

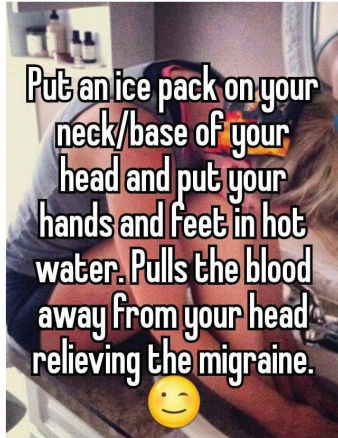
produced (before midnight) to help in relaxation. One hour of sleep before midnight is equivalent to two hours after midnight.

The best sleep is with the stomach practically empty.

Do not change the day into night & the night into day. The body functions on a circadian rhythm. Any changes in the lifestyle habits will upset this body clock disrupting the production of hormones... Good sleep alkalises the body. To ensure a good sleep, have a warm shower or warm the feet, to draw congestion from the head area.

8 hours per day is best for sleeping, and one day per week for resting. In research about how

people slept, a mattress company found that all people, despite the age, work & gender differences, had a decreased metabolism on the 7th Day. It seems that mankind were made to rest on the 7th day Sabbath.(3)



8. Trust in Divine Power

“The brain is the capital of the body, the seat of all nervous forces & of mental action. The nerves proceeding from the brain control the body... All the organs of motion are governed by communications they receive from the brain” (4)

The mind is the king over a kingdom, governed by unbending laws which when obeyed bring blessings, but when broken, bring pain, sickness & death. The mind is to know these laws and enforce them.

“The electric power of the brain, promoted by mental activity, vitalises the whole system & is thus an invaluable aid in resisting disease.” (5) “9/10 of the diseases from which men suffer have their foundation here. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to

break down the life forces & invite decay & death.” (5) “A broken spirit drieth the bones, but a merry heart doeth good like a medicine” (7) So be happy & the brain will release endorphins, the body’s natural pain killers. “God’s law is written with His own finger upon nerve, muscle, & every faculty that has been entrusted to man” Courage, hope, faith, sympathy and love promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. (8) God wants to see us well.



Thoughts produce feelings, feelings produce actions, actions produce habits, habits form character, & character determines destiny. We have been given the CHOICE of ETERNAL LIFE or eternal death.

Choose life.

Follow the 8 Natural Laws of health and be well.

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1. Ministry of Healing p127
 2. Counsels on Diet & Foods 419.1
 3. Exodus 20:8-11
 4. Testimonies 3 p 69
 5. Education p197
 6. Ministry of Healing p 445, 241
 7. Proverbs 17:22
 8. Counsels on Diet & Foods p17
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Interesting Websites:

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YOUR BIRTHRIGHT & YOUR CHOICE

What is health?

Health is the body’s natural, normal state. A “diseased” condition develops when we fail to maintain our health. Yet a large portion of disease could be easily prevented if only people knew and practised the 8 laws of health.

“Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Un-healthy conditions should be changed, wrong habits corrected. Then nature is to be assisted in her efforts to expel impurities and to re-establish right conditions in the system.” (1).

Like the soil, our bodies can be either acid or alkaline. On a pH scale of 1-14, our bodies function best in an alkaline medium, between 7-8 ph.

In the pH scale, “H” stands for hydrogen (acid) ion, and “p” means, power, potency or amount of acid present. Simply – How much acid?

The pH Scale



Please note, the pH of blood is 7.35. The blood life-range is from 7.22 – 7.8. If the blood alters, acidosis occurs, and death is the result.

The right alkaline balance of the blood is maintained by the foods we eat, water we drink, air we breathe, & thoughts we think etc.

The more acidic the fluid & tissues of the body become, the more subject they are to the growth of bacteria & disease germs.

The 8 Laws of Health

1. Proper diet

In 390 BC, the Father of Medicine, said, “Let your food be your medicine, and your medicine be your food.”

All our food is either acidic or alkaline. Nearly all vegetables & fruit are alkaline forming. Starches / sugars & protein foods (especially animal products) are acid forming.



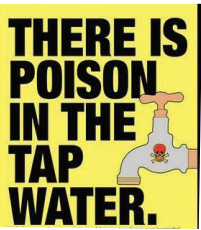
It is suggested that we need a vegan diet of 80% **RAW** alkaline vegetables and fruit & 20% acid grains, nuts & legumes. But diet alone will not reverse disease.

It involves all areas of the daily life – It must be a “**lifestyle**”. Cooked food is dead food=0 hertz. Raw food has a 1-15 hertz level and is living food, full of enzymes.

2. Daily Exercise

More people rust out rather than wear out. A walk even in winter, especially up a slope will do more to preserve health than any other means. One hour a day, 3 times a week, or minimum of half an hour 6 days a week is recommended, increasing the heart-rate to double if possible. Walking is often more beneficial to health than all the medicine that can be prescribed.

3. Plenty of Water



Chlorine & Fluoride = POISON

Drinking Water At the Correct Time Maximises Its Effectiveness on The Human Body

- How Much?
Formula:
Weight x 30ml
70kg x 30
= 2.1L/day
- 2 Glasses of Water After Waking Up
 - Helps Activate Internal Organs
 - 1 Glass of Water 30 Minutes Before a Meal
 - Helps Digestion.
 - 1 Glass of Water Before having a bath/shower
 - Helps Lower Blood Pressure
 - 1 Glass of Water before Going to Bed
 - Avoids Stroke or Heart Attack

Inside & out – drink pure spring water (between meals only). Do not drink town water (containing fluoride & chlorine). Hydro-therapy (such as hot and cold therapy) is excellent for the relief of all diseases as it assists in the elimination of tissue waste. “In health and in sickness, pure water is one of Heaven’s choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease.” (2)

4. Sunshine

The feeble should press out into the sunshine as earnestly & naturally as do the shaded plants & vines. To the sick it is worth more than silver or gold to lie in the sunshine or in the shade of a tree. Sunshine on the skin changes cholesterol to vitamin D to help in calcium assimilation. It strengthens bones & lowers stress... to mention just a few of the benefits & blessings of sunshine. It will not cause skin cancer if the diet is free from animal fats.

5. Temperance

Temperance means 1) abstaining from all harmful substances, & 2) moderation in things that are good. It means self-restraint or moderation in the natural appetite & passions. Eating between meals causes indigestion. Overeating stimulates the animal propensities. Tea and coffee destroy the nervous system. Alcohol destroys the liver & brain cells. All drugs are liver toxic & only changes the form & location of the disease with their side effects & after effects.



6. Pure Fresh Air

Fresh air will prove more beneficial to the sick than medicine & is far more essential to them than food. The early morning negative ions in the air will electrify the whole body. Those who don’t have a free circulation of



air through the night generally awake feeling exhausted & feverish.

The fresh air will purify the blood & is a soother to the nerves.

Learn to breathe deeply, making sure that clothing does not restrict the respiration & circulation. Air-conditioning & heating (by gas or electricity) produces positive ions in the air, which will cause head-aches & debilitates the body.

7. Proper Rest

“Rest strengthens labour, and labour sweetens rest,” so the prerequisite for sound sleep is exercise. During rest, energy is restored & waste build-up is diminished. Rest & sleep are dependent upon our ability to relax. Go to bed early, to ensure the hormone serotonin is