

## Created Whole, with a Warrantee: Part 8:

Jesus Christ Maketh Thee Whole! Acts 9:34

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We are continuing to take a look at each of God's special Laws of Health; today we look at Rest.

### Rest and Enervation

A sailor relates this story: Two battleships assigned to the training squadron had been at sea on maneuvers in heavy weather for several days. I was serving on the lead battleship and was on watch on the bridge as night fell. The visibility was poor with patchy fog, so the captain remained on the bridge keeping an eye on all activities.

Shortly after dark, the lookout on the wing of the bridge reported, "Light, bearing on the starboard bow."

"Is it steady or moving astern?" the captain called out.

Lookout replied, "Steady, captain," which meant we were on a dangerous collision course with that ship.

The captain then called to the signalman, "Signal that ship: We are on a collision course, advise you change course 20 degrees."

Back came a signal, "Advisable for you to change course 20 degrees."

The captain said, "Send, I'm a captain, change course 20 degrees."

"I'm a seaman second class," came the reply. "You had better change course 20 degrees."

By that time, the captain was furious. He spat out, "Send, I'm a battleship. Change course 20 degrees."

Back came the flashing light, "I'm a lighthouse." We changed course.

The paradigm shift experienced by the captain and by us as we read this account, puts the situation in a totally different light. We see a reality that is superseded by his limited perception, a reality that is as critical for us to understand in our daily lives as it was for the captain in the fog.

God's Principles are like lighthouses. They are natural laws that cannot be broken. As Cecil B. de Mille observed of the principles contained in his monumental movie, *The Ten Commandments*, "It is impossible for us to break the law. We can only break ourselves against the law."

Friends; this includes the Laws of Health, which are just as much part of God's Great Moral Law as "Thou shalt not kill."

We are fearfully and wonderfully made. Our body has amazing defense systems and marvelous structures to keep itself in balance. Science has a name for this balancing act: they call it Homeostasis; "a state of equilibrium or a tendency to reach equilibrium, either metabolically within a cell or organism or socially and psychologically within an individual or group." Encarta Dictionary. Something has to happen before this wonderful mechanism succumbs to disease.

If you listen to the popular media these days, you hear the message sounded out loud and clear that disease is something that just randomly falls out of the sky and strikes you like lightning, and it has nothing to do with what you eat, how you live or anything like that: nothing to do with Cause and Effect.

The Bible, the oldest Health Textbook on earth, says the opposite: "As the bird by wandering, as the swallow by flying, **so the curse causeless shall not come.**" Proverbs 26:2. That being the case, it would be wise for us to learn just what the Great Divide between health and sickness is.

## God's Way School of Health

Your body is made up of living cells. The condition of your body—its overall health or lack of health—is set by the condition of the cells that compose this body. The healthiness or unhealthiness of your cells is determined by two factors:

1. Their power, or energy level.
2. The environment they have to function in.

### **Law of the Cell:**

“Every cell in the body will continue to thrive and perform the functions for which it is adapted throughout its entire life cycle, provided it has adequate functioning power and its environment remains congenial to it.”

Every cell in your body is endowed with what is known as “Vital Energy”. The Spirit of Prophecy refers to ‘electric currents in the nervous system’. This Vital Energy is communicated to your cells through the action of your Nervous System. The cells make up the tissues of the body; and the specialized tissues make up the organs, glands and structure of the body.

The source of energy for the cells has to be derived from the food, water and oxygen you take into your body. How well you can digest and absorb your food and how efficiently it is converted to cells and tissues affect every process in the body. How efficiently the waste products of cellular metabolism are removed and discarded is also a big factor in cellular health. All these processes depend on this vital nerve energy.

No organ of your body can function without a continual supply of vital energy. Your body is weak or strong depending on how much vital nerve energy you possess. Vital nerve energy fluctuates from day to day; even hour to hour and so the efficiency of our body functions varies as well.

