

ues to increase. Also, if you suffer from coronary heart disease and switch to a completely plant-based, balanced diet (no dairy products, eggs, or flesh foods) that is low in excess fats, sugars, and salt, combined with a consistent exercise routine, you can reverse coronary artery disease by about 30%.

The science is clear – you will be healthiest eating a variety of plant foods as close to how they grow as possible and avoiding the other foods. Maybe that's why in Genesis 1:29 & 3:18 we find the original diet consisting only of plant foods as-grown. Maybe God knew what He was doing!

### Entire Trust in God

Around the 1970's and 1980's, interest began to grow in the field of research in regards to the impact of spirituality on health. Many experiments were devised, and the results are now known throughout the medical community. Meaningful spirituality leads to greater quality of life, greater resistance to disease, faster recovery from injuries or illnesses, and when health principles are tied to religion and spirituality it leads to greater longevity (for example, Seventh-day Adventists live on average 10 years longer than others in the same population).

Being involved in a faith community (church, temple, etc.) brings added support and accountability, and is identified by many as a significant source of strength in times

of stress and trial. In order to make lasting changes in our health we need help from God. He created us, and He died to save us. The least we can do is keep the body He made for us as healthy as possible, so that we can dedicate it to His service and to the service of others.

### Sunshine

Sunshine is very important to your health in many ways. It helps to kill germs, it helps wounds to heal, it decreases depression, and among other things it converts cholesterol in your skin to a vitamin D precursor.

Vitamin D is very important in many ways. Calcium needs vitamin D in order to be absorbed properly. Diabetes occurs less frequently in populations with sufficient vitamin D, and in diabetics with low vitamin D, blood sugar levels are higher and harder to control than those with normal vitamin D levels. Also, populations with low vitamin D levels develop more cancer than those



with normal levels. So get outside and get your sunshine! Recommendations are at minimum 15 minutes daily for light-skinned and 30 minutes daily for dark skinned individuals on the hands and face. It is best to get your sunshine when your shadow is shorter than you are tall. If you live far from the equator, you may need to take vitamin D supplementation to keep your levels up.

### Sufficient Rest

The body repairs and heals maximally during rest. In youth, growth occurs best during rest. Many of our body's functions are intimately tied into the wake/sleep cycle and its proper function. Interestingly enough, if you want to coordinate your sleep with the natural daily cycle of hormone release for maximal health and efficient sleep, you need to get to bed around 9 or 10 in the evening. This will give you better rest.

Rest isn't just about sleep, though. Rest has to do with peace / lack of stress, which is another reason Entire Trust in God is so important. Individuals find that when they are able to face the pain of past traumatic experiences in a trusting relationship with God and are willing to forgive others (to pay for the pain and consequences that someone else has caused), peace begins to reign in their life and stress markedly decreases.

Rest isn't just nightly. There needs to be a break in our normal routine. God instituted the seventh-day Sabbath at creation, and at least one reason that He did so was to give us rest from our normal work. Research shows that those who work without weekly breaks are more likely to burn out, and are less productive with the time they do spend in work. It is important to take that time out on a regular basis to rest, reflect, and worship. So keep those Sabbaths free from work and full of thankfulness and worship.

We hope that you have found this information helpful as you seek to be good stewards of the bodies God made for you.



**Healing, Educating  
and Advocating  
Lifestyles for Total Health**  
[www.healthbythebook.org](http://www.healthbythebook.org)

# Eight Ways to Wellness



## WELLNESS

Whether you suffer from a chronic disease like diabetes, heart disease, or obesity, or whether you simply want to remain healthy and live a long, productive life, following the principles of WELLNESS will positively impact every area of your life. **WELLNESS** stands for **W**ater, **E**xercise, **L**ive Temperately, **L**ots of Fresh Air, **N**utrition, **E**ntire Trust in God, **S**unshine, and **S**ufficient Rest. In this handout, we will go through each of the WELLNESS principles

and show you how they contribute to the health and wellness of your entire being. So let's start at the beginning.

### Water

The human body is comprised of approximately 60% water. Water lowers the thickness of the blood, aids in carrying nutrition to and toxins away

from the cells, and it is the medium in which all the vital processes of human life are conducted. A typical person can survive only 3-5 days without water, so water is very important! Adults need daily 1 ounce of water for every 2 pounds that they weigh. That means that if you weigh 180 pounds, you need 90 ounces of water daily (just over 11 cups). If you are in the heat, have a fever, or are sweating, you need more. Water can be used in many ways that perhaps you have not thought of. Drinking 2 cups of warm water about 15-minutes before meals can help decrease heart burn. Drinking 2-3 cups of water will help sinuses to drain and pulmonary secretions to thin, helping with stuffy nose and cough. Taking a sip of water after each cough can decrease your cough response. Gargling hot saltwater can help a sore throat.

