

## 1 TRUST IN GOD



## 2 EAT LOTS OF FRUITS, NUTS, GRAINS AND VEGETABLES

God gave a special meal plan in the first chapters of the book of Genesis to keep us healthy and happy.

He said to eat every herb bearing seed and herb of the field (Genesis 1:29, 2:5).



## 3 GET FRESH AIR

Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood.

A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep.



## 4 BE TEMPERATE IN ALL THINGS

Temperance is abstaining from anything that is a threat to your body and eating that which is good in moderation.

You should avoid teas, coffee, and sodas, alcohol, spicy and fermented foods, refined sugar and junk foods and drugs and tobacco. Also avoid overeating, snacking and eating between meals.



## 6 GET ACTIVE AND MAINTAIN A HEALTHY WEIGHT

Exercise is important to digestion, and to a healthy condition of body and mind. You need physical exercise. Healthy, active exercise is what you need. This will invigorate the mind.



Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 2

## 5 STAY HYDRATED

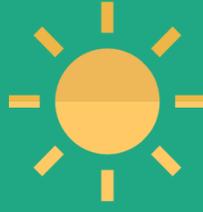


PER DAY  
It is best to drink pure water as soon as you wake up in the morning and 30 minutes before a meal or two hours after eating. Drinking during meals harms your digestion and causes problems in the future.

Try drinking half your weight in ounces of water or 8- 10 cups every single day. It will help each organ of your body to function better and you will feel better too.



## 8 ENJOY THE SUNSHINE!



When the sun's UV-B rays hit the skin, a reaction takes place that enables skin cells to manufacture vitamin D.

If you're fair skinned, experts say going outside for 10 minutes. Dark-skinned individuals produce less vitamin D, and need about 30 - 60 minutes of sunshine.

## 7 GET PROPER REST



Before bed shut off all devices, or charge them in other rooms, stop eating 5 hours before bed, read a book (preferably the Bible), pray, and create a hygiene routine

Choose a bedtime and stick to it! The best hours to sleep are from 9 p.m. to 12 a.m., during these times your body can heal.

God has given us a specific day to rest from working and studying. That day is the Seventh-day Sabbath found in Genesis 2:2,3. The Sabbath begins Friday evening sunset and ends Saturday evening sunset, it is 24 hours to spend with God.



TIP