### **Enervation of the Body:**

This reduction of vital nerve energy is called “Enervation”. There are four ways the vital nerve energy gets used up:

1. Physiologically: The body's own processes and functions.
2. Physically: Our activities.
3. Mentally: The thinking and brain processes.
4. Emotionally: Our thoughts, feelings, and attitudes very much affect our vital energy.

There is only one way that this Vital Nerve Energy or Vital Force of our body gets regained: through rest and sleep, but especially sleep!

It is obvious then that any continuous indulgence in habits that use up this vital nerve energy faster than it is restored, eventually results in enervation, and diminished physiological efficiency. If this process continues, overall function gets poorer and poorer until we begin to notice this as sickness and disease.

The Great Divide between Health and Disease is Enervation. What are the most common causes of this condition?

1. **Overwork:** Work is good, but the person who intemperately keeps at any task for an unreasonable time without change or rest is asking for trouble.
2. **Lack of Sleep:** Number one is usually connected with number two; but many other things in our culture can cause this. The very attitude towards sleep has changed dramatically in the last century. In 1880s the average adult slept 9 hours, now the average is much lower.
3. **Lack of Rest Periods:** Sure people take breaks, but mostly to stuff caffeine and sugary foods into their overtaxed bodies to push themselves to keep going. Or they ‘unwind’ by sitting in front of a TV that actually stresses the brain rather than relaxing it.
4. **Overeating and eating too frequently:** It takes vital energy to digest and eliminate food and when the stomach and other digestive organs are kept on the job without rest, their efficiency decreases and energy is lost rather than gained.

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5. Use of Stimulants: Tea, coffee, cola, chocolate, sugar, soft drinks and pep pills, whip up a tired body to keep running and so the damage to the overall vital force of the system can become irreparable. If you keep beating a tired horse, eventually it dies.
6. Excessive Sexual Indulgence: A great drain on the Vitality of a body.
7. Stress: A general term that includes all exhausting factors in our families, work and environment.
8. Lack of Healthful Exercise: Exercise should be relaxing and low stress to be healthful. Even some who 'exercise' regularly choose forms of 'working out' and stressful sports that do more harm than good.

These are just some of the ways that people disregard the laws that govern their organic existence and so pave the way for disease and disability.

### **Cellular Environment:**

All your cells live in the same environment called 'Intercellular Fluid' and are affected by this environment either for good or bad.

Dr Carrel set up an interesting experiment many years ago: He took some living cells of a chicken's heart and placed them in a jar where he carefully provided nutrients and removed toxic waste from the fluid they were living in. These cells lived and functioned for over 30 years, longer than a chicken would usually live. Finally, it was decided they could be kept alive indefinitely and the experiment was stopped.

If toxins and waste products are not removed from a cell's environment, they sicken and die. All the cells and systems of the body are designed to keep this intercellular fluid clean but this takes vital energy. When enervation occurs, the waste products are not removed from the cell's environment as efficiently and the cells begin to retain part of the metabolic wastes within the tissues and fluid. This accumulates in a sort of downward spiral; more waste, less vital energy; less vital energy, more waste accumulating, until a state of self-poisoning (toxemia) develops, opening the door to disease.

Good function and High Energy; depends on Strong healthy Organs; which depend on Clean Blood and Tissues; which depend on good function and High Energy. Like a chain, the body is only as strong as its weakest link.

### **Toxemia:**

This is the presence in the blood and Intercellular fluid, secretions and cells of any substance that impairs organic functioning. The cell's metabolic bi-products are poisonous to it and must be carried away or it soon dies. Toxemia becomes the actual cause of poor health and disease. 90% or more of disease is said to be caused by toxemia which would not occur unless there is first a state of enervation.

Let's look at this vicious circle: Increased Enervation > leads to > Toxemia > which leads to > more Enervation > which leads to > more Toxemia. And so on in a downward spiral. The body has to work overtime try to rid itself of morbid waste.

There is another vicious circle that occurs because of Enervation: Your body becomes less efficient at digestion and assimilation of food > this leads to > more Toxemia as the food ferments and rots > leading to more Enervation > leading to less energy coming into the body and less toxins going out of it. It is all a downward spiral if we don't do something about it.

