

Principles of Health

The principles of Health are easily learned, and if followed, afford a life of abundant vitality. Health is much more than the absence of disease. Health is Freedom. Health is a state of balance, wherein energy flows uninterrupted through body, mind and soul. Health is the expression of a higher power, a higher frequency, a higher purpose. The Principles of Health are best expressed by the following key factors:

1. [Proper Nutrition](#)
2. [Pure Water](#)
3. [Fresh Air](#)
4. [Exercise](#)
5. [Rhythm](#)
6. [Sunlight](#)
7. [Rest](#)
8. [Self-Control](#)
9. [Trust in Divine Providence](#)

These factors enable us to understand life's balance, the balance between the physical, mental and spiritual. They are necessary for development, care and maintenance of our entire being. As multi-dimensional beings, living in a multi-dimensional environment, when we violate one aspect of these principles we violate all the others, affecting not only the physical man, but the emotional, psychological and spiritual man as well. As we incorporate these principles into our lives we restore balance, allowing energy to flow freely through our body, mind and spirit.

While these principles certainly receive validation by modern medical science, we are intrigued to find these same principles recorded in some of our civilizations earliest manuscripts. (i.e. The Old Testament of the Holy Scriptures - The Torah). Within the first three chapters of the book of Genesis we find these principles of life in the story of creation.



Proper Nutrition

There are many "authorities" in the field of nutrition, yet only One Truth, therefore - Make Truth Your Authority – Not Authority Your Truth!

Genesis 1:29 God also said, "See I have given you for food every fruit and grain-bearing plant upon the surface of the whole Earth, as well as fruit and seed-bearing trees and all vegetation, so that it may be food for you..." Immediately after giving these dietary laws, God saw everything

that he had made and said “behold, it was very good”. (Gen. 1:31)
Nothing superfluous, nothing lacking, complete harmony.^{1[1]}

Although I am not here to make an argument for or against vegetarianism, the point should be noted that the physiological and biological make up of man is not that of a carnivore. A comparative study clearly indicates the irrefutable differences in body structure, enzyme function and digestive structure of the carnivore as compared to the human being.

The diet given to us in the Holy Scriptures was that of raw living foods, fruits, nuts, and grains. These foods contain all the elements needed to build the human body and maintain health. However, eating all the best nutrition in the world is not enough. You must consider the remaining key factors.



Pure Water

Genesis 2:10 “ And a body of water sprang up in Eden to supply the Garden with water, and from there it divided and became four sources.”

Water is essential to both plants and humans, without it we will die within a very short time. Water is needed first by the liver; it is best that it be a [high energy water](#). In fact, the body operates under a water vapor or steam pressure. Without the proper water, enzyme structure and energy reactions will be interfered with. Research indicates DNA changes its configurations depending on the environment it is in...“changes in the environment of DNA such as temperature, acidity, salt level and **water** content can drive transformations between DNA structures...When the mode softens, the amplitude of vibrations grows so large that the original structure is destabilized and the molecule is driven into a new geometry.”
2[2]

A water molecule, expressed in the chemical symbol H₂O, consists of two hydrogen atoms and one oxygen atom. Standing alone, the hydrogen atom contains one positive proton at its core, with one negative electron revolving around it in a three dimensional shell. Hydrogen atoms are the smallest atoms in the universe, having only a single proton and a single electron. Hydrogen is estimated to form 90% of the matter in the universe. Oxygen, on the other hand, contains eight protons in its core with eight electrons revolving around it. The single hydrogen electron and the eight electrons of oxygen are the key to the chemistry of life.

^{1[1]} Schwartz, Richard H. “Judaism and Vegetarianism”

^{2[2]} Science News, Vol. 125, page 362

The importance of water is paramount, but as crucial is providing the proper type of water in proper proportions within the proper time frame. Seventy percent of a human body's weight is water, and water content for an infant is more than 80%. A human body gets old from a lack of water (literally dries up). More than half of the water content of a human body remains in the cells, but does not remain there unmoved. That's why the water quality is a decisive factor for a good health.

Every day a grown-up needs approximately 2.5 liters of water, on average this equates to half the body weight in fluid ounces. Water can be obtained from food if one is consuming a healthy diet. Metabolism in the body generates 0.5 liter of water. An adult excretes about 2.5 liters of water every day, among which urea is 1.5 liters. Defecating contains 0.1 liter of water, sweat is 0.5 liter, in each exhaling breath 0.4 liter of water is eliminated. The water intake and water excreted out should basically be in balance.



Fresh Air

Genesis 1:6 " and God said let there be an expanse between the waters, and let it be a division between the waters."

