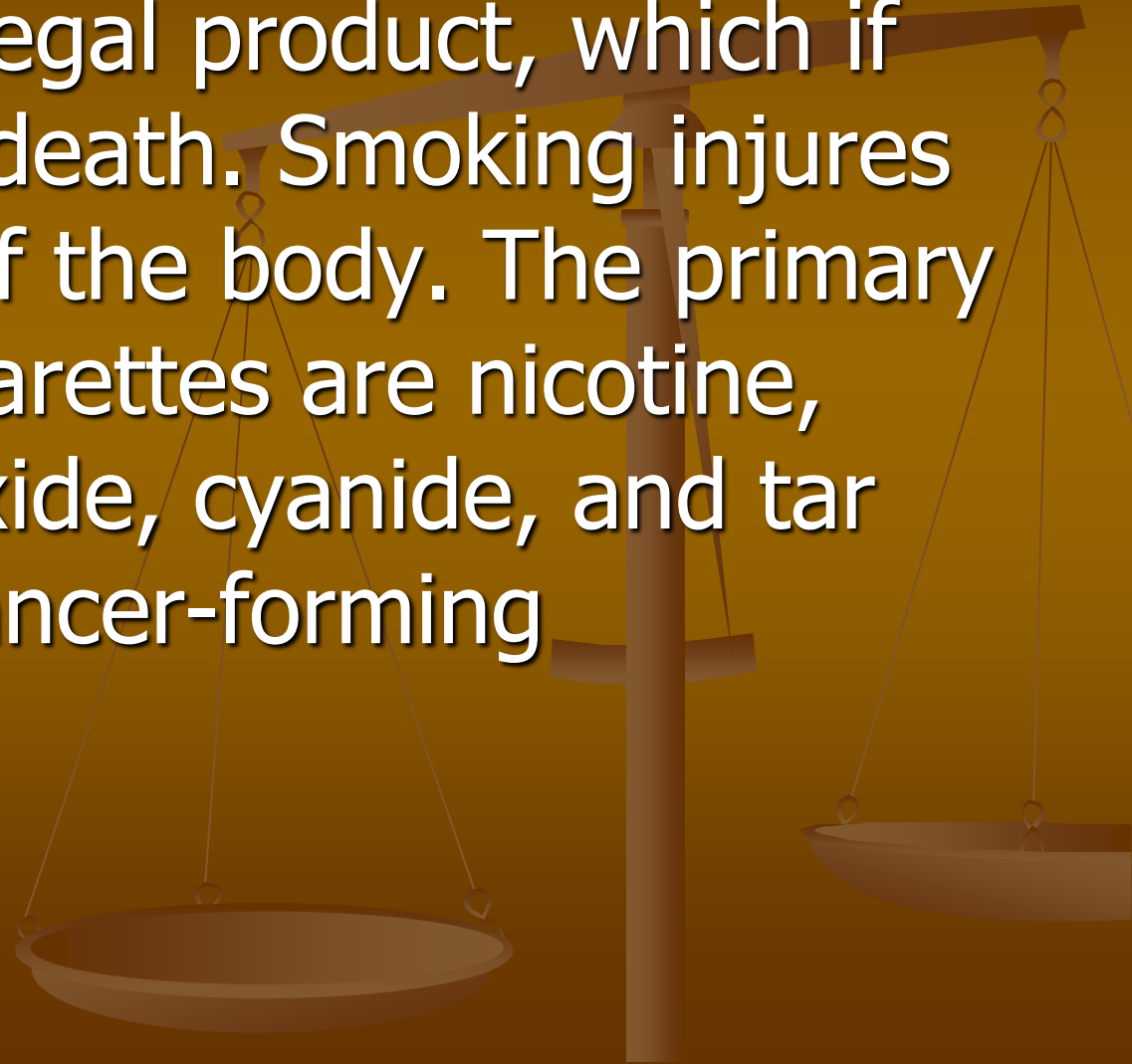
To remove cravings abstain from:

- Caffeine (coffee, tea, colas, and other soft drinks)
- Spicy and fermented foods
- Refined sugar, junk foods, and animal products
- Drugs and tobacco



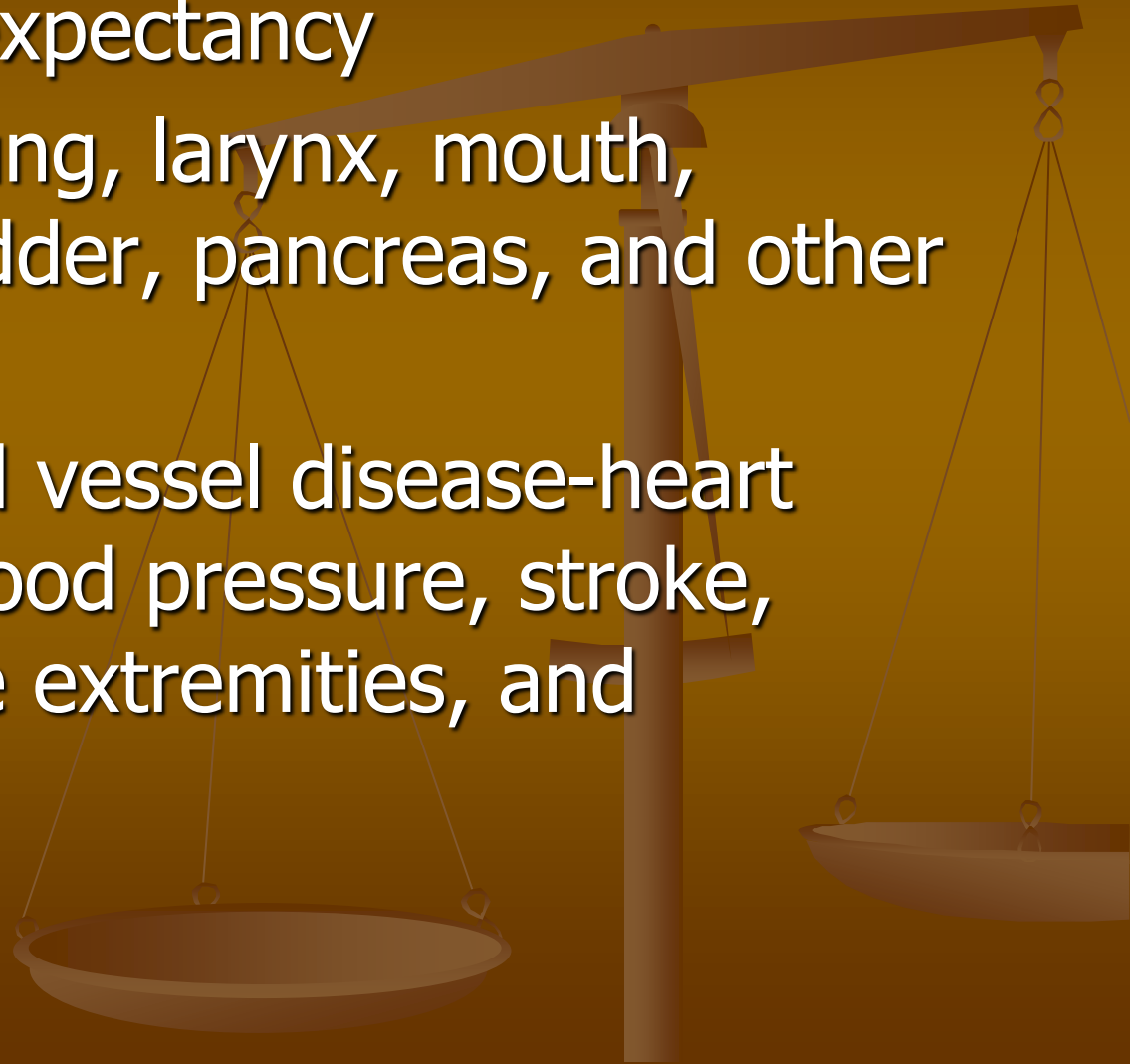
TOBACCO

- Tobacco is a legal product, which if used, causes death. Smoking injures every tissue of the body. The primary poisons in cigarettes are nicotine, carbon monoxide, cyanide, and tar (containing cancer-forming compounds).

