

# *The Laws of Health*

Your health is your greatest wealth. Ever heard that? What about "an apple a day keeps the doctor away"? Or "a merry heart doeth good like a medicine"? Odds are that you've heard some of these health cliches before. You may have even used a few of your own. What is the best way to stay healthy? How do we create optimum health and under what conditions does the body have the best opportunity to avoid illness?

Everything in the universe operates according to laws. The body is no different. When the laws of health are closely followed, the body will respond in cooperation.


## A NEW SELF

**AIR** – Breathing fresh air is vitally important to the systems of the body. From the brain to the skin, each system depends on the oxygen brought by each new breath. Increased brain function, higher serotonin (the hormone that makes you feel happy) levels, better digestion, cleaner skin, better blood pressure, better vitamin D production (which leads to stronger bones). The benefits of fresh air are numerous and in these pandemic days can only lead to a better, healthier immune system.

**NUTRITION** – Ever heard the old adage – "You are what you eat"? The fuel that you put into your body matters! Good nutrition is essential to an optimally functioning immune system. The body functions best on a plant based diet. Pack your plate with fresh, organic fruits, vegetables, nuts, and grains to give your system the energy it needs to thrive. If organic is too pricey find out how to wash pesticides off [here](#).

**EXERCISE** – Get up and move!! The more you move your body, the healthier it will be. More movement means less disease. More exercise means less inflammatory responses, increased blood flow to the rest of the body, and lower stress hormones.

**WATER** – You've heard it before... your body is 70% water. Why is this important? The more hydrated you are, the better able your body is to cleanse itself from toxins and defend itself against illness. A hydrated body is more effective at supplying oxygen, via blood cells to the systems of the body. Why is oxygenation important?? Remember that fresh air we talked about? The more oxygen the better.



**SELF CONTROL** – A person who seeks optimal health will do good things in moderation and completely stay away from harmful things. Alcohol, drugs, and unhealthy lifestyle practices have been proven to lower immune response and create an environment that is favorable to illness. On the other hand, while beans, rice and exercise are good for the body, too much of anything can have a negative impact.

**EASY DOES IT** – Every functioning system needs to take a break. Even a washing machine needs a rest between cycles to allow time for the motor to cool down. When your body doesn't get the rest it needs, it breaks down more easily and gets sick. It also heals more slowly. On the other hand, getting the proper rest ensures the immune system is better prepared to fight any challenges it might encounter.

**LIGHT** – Sunlight is essential for all living organisms. It is used by plants to create energy and used by your body to create vitamin D – essential for good immunity. Historically sunlight has been used to combat disease and speed up healing. A few minutes of sunlight every day can increase the body's absorption of calcium and phosphorus. Early morning sunlight can also help reset your body's circadian rhythms, which will help you to get better sleep at night. Another thing sunlight is useful for is increasing the speed of T-cells (the immune cells that respond to infection).

**FAITH** – Health reform, while beneficial is incomplete without trust in divine power. 1 Corinthians 6:19 tells us that our bodies are the temple of the Holy Spirit. When we remember that we are "bought with a price", we will be diligent in the care of our bodies. "The body is to be brought into subjection. The higher powers of the being are to rule. The passions are to be controlled by the will, which is itself to be under the control of God. The kingly power of reason, sanctified by divine grace, is to bear sway in our lives. The requirements of God must be brought home to the conscience. Men and women must be awakened to the duty of self-mastery, the need of purity, freedom from every depraving appetite and defiling habit. They need to be impressed with the fact that all their powers of mind and body are the gift of God, and are to be preserved in the best possible condition for His service."

It is possible to be healthy, happy, and free from disease! Let's **BE IN HEALTH!!**