No one will dispute that we cannot live without air. In fact we derive 80% of the body's energy from the air we breathe and only 20% from our diet. A human can survive several weeks without food, several days without water, but only a few minutes without air. Every cell in the body requires a continual exchange of oxygen and carbon dioxide to function, and breathing is the process by which that exchange occurs. Breathing is a constant cycle of intake and exhaust, feeding the body and cleansing it.

Breathing is energizing. When the air is clean, the lungs strong, and the body relaxed, the body can develop to its peak potential, acquiring a greater sense of power and balance, awareness and mental sharpness. Under these conditions, proper breathing bestows many benefits: stamina and energy, confidence and a zest for life, a centering of body, mind and spirit, reduced stress and heightened focus; improved skin tone, quicker healing and relief from many aches and pains.

Oxygen, taken in by the lungs has been called the life force (*prana*) by the Hindu, the *qi* or *chi* by the Chinese and the *ki* by the Japanese. In fact, the words *spirit* and *breath* are the same, having common roots in many languages. When we breathe in, we take *in spirit* (inspire). Breath is the essence of being, the movement of spirit in the body. How we breathe both reflects the state of our emotions and mind and influences the state of our emotions and mind.

Breathing is the function of the respiratory system (air passages, lungs and diaphragm), which acts as a bellows to take fresh air in and push waste air out. Air is drawn in when the diaphragm pulls open the bottom of the chest cavity increasing its volume. This reduces the air pressure within the lungs relative to the outside air and, as a result, air rushes into the lungs. This is inhalation. When the diaphragm and other chest and abdominal muscles relax, the elastic properties of the lungs cause them to contract, pushing the waste air out. This is exhalation.

We breathe about 11 to 16 times per minute at rest, or about 16,000 to 23,000 times per day, although during heavy exercise this rate can double for short periods of time. The process of breathing is generally performed unconsciously; however, we can easily control our breathing by conscious effort.

Breathing function can be impeded by restrictions in the air passages to and within the lungs due to illness, injury, chronic weaknesses or blockage by foreign objects such as dust or mucus. Often our breathing is restricted by tense muscles, poor posture, tight clothing or emotions. In fact, the body image of a puffed-out chest and a flat belly is the antithesis to proper breathing for both men and women.

Breathing is often classified as either *chest breathing* or *abdominal breathing*. Of course all breath is taken in by the lungs in the chest. These designations indicate the predominant muscles used for breathing. When we breathe using mostly the upper chest muscles to open the rib cage (*chest breathing*), our breathing is shallow. Too little air drawn into the lungs results in oxygen-poor blood. This puts a strain on the heart, which must pump more blood to feed the cells. Upper chest breathing fills only about one quarter of the lung's capacity. In an average-sized adult this is about 500 cubic centimeters or about half a pint of air. Emotional status also influences how we breathe. When we are distraught, we tend to breath by rapid, shallow chest breathing.

Abdominal breathing does not mean filling the abdomen with air, but rather using the muscles in the abdomen, sides and back of the lower torso to permit the maximum lowering of the diaphragm. With maximum chest expansion, air can enter the full lungs, filling a volume as much as eight times that filled during shallow chest breathing. This is very important because the increased volume allows air to enter the lower lungs where most of the blood circulates.

Proper posture, a relaxed body, loose-fitting clothing and a slow constant rhythm are important for efficient abdominal breathing. With proper posture, we allow the muscles to expand the chest with a minimum of effort. If we slouch and force the weight of the upper chest onto the

abdomen, it takes much more energy for abdominal breathing than when the back is straight and relaxed. Similarly, when we overeat, the volume of food in our stomach hinders the proper action of the diaphragm, thus restricting our breathing. This reduces the oxygen supply, which is needed to work the digestive process. With the increased volume of food and a reduced capacity to digest it, we may feel tired and experience indigestion.

The oxygen taken into the lungs is vitally important for both physical health and emotional health. Well oxygenated blood stimulates healing within the body and improves skin tone. It may also relieve aches and pains. Indeed, breathing can be used to relieve pain, especially where muscle tension is involved, by relaxing muscles. Often during bouts of pain, we involuntarily contract our muscles in response. This leads to more pain, either by squeezing the affected area or by overworking muscles. In such instances, we can use our conscious control over breathing to help relax those muscles, which will result in an immediate reduction of pain.

The use of breathing to relax the muscles of the body is a major component of many techniques for stress reduction and relaxation. All of the major exercise/relaxation techniques -- such as yoga, tai chi, qigong -- and many forms of meditation utilize breathing as part of the regime. Breathing can also be used to improve mental function and emotional health.

