

Created Whole, with a Warrantee: Part 7:

Jesus Christ Maketh Thee Whole! Acts 9:34

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Let's summarize what we have learned so far in our lessons:

Lesson 1: Man was created whole; He was completely healthy.

God made our bodies to be able to maintain perfect health if we obey His laws of health.

Disease doesn't 'just happen'; it is caused by breaking one or more Laws of Health.

Drugs and man-made remedies are not the source of Health.

Lesson 2: God promised to keep us in health *if* we obey His precepts (laws).

There are eight main laws of health and each one is needful for our well-being.

Lesson 3: Adequate Exercise and pure Water are two of the eight main Laws of Health.

Lesson 4, 5, 6: God's Law of Unselfish Love is at the root of Health, Happiness, and Salvation /Selfishness and self-exaltation is the root of sin, death and misery in this world. The First Commandment is the foundation stone of God's Universe.

While often related to external causes such as neglect of one of the laws of health, sickness can also come about internally because of self-centered and unloving attitudes. The mind and the body are one whole, and each affects the other.

Further comment on these last 3 lessons: While it is important that we understand that God's Heavenly self-sacrificing Love is the root of all good and the principle of selfishness the root of all evil, when we see illness we need to carefully look at the body as a whole and remove unhealthful practices and replace any missing health laws, and assist the body in the restoration of health. There can be physical as well as emotional problems in any situation.

For example, bed-wetting is mentioned in the article as being caused emotionally, but the use of cow's milk products has been shown to be the biggest cause of bed-wetting and constipation in children! Therefore we need to learn about physical causes as well as look to the relationships and attitudes involved. Trust in Divine Power is a central pillar for all our wellbeing. We will look at it in depth in following lessons.

Now let's continue to look at God's eight special Laws of Health:

Sunshine

Every living thing in our world is dependent upon light from the sun. Without sunshine, nothing could live. In most African countries, getting enough Sunshine is fairly easy; but in northern latitudes it can be a problem in winter. Also for people living in cities and work mostly indoors, they may not get as much sunlight as is needed for optimal health. When dark-skinned people live in these conditions they have an even greater danger of not getting adequate Sunshine.

In 1877, two researchers, Downes and Blunt, discovered that sunlight destroys harmful bacteria. Lately the importance of Vitamin D has become more widely known; but did you know it is not really a vitamin at all? It is actually a hormone generated by the cholesterol under our skin when it is exposed to UV rays in sunlight. It has beneficial effects on every system and organ of our body! Without adequate Vitamin D many diseases increase, including all types of cancers.

Sunlight on the body dramatically lowers high blood pressure, decreases blood cholesterol, lowers excessively high blood sugars, and increases white blood cells. Adequate sunlight has the potential to virtually eliminate crippling conditions like rheumatoid arthritis and multiple sclerosis; it relieves chronic depression and improves mental function, promotes digestion and healthful sleep.

God's Way School of Health

Adequate sunlight on your body will cause your breathing to be slower, deeper, and even easier. Your resting heart rate will decrease, and after exercise it will return to normal much more quickly. Sunlight increases the capacity of the blood to carry more oxygen and take it to your body tissues. Even a single exposure to the ultraviolet light in sunlight, greatly increases the oxygen content of your blood and this effect continues for several days. Bronchial asthma patients, who could hardly breathe, were able to inhale freely after sunbathing.

Many of the beneficial effects of sunlight are heightened if a person combines sunbathing with a regular program of physical exercise; fatigue and exhaustion tend to be lessened and the capacity for work is increased.

"If we would have our homes the abiding place of health and happiness, we must place them above the miasma and fog of the lowlands and give free entrance to heaven's life-giving agencies. Dispense with heavy curtains, open the windows and the blinds, allow no vines, however beautiful, to shade the windows, and permit no trees to stand so near the house as to shut out the sunshine. The sunlight may fade the drapery and the carpets and tarnish the picture frames, but it will bring a healthy glow to the cheeks of the children." Ministry of Healing 275

Today there are misinformed medical 'authorities' teaching the false idea that it is sunlight alone that causes skin cancer! This was a lying report based on inaccurate studies. The chemical companies have made billions selling people chemical 'sunscreen' to 'protect' them from sunburn when many of those very sunscreen chemicals become carcinogens when exposed to sunlight! It is one of the craziest frauds ever pulled over on people all based on the fear of getting melanoma! Statistics show that people who work outdoors and have more sun exposure actually have less incidence of melanoma (skin cancer) and people who live in the colder regions of earth where they get less sun exposure have higher rates of melanoma. This is opposite to what it would be *if* sunlight was the main or only cause of melanoma!

While we fully support dress reform and modest clothing, it is not because people are exposing their skin to sunlight more that skin cancer is increasing; the latest research shows it doesn't work that way. The increase in skin cancer has been caused by the amount of toxic fats and oils in the diet and the risk is increased by putting chemicals, including sunscreen on the skin. Modest clothing is very important to the Christian, but we still do need discreet exposure to sunlight.