### **Self Defense:**

Your body does what it can to combat this condition; it tries to Un-Poison itself; to get rid of the toxemia that is threatening it. But it can't, because, unwittingly, you perpetuate enervation and toxemia. Your body tries to rest and you spur it on by the use of stimulants like coffee or tea. Just taking a quiet nap seems in bad taste in the rush-rush society we live in. Here is a list of symptoms that can occur with low Vital Energy and Enervation:

1. Loss of Ambition: the person 'doesn't know what to do with their selves'.

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2. Restlessness and insomnia.
3. Moodiness.
4. Lack of interest in other people.
5. Sudden and unexpected drop-offs in energy.
6. Generally lacking in happiness about living.
7. Unable to handle stress that previously wouldn't have bothered them.
8. Sluggish Bowel function.
9. Chronically tired all the time.
10. Unable to maintain what he regards as a high-energy level for more than 2-3 hrs.

### **Weakest Links:**

So if all disease has a similar root cause, how come some have allergies; some have diabetes, and some get cancer? Each of us has what is known as a diathesis. Diathesis: "a susceptibility to a disease or set of diseases such as allergies or gout."

We each have a 'weakest link' and each of us is different; each of us is born with differing amounts of Vital Energy. There are factors that affect our early development: were we breastfed or fed on formula or cow's milk? Did we have a healthy environment or not? Were our parents using alcohol or tobacco? Was our immune system damaged by vaccines in our early years? There are many factors that affect the amount of basic vital force we end up reaching adulthood with.

Also we can use up this Vital Energy slowly or fast. When we use our nervous system, or chemical stimulants to force our bodies to keep going when we ought to rest, we draw on our basic supply and when this is depleted, we sicken and die. We can make the choice to keep going and burn out our organs, using up our Vital Force; but we do so at great cost.

Some would tell you "Don't give in to yourself! Keep going no matter what. Force your body to go. Exercise no matter what. Push yourself to keep up a constant round of activities." Some call this, "Getting a life"; but it may be better labeled getting an early grave. Those with this attitude think rest periods are some kind of cop-out, and declare one should never lie down in the day time. But it is a fact that half an hour lying down napping will refresh you better than 2-3 hours sitting.

Many will tell you "Don't take a nap as then you won't be able to sleep at night." This is not at all true; often exhaustion and enervation is a main cause of insomnia; it takes energy to go to sleep and sometimes the depleted body seems to forget how.

### **Rebuilding Your Vital Energy:**

1. Build your Vital Nerve Energy by removing the bad habits and replacing them with good. The 8 Laws of Health are a good guide to this.
2. Take measures to assist your body to cleanse and get rid of toxins. Proper hydration; colonics; cleansing herbs and juices can help in this.
3. Have balance in the use of health-building agencies and avoid extremes.
4. Allow sufficient time for the results: going quickly from one thing to another seldom does anything but increase enervation.
5. Rely on your body's innate healing intelligence rather than what others tell you that you ought to be doing.

Suppose we have 2 patients in the same condition of Enervation.

Patient A: We put him on a strict regime: Good food, lots of it whether he likes it or not. Exercise 10 minutes each hour. Sunbathe 20 minutes a day even if he feels 'baked'.

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Music is good so we pipe it into his room continually. We give him hot baths to relax him and cold showers to toughen him up. We give him frequent pep-talks to teach him not to give into himself and never to lie around, No Way!

Patient B: We put him to bed and let him rest. We feed him good food as he wants it and let him decide if he feels like moving, sunning, music and so on. We encourage him to follow his body's innate healing instinct.

Patient B will progress much faster than Patient A; in fact Patient A will likely get worse. Remember, balance is the key; you have to respect your body's wisdom and give it what it wants. Ignoring the body's needs got you sick to start with; more of the same will never heal you. Don't do what so many do these days, fight against your body with drugs and stimulants until it just quits trying.

### **The Answer:**

There is only one answer to Enervation: get more rest and sleep and so allow the body to regain its lost equilibrium.