Even if our breathing process is working at high efficiency, we need a good supply of fresh air to reap the full benefits of breathing. Breathing polluted air brings harmful chemicals into the lungs and blood stream. These may directly affect lung function by blocking air passages (dust), damaging lung tissue (acid aerosols or ozone) or by displacing oxygen in the blood (carbon monoxide). Carbon monoxide combines more rapidly and forms a much stronger bond with blood hemoglobin than does oxygen, thus robbing the body of its needed oxygen supply.

We may also experience breathing difficulties when the oxygen content in the air is low. This is common at higher altitudes where the air pressure is diminished. Those living at altitude generally adapt to these conditions after a time. Indoors, overcrowding of a room can lower the oxygen content, especially if the ventilation is poor.

All life breathes; in fact, the whole planet breathes in a continual exchange of oxygen and carbon dioxide. When the rhythm is right, all is in harmony. Deep and rhythmic breathing will assist our bodies to heal, promote relaxation and improve mental and emotional functioning.^{3[3]}

^{3[3]} Breathing The Air © 2001, Keith Heidorn



Exercise

Genesis 2:15 "The Ever-Living God then took the man and placed him in the Garden of Eden for the purpose of cultivating and taking care of it."

Adams was Earth's first gardener, an occupation that afforded him plenty of physical exercise. Our bodies are living machinery designed to be in daily activity; it is this activity that provides our preserving power. Exercise quickens and equalizes the circulation of the blood while increasing the efficiency of the heart and lungs. In addition to the physical benefits, regular exercise improves mood and relieves depression. Endorphins are released in the brain during exercise and these promote a sense of wellbeing and happiness long after the exercise is over.

Some of the many benefits of exercise include increased opportunities to make new friends and to share an activity with friends or family members. Physiologically exercise has numerous benefits including these listed below:

- Reduced cholesterol levels
- Increased muscle strength
- Reduced blood pressure
- Increased capacity to handle stress
- Reduced risk of major illnesses
- Improved quality of sleep
- Reduced risk of diabetes
- Increased mental acuity
- Reduced risk of heart disease
- Increased physical capabilities
- Weight loss
- Increased energy
- Improved Appearance
- Toned muscles
- Improved posture
- Enhanced Social Life
- Improved self-image
- Increased Stamina
- Increased productivity
- Less frequent injuries
- Improved immunity to minor illnesses
- Mind Over Immobility

Actually the body needs nourishing food, abundant water, clean air and exercise every day to maintain health. These correspond to the four elements of earth (food), water, air and fire (exercise), that the ancient mystics identified as the constituent elements of the human body. We need all four of these in addition to the other key factors to maintain balance and be healthy. Most people overlook the need for an abundant supply of pure water and fresh air, emphasizing only diet and exercise.



Rhythm

Day four of Creation God said, *Genesis 1:14-16* "Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs and for seasons, for days and years...; and it was so."

When God placed the planets, stars, sun and moon in place he created rhythm – not to be confused with time. Rhythm is different than time. There can be rhythm without time but not time without rhythm. Rhythm occurs within a certain interval of time. Rhythms are sequences repeated at relatively regular intervals. Rhythm influences many aspects of our being. Astronomical rhythms include: day-night, years, tides, sunrise-sunset, moonrise - moonset. Meteorological rhythms include: seasonal changes (winter-spring-summer-autumn), weather cycles, temperature cycles. Biological (a-spatial) rhythms include gestation periods, menstrual (infradian) cycles, physiological circadian rhythms. Biological (spatial) rhythms include fruiting, rutting season, and migration.

Most pleasures experienced by human beings are associated with rhythms. "Somewhere in our brain, regardless of the nature of the stimulus, no matter which of our senses is being used, there is a mysterious mechanism that perceives rhythmical activity as gratifying. Music is an obvious example and sexual intercourse is another. The rhythmic movement of the jaw as we eat is also associated with the satisfaction food brings. We breathe in rhythm, walk in rhythm and calm a baby with rhythmic motion. Likewise people in love who caress and touch each other do so in rhythmical strokes."^{4[4]} Then there are rhythms such as can be found in art, paintings, and poetry.

The practical side of rhythm, directly related to our health, would be having a specific time to go to bed and a time to wake up each day; holding to a time each day for meals, not varying more than half-hour

^{4[4]} Glenn Gould, *Rhythm and Ecstasy*, Dan Harlap, Equidistant Publishing "The Bible Code" © 2001

either way; followed by a time to have a bowel movement; a time to have a bath; and a time to exercise. Maintaining a schedule such as this gives structure to our lives. All biological life operates within a specific structure - a "circadian rhythm". The more in rhythm one is, the more the body anticipates what will take place next. Sick people are usually out of rhythm and have no order in their lives.

