

Health & Healing Towards Proper Care Of Our Body!

Our bodies are the temple of the Holy Spirit and we are stewards of them. This means we are to take care of them. We should eat wisely and exercise regularly. We need to get rest and proper sleep. **We also need to debrief and find good friendship that will help us express and release unpleasant feelings.** We can't run our engines twenty-four seven, eat poorly, and be "bottled up" emotionally and not expect our bodies to reflect it.

Just as we should take proper care and maintenance of our home, car, or possessions, we should do so concerning our bodies. Symptoms often reflect our body's communication with us that we are not doing something or over doing something else.

Good nutrition and vitamin supplements give our body what it needs to maintain itself and keep us healthy. When we are under or mal nourished, vitamin deficient, we are tying our body's hands behind its back so to speak. If we give our body proper tools as in a proper diet, we give it the power to defend itself and heal itself against many chronic conditions.

Our American diet is money driven! Most of the products on our store shelves are filled with sugar, sodium, and processed ingredients to provide longer shelf life. Many of our farming efforts are using pesticides, hybrid manipulation, antibiotics, and growth supplements that make our food production safe from pests, disease, and decay, but end up poisoning us. We may have larger and more abundant crops and meats but they are less and less nutritious.

I am stunned to realize a few things:

- 1) **We can be stuffing our bodies with lots of food and starving them of what they need.** This means our stomachs are full but our bodies are still hungry. Furthermore, with additive sugars and supplements we are confusing our body and mind with over stimulation and improper signals.
- 2) **The general condition of farming means that the soil is being stripped of the proper nutrients to produce the food we need.** Many efforts will enrich the soil with three or four nutrient supplements but we need some fifty-two! This means that our produce is not the produce of the past. The food itself is mal nourished and lacking; therefore, we often eat "good things" from the earth only to have them deficient of what we need. Organic production seeks to recover this error in production. It removes the chemicals and enriches the soil fully to provide the produce, livestock, poultry, etc. with the natural intended supplies.
- 3) **If we are overweight or obese this reflects poor nutrition.** We can't eat junk and expect good results. If we are thin or have normal weight conditions this doesn't necessarily mean we are healthy! *Chronic conditions* such as allergies, frequent colds, vulnerability to viruses (flu), diabetes, headaches, irritable bowel syndrome, high blood pressure, kidney stones, and many other common and serious conditions, reflect poor nutrition and vitamin deficiency.

Our bodies have the miraculous ability to heal themselves if properly armed. Many serious plagues of our day reflect our cultural failure to consume good foods. The money driven food industry along with our medical emphasis on drugs, has taken us down a road to ill health.

I highly recommend that we re-educate ourselves on the American diet and make the changes needed to empower of God given bodies to do what they were meant to do—keep us healthy.

The following documentaries are now purchased and stocked in our library to help our congregation understand the dire predicament our culture of food and drugs has created.

1) **Food Matters** “Let thy Food be thy Medicine” –Hippocrates (460-370 A.D.)

This documentary is filled with information, interviews with experts, and uncovering the unhealthy agenda of the food and drug industry. It also reveals how our government has been influenced by big money to alter the facts. “Anyone who is serious about their health need to see this stunning film.”

2) **Fed Up**

This film explains how the old “Eat less and exercise” is not the answer to health and losing weight. Our foods are filled with sugars, sodium, processed ingredients for store life, pesticides, etc...all of which are poisoning us. For some the vulnerability is so damaging that our nation is threatened with massive populations of overweight and obese persons. The population in general will be mal nourished and vitamin deficient so that diabetes will be out of control.

This article has focused on nutrition and now turns towards the emotional needs going unaddressed that also lead to sickness and disease.

Emotional Needs

The whole area of listening, comforting, supporting, and forbearing in friendship and fellowship *provides good health*. We often walk around “bottled up” with fear, frustration, anger, anxiety, and stress. The more we are able to release these things in identifying troubled feelings, fears, frustrations, etc...*the healthier we will remain*. We need to exercise to release physical stress and help our emotional needs. We need to **feel understood and in touch with our own feelings** to overcome depression, mood swings, unrealized stress, and bitterness.

Forgiveness is certainly the most obvious answer to helping us maintain good health; however, our ability to forgive *is governed by our understanding of grace and truth in Christ*. We also need to develop our **prayer life** so that we can release bitterness, resentment, and anger; fear of failure, inferiority, insecurity, and worthlessness.

We need to express our **disappointments and hurts** to release the pressure within us. We need to vent so that we can think and decide properly. **Offendedness** is a culprit that traps us in judgment and unforgiveness. We will find ourselves hindered, misled, and stuck in our spiritual

life while trapped in offendedness. Feelings of missing out on life, being left out by others, rejection, reproach, condemnation and self recrimination all contribute to ill health mentally, emotionally and physically.

Recommended Reading:

Nothing Shall Offend Them! (See Questions Section)

How Does Grace Live? (No Condemnation) (Put Away The Law page)

What Does The Law Look Like So I Can Dismiss It? (Booklets page)

Judge According To The Spirit! (See Put Away The Law page)