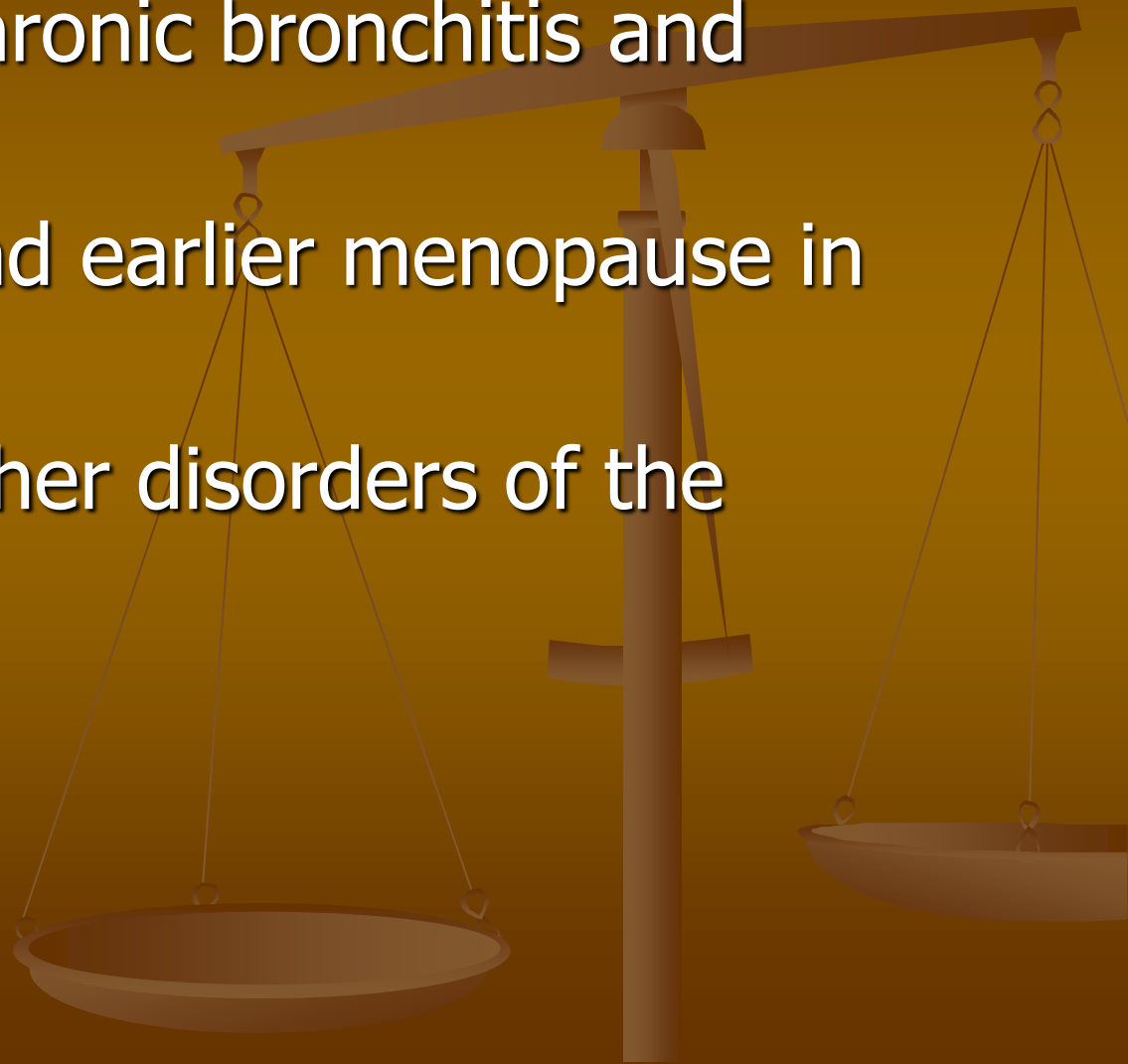


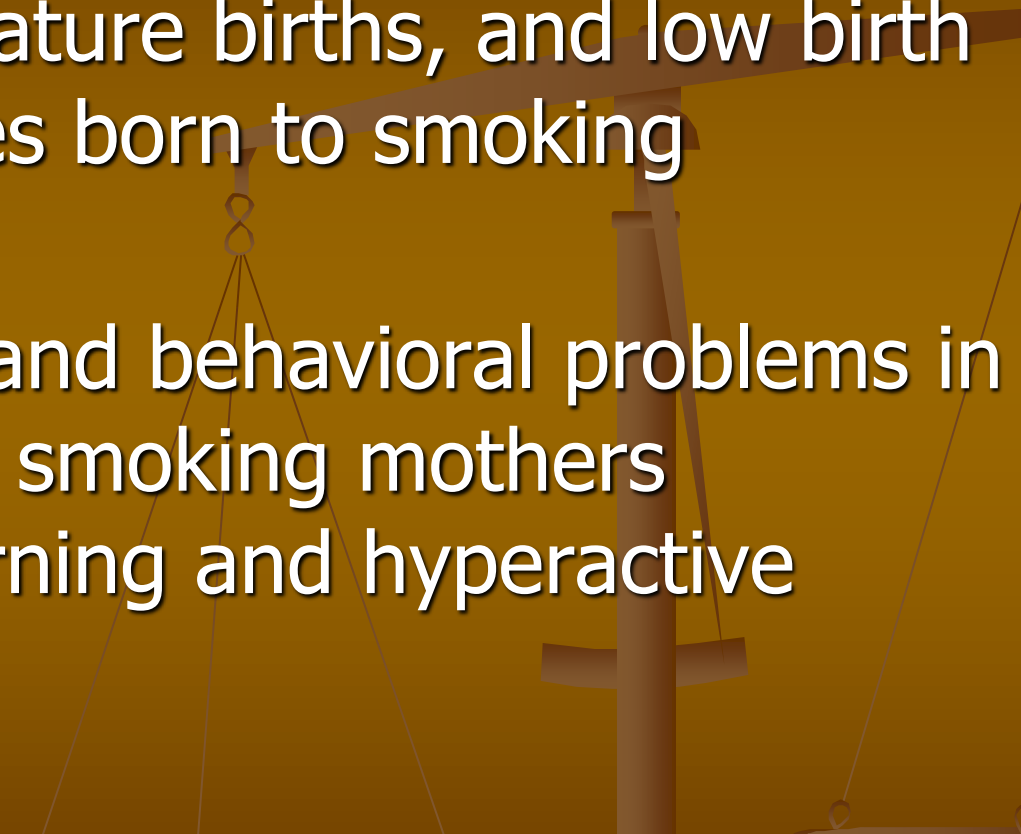
The dangers of smoking include:

- Shortened life expectancy
- Cancer of the lung, larynx, mouth, esophagus, bladder, pancreas, and other cancers
- Heart and blood vessel disease-heart attacks, high blood pressure, stroke, gangrene of the extremities, and impotence