Years ago I knew of a person that developed an acute form of viral chronic fatigue syndrome. This person had an unusually wise doctor who basically told them: "Go home and sleep as much as you possibly can and keep doing that."

But so many people, when they get ill want a quick solution, a tonic; a treatment; a therapy anything BUT rest and sleep; this person tried it all. Every time they went to the doctor however, the first words out of his mouth were always, "How many hours a day are you sleeping?" But the person would evade the issue and give glowing reports of all the therapy and so on they were doing. Later on when the condition had become chronic and incurable this person knew that by not listening to that amazingly wise doctor, they likely threw away the only chance they had of actually recovering.

Our rush-rush society sets our pace and for most of us to be told to get more sleep is worse than pulling teeth without freezing. We are willing to buy expensive medications and supplements. We will head to the Gym and 'work-out' until we drop. We will go on any number of fasts and weird diets. We will spend a fortune in money and energy on therapy, massage, New-Age healers, Shiatsu, Chiropractors and acupuncture. But to be told to go get an abundance of rest and sleep? "You have got to be joking!! I have social obligations; family to visit; TV to watch; I have my lodge or club activities, places to go; Church activities; my job; I am too busy to rest and sleep! I have no time to rest and sleep!"

So we see the very patterns that got them sick, also keep them sick, and sometimes even kill them. But friends, if you don't make time to rest and sleep you WILL HAVE to make time to get sick and sicker and if you don't learn then, you will find time to die.

Remember the words of Jesus; "Come unto me, all ye that labour and are heavy laden, and I will give you rest." Matthew 11:28. He did not say, "I will give you therapy!"

### **Types of Rest:**

We learned that your body uses up vital nerve energy in four main ways; so there are four types of rest:

1. Physical Rest:
2. Mental Rest:
3. Emotional Rest:
4. Physiological Rest:

Which brings us to some enlightening facts: Hard Mental Work is seven times as depleting on the human Vital Force as is Hard Physical Labor. Cerebral exertion takes a significant drain on our nerve energy. Here is real insight for you: Listening to music uses vital mental energy. Some music uses more and some is very exhausting, but even the best music uses mental energy that the depleted person may not be able to spare.

Watching TV uses a lot of mental energy. Instead of "unwinding" with TV, you may actually be "unraveling!" Medical researchers are turning their attention to television watching as a significant contributing factor in the development of senility. Why? TV spectators are exposed to a mass of successive, rapid stimuli with little or no possibility of rationally processing what they are watching. In addition, much of what they see tends to be stress producing. Stress causes a biochemical response in the brain. It stimulates the production of glucocorticosteroids (an adrenal hormone) which in large amounts can actually damage the delicate nerve fibers in the hippocampus portion of the brain. It is this area that is responsible for short-term memory storage. Studies suggest that viewing TV four hours a day or more may induce stress-related damage to the brain.

Thinking; reasoning; planning; and trying to "figure things out" is all mentally tiring work. Chatting and social visiting can be very exhausting to the depleted person. When a person thinks he is resting by sitting back in his easy chair and reading a book, he is not actually resting at all; he is actually working; using his mind, and it is a drain on his vital energy. If he is in need of sleep because of Enervation, it becomes harmful.

**Mental rest** is secured only by ceasing to use the mind in any intellectual activity. This includes sensory rest, our eyes need to be resting also and not used to watch TV or read.

**Physical Rest** is easy to secure: you merely cease activity and lie down. Once you are lying down you take a good look at your ceiling and then close your eyes, relax and take life easy for a while. Thirty minutes lying down is as beneficial as four hours sitting, so save time and do it right.

**Emotional Rest** is secured by ceasing to worry about things; especially don't squander valuable vital energy worrying about things you have no control over. For things you can control, here's the formula; figure out appropriate action, take that action and stop worrying. In this category I also include meditating on the precious promises of the Bible and Prayer; here again we see the importance of Trust in Divine Power!