Covering your feet/ankles with water as hot as you can stand it (not for diabetics or those with blood clots) for 20 minutes can prevent a cold/flu if you do it at the first signs of the cold. To treat pain, swelling, or injury to muscles or joints, get a basin of hot water and another with ice water, put a hand towel in each basin, apply the hot water-soaked towel for 3 min., and then the ice water-soaked towel for 1 min. Continue hot and cold for 15-20 minutes and repeat 2-3 times daily. Drink your allotted water daily, bathe frequently ending with cold water, and carry a bottle of water with you wherever you go.

### Exercise

Exercise is absolutely necessary for a healthy body. Research

shows that living a sedentary (exercise-less) life will decrease your life span more than smoking a pack of cigarettes daily! Exercise has been shown to be vital in improving diabetes, obesity, heart disease, osteoporosis, and a host of other chronic diseases. There are 2 main forms of exercise: cardiovascular and resistance. Cardiovascular exercise causes your heart and breathing rates to increase over time in order to provide "fitness" to the heart. Typical cardiovascular exercises are walking, jogging, biking, swimming, etc. Resistance exercises cause muscles to flex against an opposing force. Typical resistance exercises include lifting weights, using resistance bands, doing push-ups, squats, etc. Current exercise guidelines recommend 150 minutes of cardiovascular exercise weekly at a moderate intensity (meaning you can talk but cannot sing while you are exercising). A good routine would be going for a fast walk 30 minutes daily, 5 days a week. The guidelines also recommend resistance exercises twice weekly that "work" all major muscle groups (shoulders, arms, back, chest, abdomen, and legs). It is recommended that you start with a weight that you can lift 10 times (repetitions) easily twice (sets). So if you can lift 5 pounds with your arm for 10 repetitions in 2 sets, start with that weight. Then work up until you can do it 15 times. Then increase the weight (7.5 pounds), and do 10 repetitions in 2 sets, and then work up to 15, and so on. If you work in a physically demanding job (construction, farming, etc.) you may not need a specific exercise routine. If you want to lose weight, increase either the exercise intensity or duration to burn more calories. Finally, if you have heart disease or are over 50, check with your doctor before starting an exercise program. When you start, start at a low intensity (can sing while doing it), for a shorter period of time, and slowly increase your duration and then your intensity.

### Live Temperately

Temperance means to avoid that which is harmful and use moderately that which is good. Obvious examples of what to avoid include tobacco, alcohol, marijuana, other street drugs, narcotics, and caffeine. Some less obvious items to avoid include excess fats, excess sugar, artificial sweeteners, flesh foods, and highly processed foods. Even good things used in excess are not healthy. Overwork, overeating, and extremes in exercising are not good. If we eat what we eat because we know it is healthy, that is temperance, but if we eat what we eat because it tastes good, that is not. This balance of temperance is not easy to maintain, but it is greatly helped by a trusting relationship with God, which we will discuss later.



### Lots of Fresh Air

Oxygen is vital to the function of our bodies. Without oxygen, brain cells begin to die within 4 minutes. Oxygen in the air is taken into the lungs when we breathe, and that oxygen enters the blood, attaches to hemoglobin in red blood cells, and is transported to all areas of the body and delivered to the cells for their use. If there is a breakdown anywhere in that process, we suffer. The air in air-conditioned environments is usually re-circulated, and therefore toxins accumulate in the air. The solution is to open your windows and get the fresh air that you need. We must breathe the fresh air for it to do us any good. Many have limited lung capacity because they use poor posture, they don't practice deep breathing (breathing using the abdominal muscles), and they wear tight clothing. Let your clothing be loose, breathe deeply from the diaphragm, and use good posture. Get out in nature and enjoy the fresh air, and eat a healthy diet to assist in oxygenating your body. And above all else, no smoking!

### Nutrition

Proper nutrition may seem complex, but in reality it is very simple. The basic principle of healthy nutrition is: Eat a variety of plant foods as close to how they grow as possible and avoid other foods. It's that simple! Comparisons of the human body with other animals (jaw structure, teeth shape, length of digestive tract, pH of stomach acid, etc) reveal that we are designed to eat plant foods. Animal proteins are higher in sulfur-containing amino acids, and when the sulfur is removed, it becomes acidic in the blood. The body then pulls calcium out of the bones to buffer the acidity and bring the pH back to "normal," and the calcium is excreted in the urine. Over time, osteoporosis develops.

Research has shown that animal proteins themselves increase cholesterol levels, whereas similar levels of plant proteins do not. Research shows that if you are trying to prevent or treat diabetes, the greatest likelihood of being successful is in groups of people who eat only plant foods. If you eat dairy products and/or fish, your risk increases, and if you eat other meats, your risk contin-