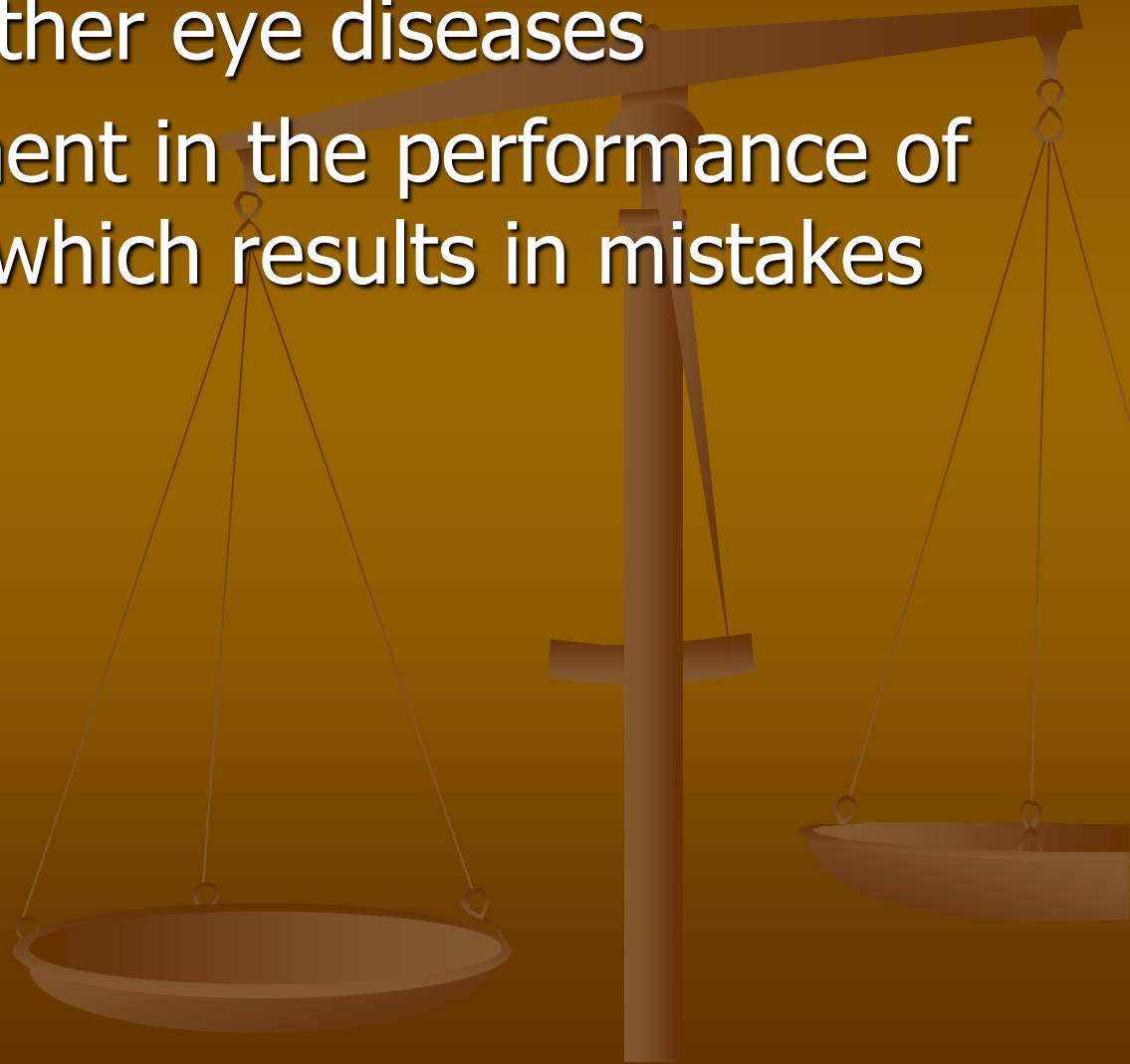


- Lung disease-chronic bronchitis and emphysema
- Osteoporosis and earlier menopause in women
- Allergies and other disorders of the immune system



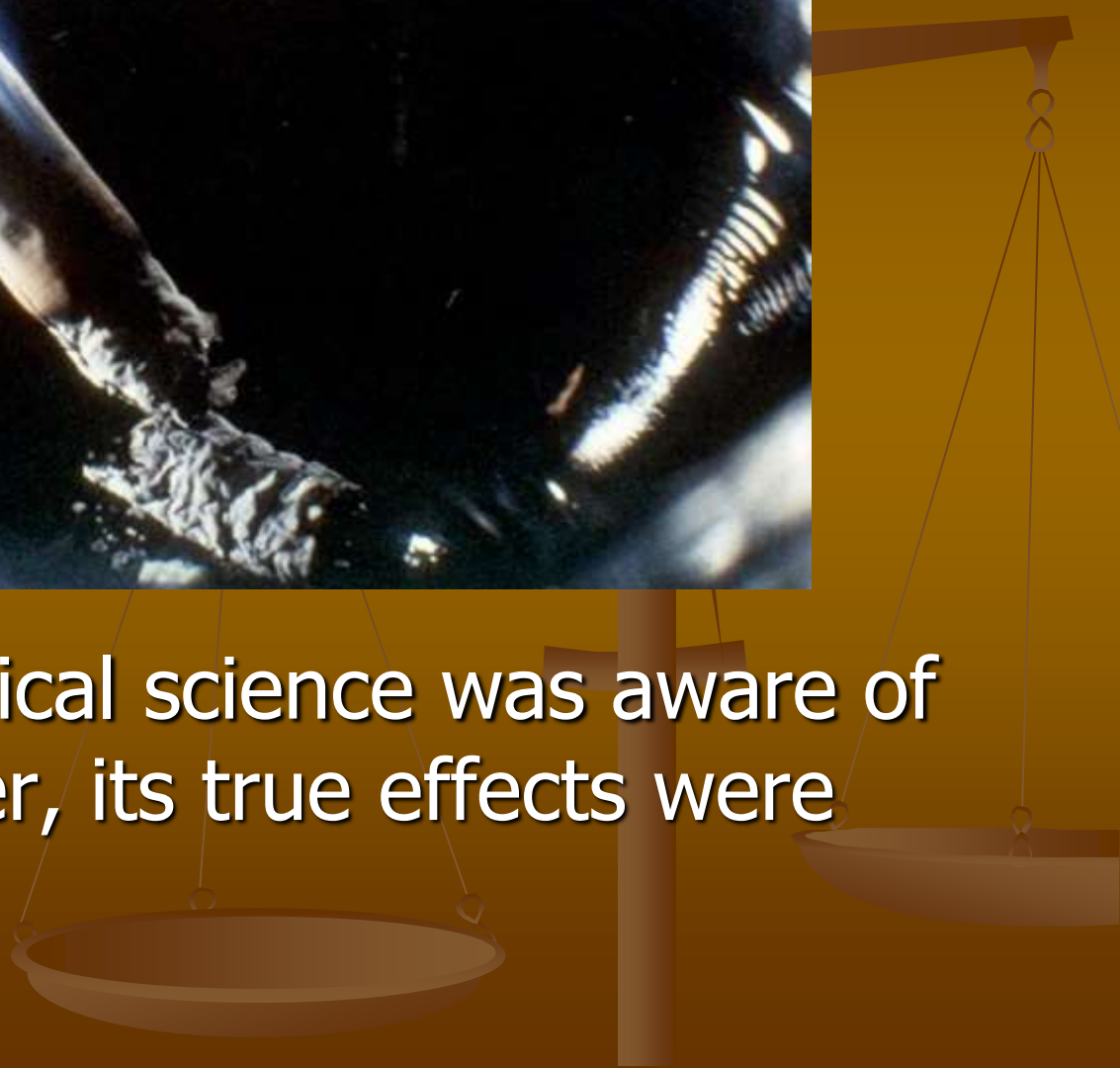
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- Stillbirths, premature births, and low birth weights in babies born to smoking mothers
 - Developmental and behavioral problems in children born to smoking mothers (difficulty in learning and hyperactive behavior)
 - Peptic ulcers

- Cataracts and other eye diseases
- Impaired judgment in the performance of complex tasks, which results in mistakes and accidents