**Physiological Rest:** This is one most folk know little about. This is done by decreasing your intake of food and using easily assimilated foods like fruits or raw juices for a while. When you cut down your food intake your body gets a great deal of rest since much vital force is used to handle food, especially once enervation has weakened the digestive ability of the body. Skipping a meal or two and just taking extra water can relieve a tired stomach and give the body some time to catch-up.

While total fasting for more than one day is not a good plan for enervated and toxic bodies, eating less, especially of foods that are hard to digest, can be amazingly helpful in restoring your depleted vital force. Also, it is best to avoid eating when one is very tired or under severe mental or emotional stress, or if you really don't feel hungry. The best diet will only turn to toxins if your body is too tired to deal with it.

#### **Make Haste Slowly:**

In your body you have three fluid compartments: fluid in your cells; if you weigh 150 lbs. the fluid in the cells would be about 60 lbs. Fluid around your cells; about 23 lbs. and fluid in your blood vessels about 8 lbs.

When we start cleansing the tissues we must keep this in mind and do it slowly allowing time and patience so the body can do its work wisely and well. Your body works on cleansing and rebuilding mainly when you are sleeping. That is why a person who is enervated and toxic needs to sleep as much as they can until this condition is remedied. If I could tell you only one secret to restore your health, it would be this: Eat Less and Sleep More!

**What about Exercise?** Yes, exercise is important, but only what you can enjoy without exhaustion. One girl ran seven days a week for one hour in her lunch break, "to keep healthy".

"How do you feel?" she was asked.

"I'm tired all the time!" she replied.

"Then stop this running," she was told, "Rest with your head on your desk for 15 minutes of your lunch; then run for half the time and only 3 days a week."

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She changed her habits and in a few days felt much better. In a month she was like a new person. This is an all too common example of our health programs making us sick.

Some 'health counselors' and 'body builders' have given us the false idea that if you just push yourself to do more and more; run farther and farther; work harder and lift more; your body will adjust and you will become stronger. But this is only a half-truth. (If that) These people often use hormones and substances that force the body unnaturally and body builders *are not known* for their Longevity! Pushing yourself continually to exercise past the point of comfort will exhaust your vital energy and lead to toxemia, disease and death.

Yes, you *can* build up your exercise toleration, but for a depleted person to be successful, you must do it by staying within your comfort zone and resting and sleeping more. Increase activity slowly paying careful attention to how you feel. If you feel more like sleeping than exercising, try a gentle walk, if you feel better, OK, keep going. If you feel worse, go home and sleep.

You may be thinking you will "sleep your life away". No; once your body is able to start rebuilding Vital Force and clearing out toxins, you will start having more energy. When that begins, it is a critical time; don't squander that energy by going right back into over work, cherish it and let it build up. Time is needed to reach this point; remember that just because you start feeling better and have a bit more energy does not mean that it is now OK to return to the habits that enervated you! God's Laws of Health need to be respected. The next time may be too late.

There are two good barometers that tell how a health program is progressing:

1. Your appetite: a genuine relish for good food (not a craving for junk-food) is a sign of returning vitality.
2. A sense of vitality and wellbeing: Joy of life and pleasure in the little things of daily living is a healthy sign.

Getting to the point where you can fall asleep quickly and sleep soundly is also a big milestone in the process of recovering vitality. In order to sleep well, we should not eat close to bedtime.

"The stomach, when we lie down to rest, should have its work done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours." Healthful Living, p. 84

"In eating, drinking, and dressing, the laws of health should be diligently followed, and in regulating the hours for sleep, there should be no haphazard work. No student should form the habit of sitting up late at night to burn the midnight oil, and then take the hours of day for sleep. If they have been accustomed to doing this at home, they should seek to correct their habits and go to rest at a seasonable hour, and rise in the morning refreshed for the day's duties. In our schools the lights should be extinguished at half past nine." Christian Education 124.

".. Sleep is worth far more before than after midnight. Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock. . . ." 7 Manuscript Releases 224.

The Chicken Principle: Early to bed; early to rise is still the ideal. Return to God's ways and be patient; it will pay off.

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