

# THE 8 LAWS OF HEALTH

The 8 laws of health promote the maintenance and restoration of a healthy blood stream. The blood is the life of the body and is the fluid medium that makes cell nourishment and cell cleansing possible. Disease cannot thrive in a clean blood stream. Hence, all diseases are dependent upon conditions in the blood in order to survive. It does not matter whether those conditions are external in origin or internally developed over time. **ALL DISEASES** and their symptoms are dependent upon the condition of the blood in order to survive. It is likewise true and of even greater significance to realize that **health is also dependent upon the condition of the blood**. The 8 laws of health, therefore, are 8 basic Biblical principles which (when adhered to) will establish right conditions in the body and prevent impurities in the blood from flourishing thereby minimizing disease and supporting health.

## Nutrition

Each organ of the body requires its share of nutrition. In order to maintain health, a sufficient supply of good, nourishing food is needed. In order to make a good quality of blood, we must have the right kind of food, prepared in a right manner. (Try 2 meals pers day) Breakfast the heaviest meal and dinner the lightest. Nothing in between except water. 4-5 hours between each meal.  
Don't eat anything containing blood.

**BIBLICAL REFERENCES:** Wherefore do ye spend money for [that which is] not bread ? and your labour for [that which] satisfieth not ? hearken diligently unto me, and **eat ye [that which is] good**, and let your soul delight itself in fatness. Isaiah 55:2

Blessed [art] thou, O land, when thy king [is] the son of nobles, and thy princes **eat in due season, for strength**, and not for drunkenness! Ecclesiastes 10:17

**Ye shall not eat [any thing] with the blood:** Leviticus 19:26

Only **ye shall not eat the blood**; ye shall pour it upon the earth as water. Deuteronomy 12:16

**Only be sure that thou eat not the blood:** for the blood [is] the life; and thou mayest not eat the life with the flesh. Deuteronomy 12:23

## Exercise

Daily physical exercise is necessary to the enjoyment of health. Neglecting to exercise the entire body, or a portion of it, will bring on morbid conditions. Inaction of any of the organs of the body will be followed by a decrease in size and strength of the muscles, and will cause the blood to flow sluggishly through the blood-vessels.

**BIBLICAL REFERENCES:** A wise man [is] strong; yea, a man of knowledge **increaseth strength**. Proverbs 24:5

[As] the door turneth upon his hinges, so [doth] the slothful upon his bed. Proverbs 26:14

The desire of the slothful killeth him; for **his hands refuse to labour**. Proverbs 21:25

## Water

Water is the best liquid possible to cleanse the tissues. Water is necessary to life, and Christ uses it as an emblem of salvation. (At least ½ gallon per day) Not with meals - 30 minutes before or 2 hours after.

**BIBLICAL REFERENCES:** *Thou shalt drink also water* by measure, the sixth part of an hin: from time to time shalt thou drink. Ezekiel 4:11 (A hin = 1.5 gallons or 6 quarts) 1/6 of a hin = 1 quart

Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and **our bodies washed with pure water**. Hebrews 10:22

## Sunlight

The sun is God's doctor, which brings health and strength, purifying and giving color to the blood, and we must have it. (Raises and lowers blood cholesterol, blood sugar and blood pressure according to the body's need)

**BIBLICAL REFERENCES:** Truly the light is sweet, and a pleasant thing it is for the eyes **to behold the sun**. Ecclesiastes 11:7

"...For he maketh his **sun to rise on the evil and on the good**, and sendeth rain on the just and on the unjust. Matthew 5:45

## Temperance

True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful. Strict temperance in eating and drinking is highly essential for the healthy preservation and vigorous exercise of all the functions of the body. (Temperance in all things will promote the acid-alkaline balance of the blood)

**BIBLICAL REFERENCES:** And every man that striveth for the mastery is **temperate in all things**. 1 Corinthians 9:25

He that [hath] no **rule over his own spirit** [is like] a city [that is] broken down, [and] without walls. Proverbs 25:28

## Fresh Air

The strength of the system is, in a great degree, dependent upon the amount of fresh air breathed. The breathing of pure air is essential for physical health. Oxygen-filled fresh air purifies the blood as it passes through the lungs.

**BIBLICAL REFERENCES:** And the LORD God formed man [of] the dust of the ground, **and breathed into his nostrils the breath of life**; and man became **a living** soul. Genesis 2:7

Thus saith the Lord GOD unto these bones; Behold, I will cause **breath** to enter into you, and ye shall live: Ezekiel 37:5

## Rest

(Every hour of sleep before midnight is equivalent to 2 hours of sleep) Since the work of building up the body takes place during the hours of rest, it is essential, especially in youth, that sleep should be regular and abundant. Sleep, nature's sweet restorer, invigorates the weary body and prepares it for the next day's duties. (The blood has opportunity to rebuild when we rest)

**BIBLICAL REFERENCES:** The sleep of a labouring man [is] sweet...Ecclesiastes 5:12

"...when the sun goeth down, that he may sleep..."Deuteronomy 24:13

And when the sun was going down, a deep sleep fell upon Abram Genesis 15:12

## Trust in GOD

Faith is trusting God--believing that He loves us and knows best what is for our good. Faith in God is essential for health. In order to have perfect health, our hearts must be filled with love and hope and joy in the Lord. Stress is not faith. Too much of the wrong stress poisons the blood by triggering the release of certain hormones into the blood stream,

**Genuine** trust in God minimizes and virtually eliminates stress.

**BIBLICAL REFERENCES:** Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting **strength**:  
Isaiah 26:4

Behold, God [is] my salvation; I will trust , and not be afraid: for the LORD JEHOVAH [is] my strength and [my] song; he also is become my salvation. Isaiah 12:2

**[It is] better to trust in the LORD** than to put confidence in man. Psalms 118:8

**They that trust in the LORD [shall be] as mount Zion**, [which] cannot be removed, [but] abideth for ever.  
Psalms 125:1

**Trust in the LORD with all thine heart**; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Proverbs 3:5,6

**He that trusteth in his own heart** is a fool: but whoso walketh wisely, he shall be delivered. Proverbs 28:26

The fear of man bringeth a snare: but **whoso putteth his trust in the LORD shall be safe**. Proverbs 29:25

Every word of God is pure: **he [is] a shield unto them that put their trust in him**. Proverbs 30:5

Thou wilt keep [him] in **perfect peace**, [whose] mind [is] stayed [on thee]: **because he trusteth in thee**.  
Isaiah 26:3