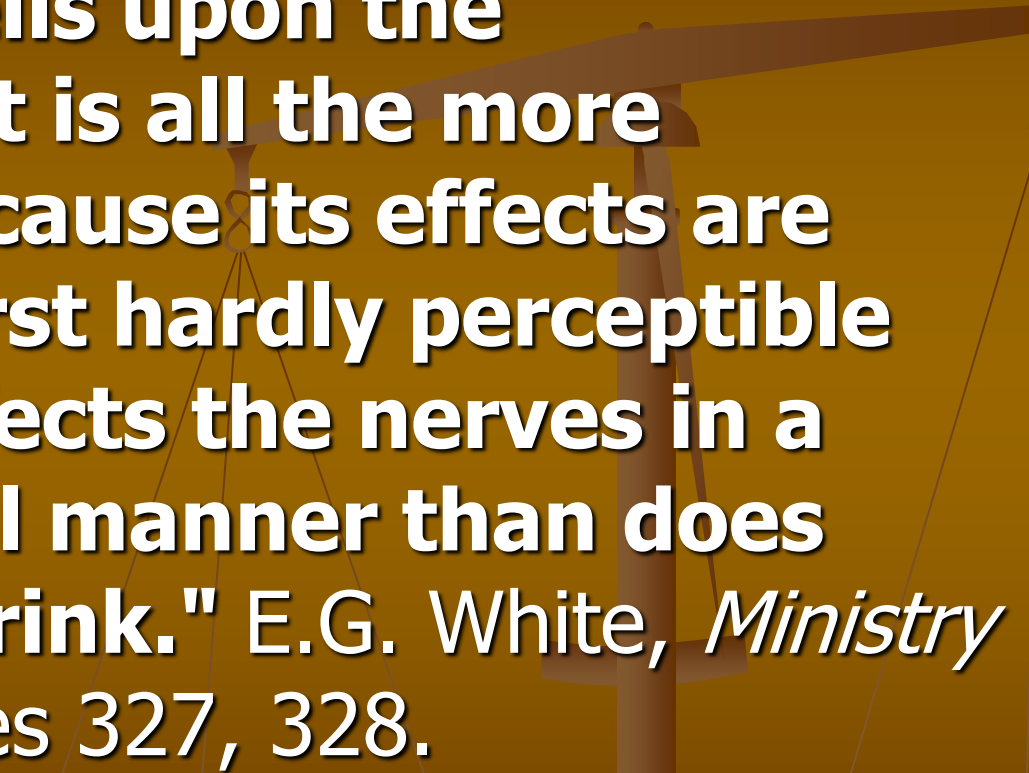




Years before medical science was aware of tobacco's danger, its true effects were exposed.

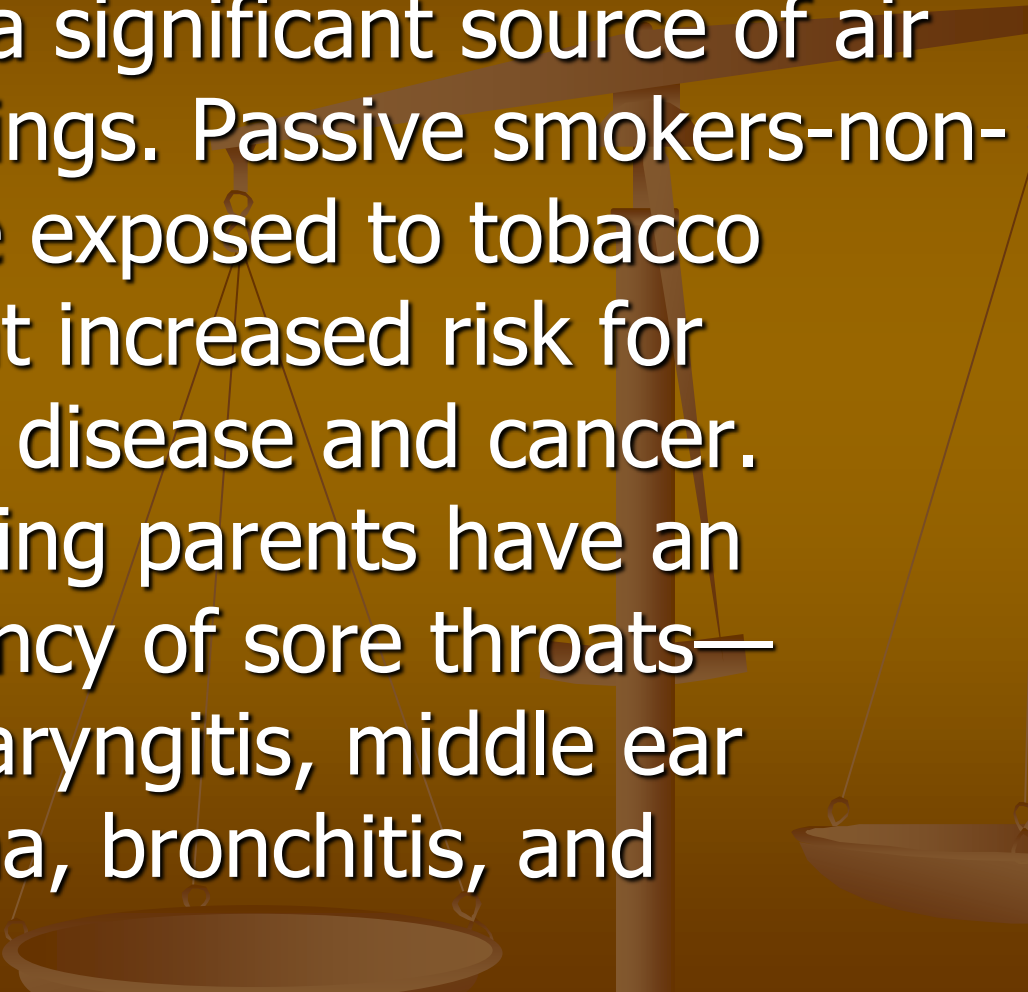


"Tobacco is a slow, insidious, but most malignant poison. In whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow and at first hardly perceptible Often it affects the nerves in a more powerful manner than does intoxicating drink." E.G. White, *Ministry of Healing*, pages 327, 328.



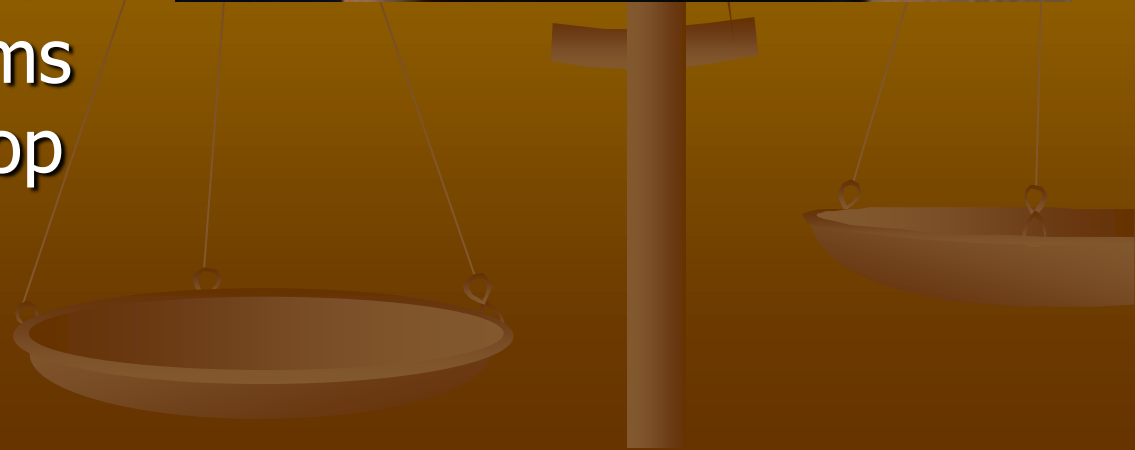
Air Pollution

Tobacco smoke is a significant source of air pollution in buildings. Passive smokers—non-smokers who are exposed to tobacco smoke—are also at increased risk for developing heart disease and cancer. Children of smoking parents have an increased frequency of sore throats—tonsillitis and pharyngitis, middle ear infections, asthma, bronchitis, and pneumonia.



Nicotine

The compulsive use of tobacco is seen in every country and culture where it is introduced. *Nicotine is* the source of tobacco addiction. The majority of smokers suffer from withdrawal symptoms when they try to stop smoking.