I learned the main cause of sunburn in my own experience: When I was young we used animal products and also a lot of margarine, vegetable oil, and vegetable shortening; which we know now contain dangerous trans-fats which clog the body's systems and contribute to cancer and artery disease. We were taught these things were healthy as long as they were from plants. This is another lie; actually plain butter, while we don't recommend its use for other reasons, is much safer than these unnatural refined and hydrogenated vegetable fats! As these products came into heavy use after World War 2, the killer diseases increased rapidly.

I used to get badly sunburned quite often. (By the way I did not however get skin cancer! When I was young it was thought perfectly normal for children to get sunburns, it was just part of summer fun. No one worried about it and I do not recall even hearing about skin cancer.) But later when I had changed to a vegetarian diet without added fats and oils, I would hardly ever get sunburn even when outdoors most of the day and I am a fair-skinned redhead, notable for easy burning.

I have also observed when caring for people's pets that older folk who complain of arthritic pain, usually keep their blinds and curtains closed so that little sunlight ever comes into their rooms. These folk also seldom went outside because of the painfulness of their condition. The sad thing is that their pet cats, who did not have the option to go outside, would also be suffering from arthritis! I often saw them trying to squeeze in behind the heavy drapes to get onto the windowsill for a little sunlight. They knew what their little bodies needed but their owners did not have a clue!

Recent honest studies on sunlight exposure show more sickness in those who get less sunlight. The Bible states: "Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun:" Ecclesiastes 11:7.

Here is the story of a man who was healed when he sat on his sunglasses:

Dr. John Ott had already made his mark in history with his development of time-lapse photography. But eventually age crept up on him, and Ott retired and moved to Sarasota, Florida. He says that he chose Florida in the hope that sitting in the sun would help his gradually worsening arthritis.

Able to walk only with the help of a cane, he would sit in the sun on the Sarasota beach, clad only in sunglasses and swim trunks. But still no help came. Then, one day, he sat on his sunglasses by accident and broke them. Out to the beach he still went, squinting to get used to being in the sunlight. As he reports what followed, he found within the next few days a dramatic improvement in his condition. He was certain of it when he was able to discard his cane.

Writing in his autobiography, 'My Ivory Cellar', Dr. Ott recalls the incident: "The weather had been nice for several days and there was some light work outside that I was doing as best I could with my cane in one hand. Suddenly I didn't seem to need the cane . . . My hip hadn't felt this well for three or four years. I began walking back and forth, back and forth. I ran into the house and up the stairs two at a time to tell my wife."

Dr. John Ott was the perfect individual to make such a discovery, for he had spent a lifetime as an optical scientist. Concluding that his arthritis had been solved by the full spectrum—all the rays—of sunlight reaching his eyes, he began research work on the subject. He had earlier erected a plastic greenhouse, so the ultraviolet light could reach his plants; now he had taken his sunglasses off, so those ultraviolet rays could reach his eyes. (Ultraviolet light does not pass very well through glass, tinted glass, or tinted plastic.)

Later X-rays of his hip confirmed that which he had been experiencing: "Dramatic healing had indeed occurred! He concluded that his arthritic condition had been helped by the light upon his eyes rather than merely upon his skin."

It is still important to realize that if you are fair skinned and have to be out in the sun for long periods of time, it is a wise thing to use a sun-hat and light cotton or linen clothing to cover the arms etc.. Clothing, not chemicals is the best sun-screen! Dark skinned folk have built in sun protection and so have fewer problems with this issue; but when dark-skinned folk live in cold countries they need to take extra care to get enough sun exposure because they need more than light-skinned people do.

"As the flower turns to the sun, that the bright beams may aid in perfecting its beauty and symmetry, so should we turn to the Sun of Righteousness, that Heaven's light may shine upon us, that our character may be developed in to the likeness of Christ." Steps to Christ, p. 68

Temperance [Abstemiousness]

True temperance teaches us to dispense entirely with everything harmful and to use wisely that which is healthful.

Things that are harmful include not only alcohol and tobacco, but also coffee; tea; anything that has a hurtful effect on the body. Good health requires moderation and wise choices in all aspects of life. Abstain from all harmful indulgences; tobacco, alcohol, colas and soft drinks; overeating, eating between meals, sugary foods, strong condiments and spices, all caffeinated foods (chocolate and most soda drinks contain caffeine, as do coffee and tea), refined and processed food-like substances, grease, oil and fat, animal flesh and excess salt. The bit of pleasure they might give is not worth the misery they cause in the long run.

God does not wish His people to harm their bodies as a form of amusement. Remember that far from being a 'Treat', it's actually an act of violence against our own bodies and minds, when we indulge in junk food or harmful substances to the detriment of our wellbeing. It is suicide by the cup or fork!

"Indulgence in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur." Review and Herald, September 5, 1899

"Abstemiousness (Temperance) in diet and control of the passions will preserve the intellect and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers, and to discern between right and wrong, the sacred and the common." Testimonies, Vol. 3, p. 491

God's Way School of Health

The Bible compares the Christian life to the training of athletes.

"Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." 1 Corinthians 9:24-27

"True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful. There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny. The appetite should ever be in subjection to the moral and intellectual powers. The body should be servant to the mind, and not the mind to the body." Patriarchs and Prophets, p 562.

Many say, "It is my own business what I do with my body." But do we really own our bodies? Did we create ourselves? No: By both creation and redemption we belong to God; and we need to add to that our own choice to belong to Him as well. Only then can we know true wholeness and happiness.

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." Romans 12:1, 2

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Corinthians 6.19, 20

The evidence that a person has received the Spirit of God in Christ is described in Galatians 5:22-23, "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law." Temperance is a gift from God that comes to us only as we receive Christ.

Temperance is required in order to build a lifestyle that is in balance physically, mentally, socially, and spiritually. Without self-control we could not put into practice the knowledge that we have. Unless we have the power to carry out all our good intentions, they are not of much use. Once we have the power of God working in us, we can avoid harmful habits and practice moderation in those things that are good.

Nor is Temperance limited to eating and drinking; notice this quotation:

"Excessive indulgence in eating, drinking, sleeping, **or seeing**, is sin. The harmonious healthy action of all the powers of body and mind results in happiness; and the more elevated and refined the powers, the more pure and unalloyed the happiness." Testimonies, vol. 4, p. 417.

How interesting this word 'seeing'; excessive 'seeing', in this warning, especially as we know that Sister White lived before the ravages of movies, TV and video games had struck society. But God knows the future and has embedded that word here for our edification. Recent studies are showing to an alarming degree that the damaging effects to our brains of all these modern media are even worse than we formerly feared! We now have proof that all these forms of amusement, TV; movies; spectator sports; video games; online social media; popular music; have damaging effects on the mind and even the physical brain that can actually be seen in certain types of brain-scans. We know that smoking reduces lifespan by 11 minutes for each cigarette smoked; but each hour of TV watching reduces lifespan by even more!

The findings have been even more serious in regard to the proper growth and development of children. A child's brain and mind develop slowly from birth onward; if the brain is confronted with overstimulation of immature areas, permanent damage occurs and the child will never be able to perform certain mental functions as well.

Researchers have learned that any type of electronic 'screen watching' for the child causes permanent damage to the proper development of the child's eyes and brain. The younger the child the more harmful the effect, but damage occurs even up into the teens, especially from TV and video games. This has nothing to do with the subject matter being viewed, but only the visual effects from viewing the screen!

But what about the subject matter found in these things? The Bible teaches us, **Philippians 4:8**. "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

What does 'Amusement' really mean? Well, 'Muse' means to think and 'A' means not—so amusement means to not think! Its purpose is escape from reality. Even the world calls TV the 'Boob-Tube'! Is that what a Christian should be doing? Is it safe for a Christian to be out of touch with reality for even one hour? Then there is the time factor; one Adventist family was asked to write down for a week each time they watched TV. They had stated that they did not watch much TV; but when they kept track, it came to 32 hours in one week! What excuse can we offer to God for such wasting of probation's closing hours?

We seldom think about popular amusements as being addictions; but anyone who tries to cut them out of their lives soon learns they are; and now we also know they are harmful, brain damaging addictions as well. So how can we break free from whatever harmful habits we may be chained to? Again this is where 'Trust in Divine Power' is important!

Obtaining Divine Help for freedom from Harmful Habits and Addictions

1. Realize that you need God's power to be set free (John 15:5; Jeremiah 33:3).
2. Know that God desires to provide this help to you (Isaiah 41:10).
3. It is vital that you not live in a state of denial; acknowledge your need and be willing to come to God and fully cooperate with Him to bring about a complete change into your life. (Matthew 11:28-30). Ask God in the name of Jesus to give you enmity in your heart against it. (Genesis 3:15) Addiction is not to be your master (Matthew 23:10). Realize you need a change of mind (heart). (Ezekiel 36:26, 27)
4. Confess your sin and ask for forgiveness and release from the power of the habit or addiction. (1 John 1:9; Proverbs 28:13). (Matthew 7:7, 8). Take action yourself to remove the temptation from your environment.
5. Choose to believe that God will fulfill His Word and give you freedom from bad habits (Mark 9:22, 23).
6. Express confidence in God and His promises to help you break free from the problem (Luke 11:13).
7. Act on your belief by making a commitment to live a life of self-control enabled by God's power (John 1:12). It is not enough to be sorry; you must actively turn away from your former lifestyle including harmful relationships. (1 Corinthians 9:24-27).
8. Spend time feasting on God's Word and fixing Bible promises in your memory, they will bring power into your life when you are assailed by unhealthy desires. This is the weapon that Jesus Himself used when He was tempted. (Matthew 4:4).
9. Be quick to pray for help in every time of temptation (Luke 18:1, 7, 8; James 4:7-9). God is not wearied by your continued requests for deliverance. Claim the power of the Blood of the Lamb to set you free! When tempted, respond with a determined "No! I want no part of this! Please remove this sin from me, Lord!"
10. Return joyful thanks to God for setting you free and empowering you to control your appetites. (Philippians 4:4-7).

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