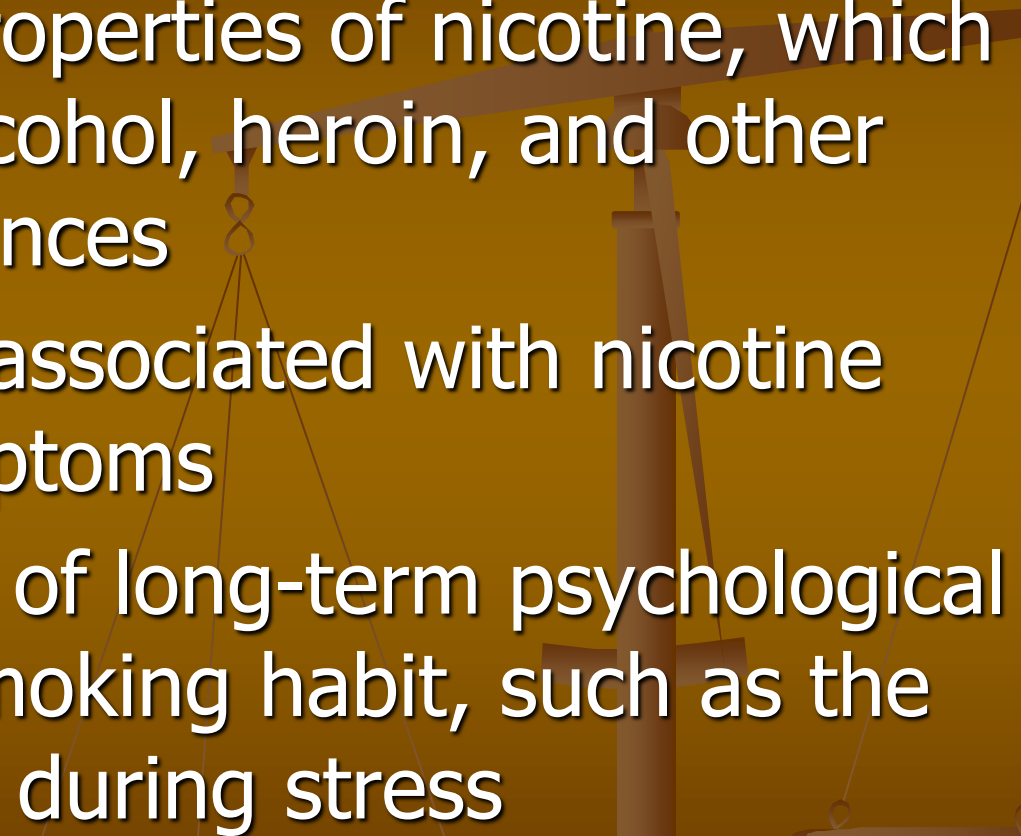
NICOTINE WITHDRAWAL SYMPTOMS

Tyrants that hold the smoker hostage

- Irritability, anxiety
- Difficulty sleeping
- Difficulty concentrating
- Constipation, diarrhea
- Tiredness
- Headaches
- Depression
- Craving for a cigarette!



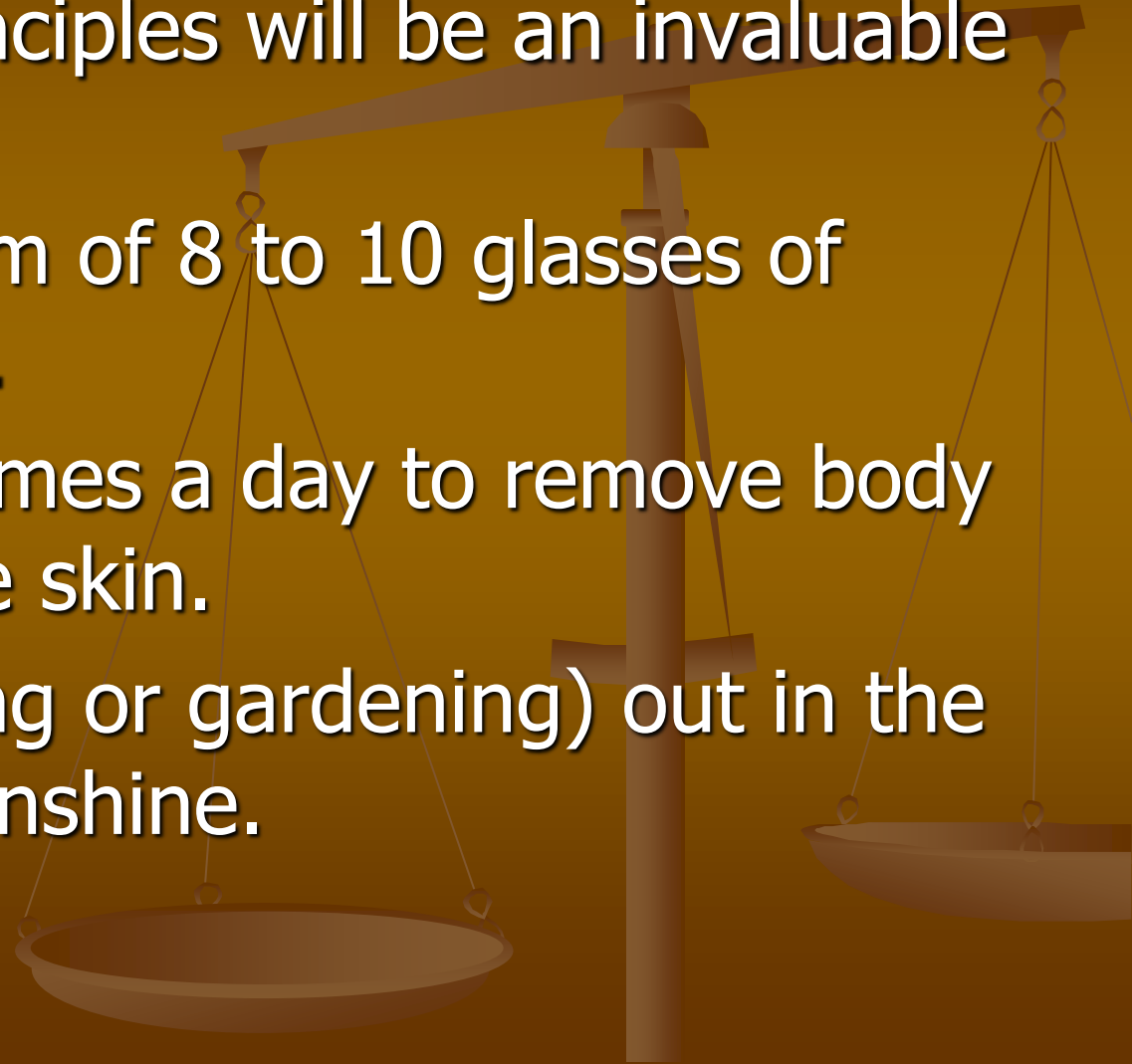
Smokers have difficulty quitting smoking for the following reasons:

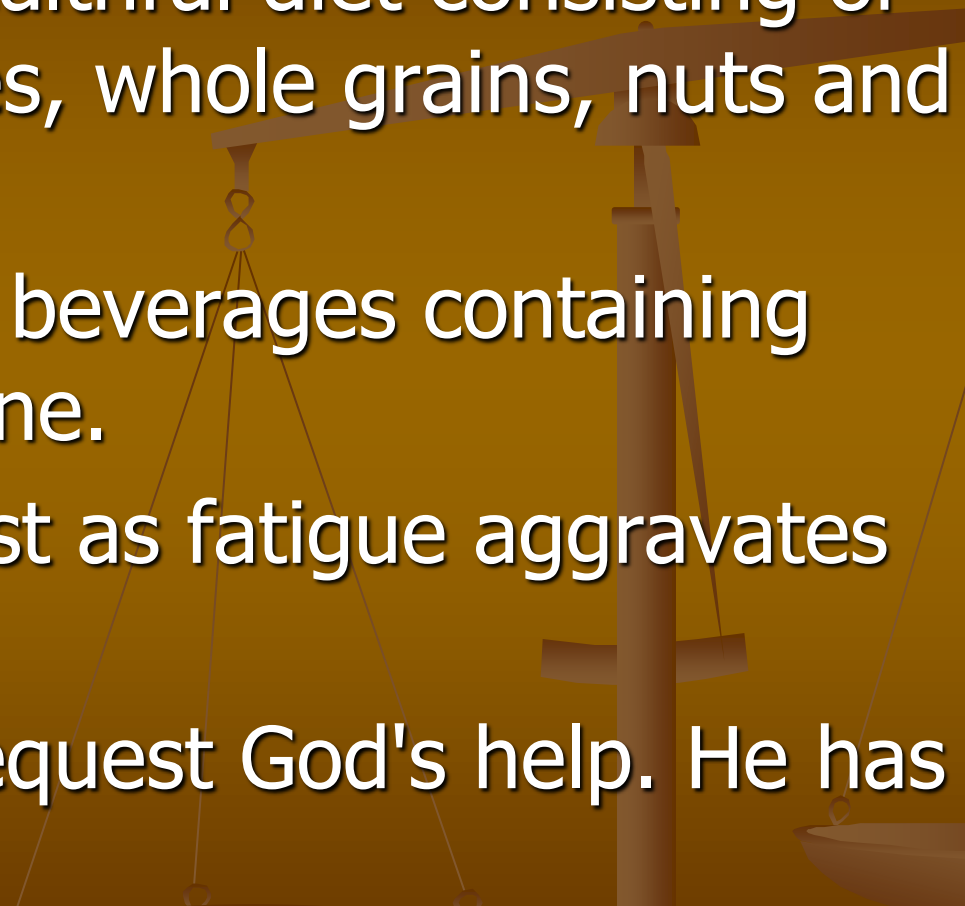
- The addictive properties of nicotine, which are similar to alcohol, heroin, and other addictive substances
 - The discomfort associated with nicotine withdrawal symptoms
 - The persistence of long-term psychological effects of the smoking habit, such as the desire to smoke during stress
- 

The good news is that God empowers people to overcome the smoking habit.

The following principles will be an invaluable help:

- Drink a minimum of 8 to 10 glasses of water each day.
- Bathe several times a day to remove body wastes from the skin.
- Exercise (walking or gardening) out in the fresh air and sunshine.



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- Practice deep breathing and proper posture.
 - Eat a simple, healthful diet consisting of fruits, vegetables, whole grains, nuts and seeds.
 - Abstain from all beverages containing alcohol or caffeine.
 - Get plenty of rest as fatigue aggravates stress.
 - Remember to request God's help. He has promised it!

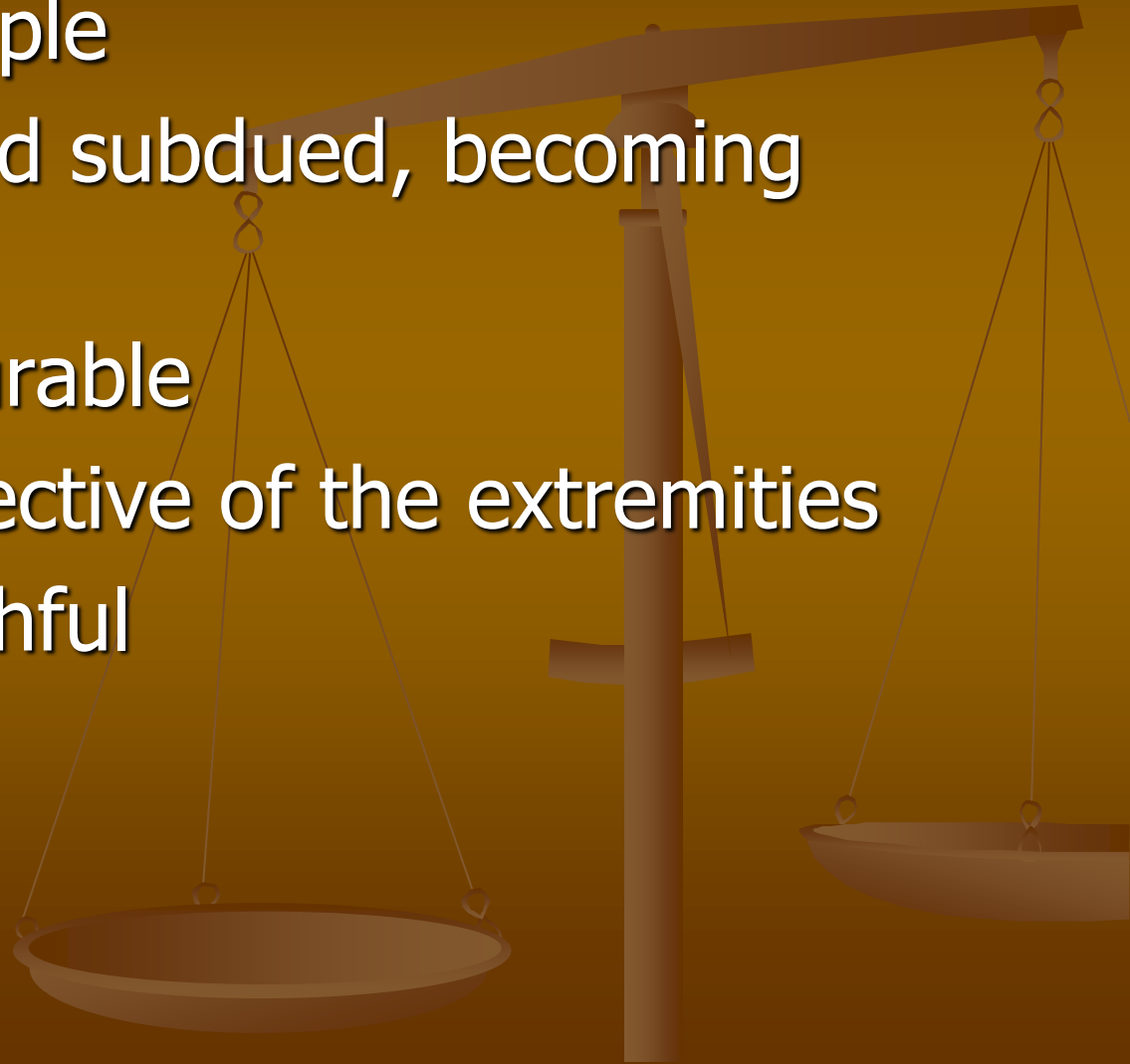
DRESS

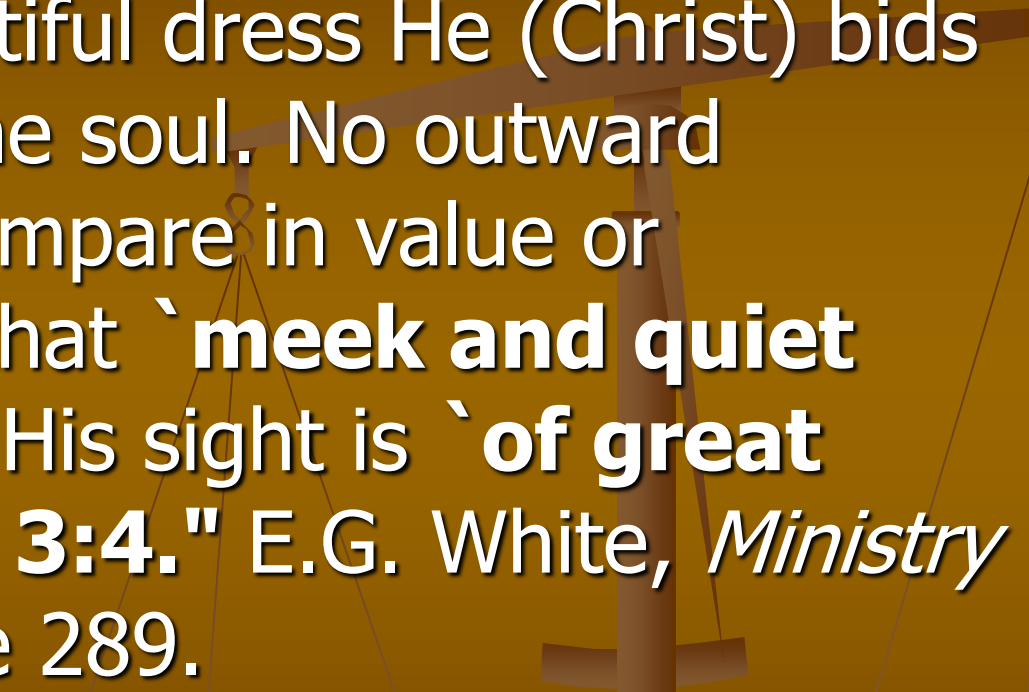
- The Bible teaches modesty in dress. **"In like manner also, that women adorn themselves in modest apparel" not with "gold, or pearls, or costly array" (1 Timothy 2:9).**



Temperate, Christian dress has the following characteristics:

- Modest and simple
- Good quality and subdued, becoming colors
- Practical and durable
- Warm and protective of the extremities
- Clean and healthful

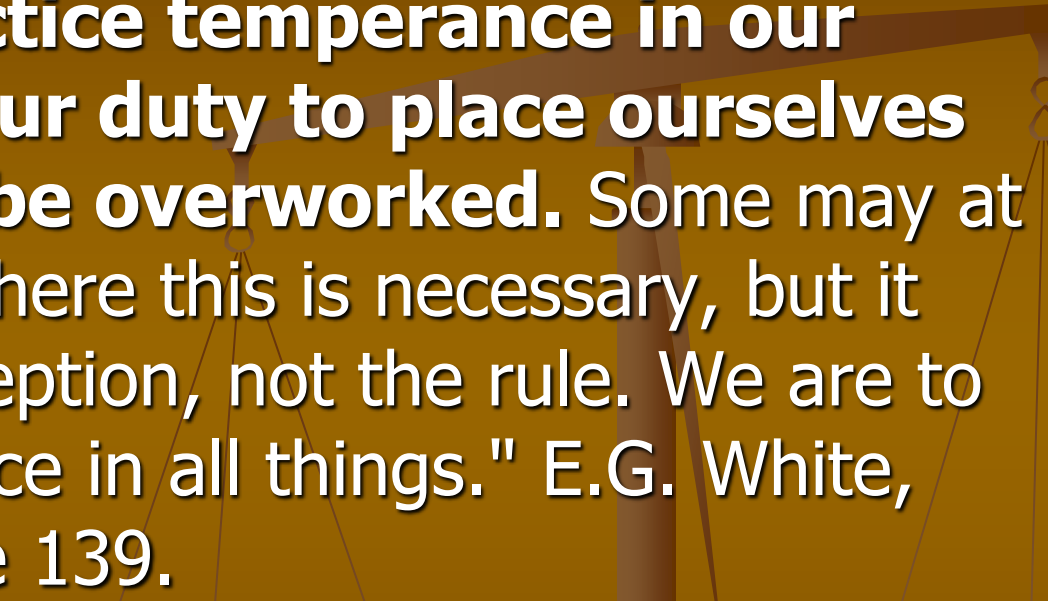


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- "The most beautiful dress He (Christ) bids us wear upon the soul. No outward adorning can compare in value or loveliness with that **'meek and quiet spirit'** which in His sight is **'of great price.'** **1 Peter 3:4.**" E.G. White, *Ministry of Healing*, page 289.

WORK AND STUDY

"It is an easy matter to lose the health, but it is difficult to regain it.... We cannot afford to dwarf or cripple a single function of the mind or body by overwork or abuse of any part of the living machinery." E.G. White, *My Life Today*, page 142.

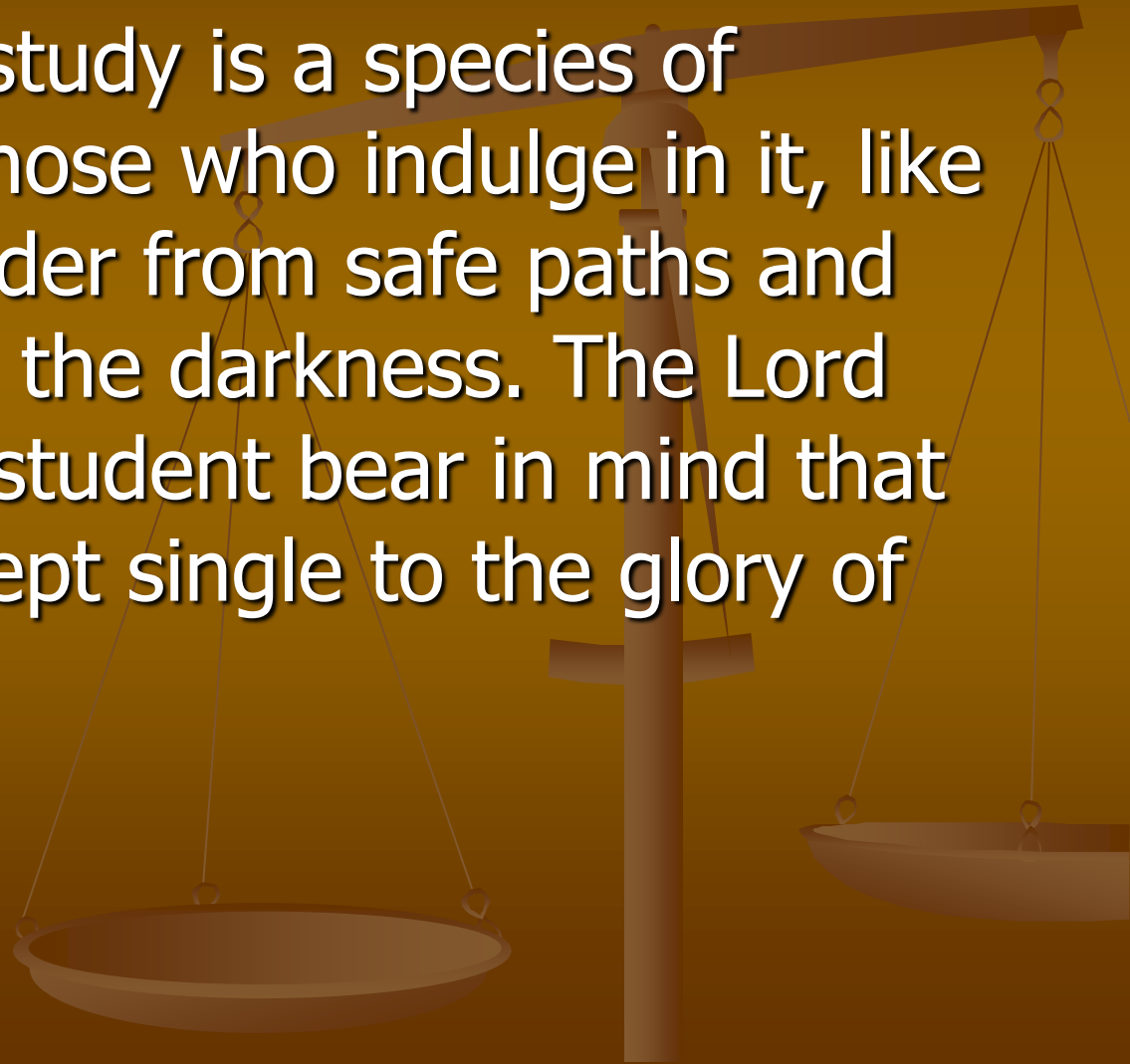


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- **"We should practice temperance in our labor. It is not our duty to place ourselves where we shall be overworked. Some may at times be placed where this is necessary, but it should be the exception, not the rule. We are to practice temperance in all things." E.G. White, *Temperance*, page 139.**

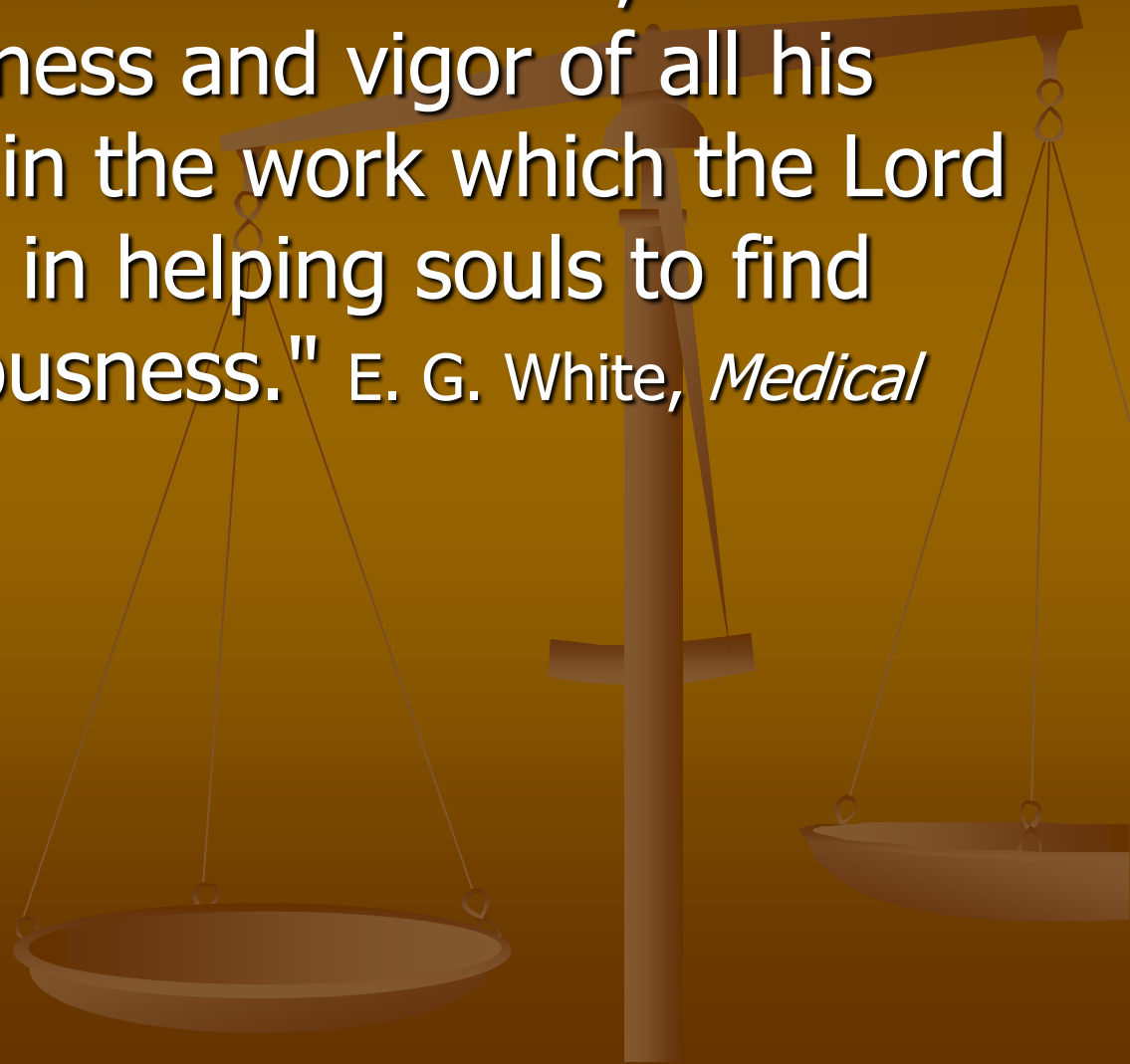
**"And further, by these, my son, be admonished: of making many books there is no end; and much study is a weariness of the flesh"
(Ecclesiastes 12:12).**



"Intemperance in study is a species of intoxication, and those who indulge in it, like the drunkard, wander from safe paths and stumble and fall in the darkness. The Lord would have every student bear in mind that the eye must be kept single to the glory of God.



He is not to exhaust and waste his physical and mental powers in seeking to acquire all possible knowledge of the sciences, but is to preserve the freshness and vigor of all his powers to engage in the work which the Lord has appointed him in helping souls to find the path of righteousness." E. G. White, *Medical Ministry*, pages 81, 82.

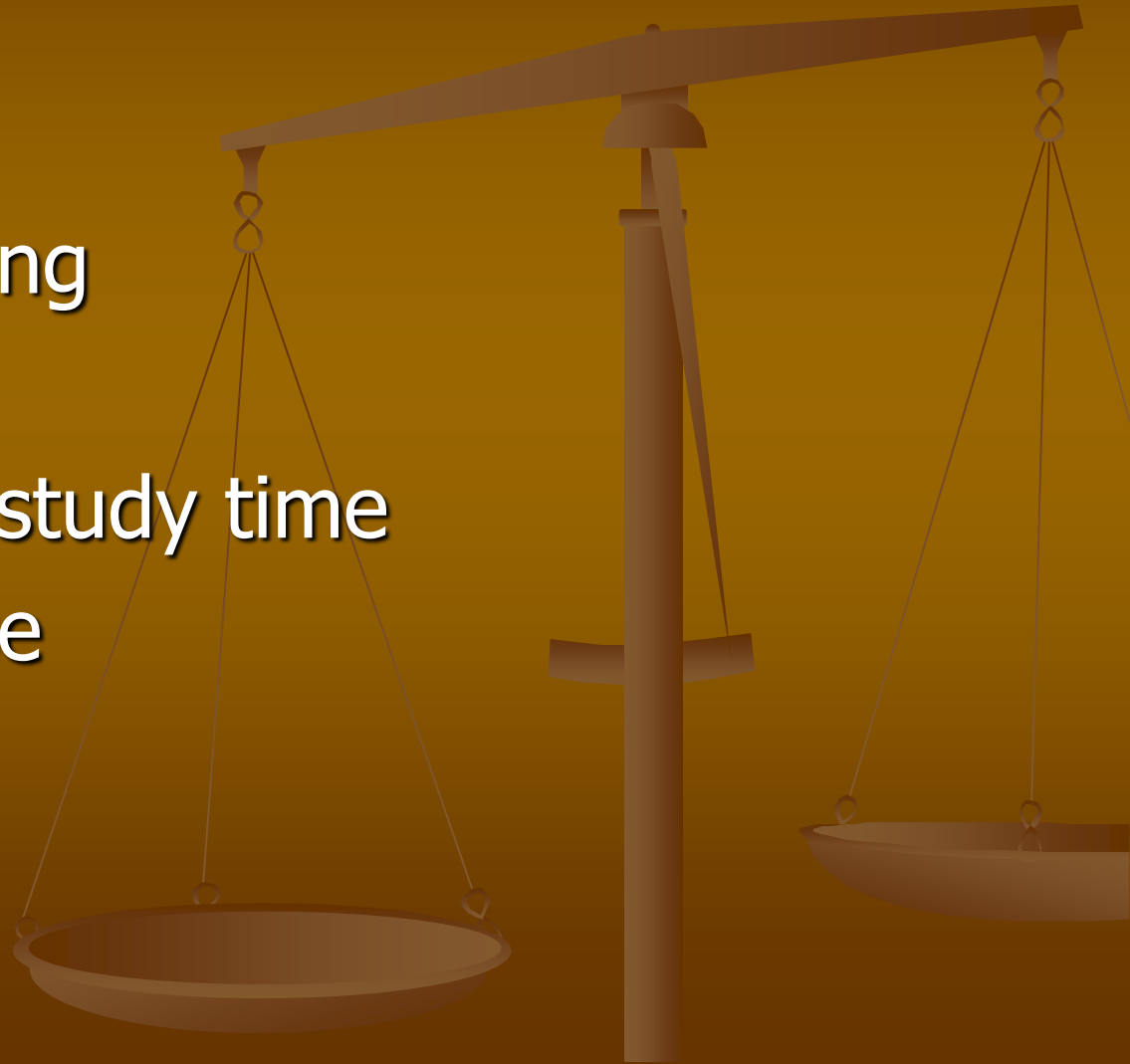


BIOLOGICAL RHYTHMS

Cooperation with the body rhythms promotes well-being and longevity.

Be regular in:

- Rising and retiring
- Mealtimes
- Devotional and study time
- Outdoor exercise



God's Healing Way

Continued in Chapter 6