The universe we live in is a universe of order and balance, and if we expect to be healthy we too must maintain order and balance in our lives. This we do when we flow with the rhythm of life.



Sunlight

Genesis 1:5 God then said, " Let there be light;" and light came. And God gazed upo that beautiful light; and God divided the light from the darkness. And to the light Gad gave the name of Day..."

As evidenced from even the most primitive civilizations we recognize how important the sun is as a source of light to the world. Indeed, some cultures deified the sun as it was seen as such an important part of life. It became a symbol, which was synonymous with life itself. Unfortunately modern man all too easily forgets how necessary sunlight is to our well being because the sun is no longer the only practical source of light. To those sensitive to the world around them the fundamental importance of sunlight is a self-evident truth.

Sunlight is composed of – visible light, ultraviolet radiation and infra-red radiation, and the two wavelengths which affect the skin – ultraviolet A (UVA – 320-400 nm) and ultraviolet B (UVB – 290-320 nm).

Without sunlight life would cease to exist. There would be no trees, plants, animals or humans. The earth would cease to rotate. The sun is the source of energy for this planet. The ultraviolet rays of the sun are antiseptic and are capable of killing bacteria, viruses, fungi, yeast, molds and mites in the air, water and on other surfaces. Sunlight also toughens the skin, making it less susceptible to injury and infection. Ultraviolet light converts cholesterol in the skin to Vitamin D thus making more calciums available to the body.

Some of the most interesting aspects of the historical use of sunlight therapy imply that not only can sunlight kill bacteria, but the clinical applications of heliotherapy have been documented to cure tuberculosis and war wounds by British and European scientists and physicians of the

19th and 20th centuries. These doctors employed a totally systematic regime of exposing, very gradually (5 minutes per day to start) very restricted regions of the bodies to the sun, usually early in the morning in cool temperatures, until a tan was established, this was not “sunbathing” as commonly practiced today. There was also an emphasis upon a whole food diet of fresh fruits and vegetables, grains and pulses.^{5[5]}

A lack of sunlight in the months prior to one's birth may increase a person's chance of developing schizophrenia, according to an article published in the New Scientist. Research suggests that people in Europe and North America who develop schizophrenia are more likely to be born in the spring and are about four times more likely to be born to Afro-Caribbean immigrants living in England than to parents of other ethnic origins in the same area. The body needs sunlight to produce vitamin D, and people with darker skin need more than those with paler skin. Scientists believe a lack of vitamin D could alter the development of a child's brain in the womb.^{6[6]}

Sunlight may play a key role in preventing and ameliorating a number of serious degenerative and infection diseases, including cancers of the breast, colon, ovaries and prostate; diabetes; high blood pressure; heart disease; multiple sclerosis; osteoporosis; psoriasis; rickets and tuberculosis.

Deprived of sunlight, man loses physical vigor and strength and will develop a disinclination for activity. Sunbathing helps strengthen muscles. Light is the basic component from which all life originates, develops, heals, and evolves. Everything that humans do is affected in some way by light. Light has been used for healing since the time of ancient Egypt. We are after all beings of light translated into mass, clothed in bodies of flesh and bone.



Rest

Genesis 2:2 “And on the seventh Day God ended his work which he had made, and he rested on the seventh day from all which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work.”

Within each 24 hours cycle there is night that man may cease from his work and sleep. The physiological, emotional and mental renewal that

^{5[5]} The Healing Sun – Sunlight and Health in the 21st Century, Richard Hobday, MSc, Ph.D.

^{6[6]} Lack of sunlight associated with schizophrenia.. (Briefly Noted).(Brief Article) Issue: Feb 18, 2002

occurs during sleep energizes the body and replenishes it for the next day. Our bodies are composed of living tissue that is constantly being maintained and regenerated. It is only during periods of rest that the synthesis and release of hormones and other trophic substances occur to rebuild and restore our beings.

It is unrealistic to expect that the data in the brain can remain accurate in living tissue without also being constantly refreshed and updated. Sleep is essential for the development of the CNS (Central Nervous System). Studies indicate the brain shows significant abnormal development if deprived of sleep. Many diseases of old age such as Alzheimer's Disease are caused by the breakdown of myelination which may be due to the gradual withdrawal of sleep across the lifespan. Nerve impulses that are generated during sleep cycles facilitate genetic 'readout' for innate behaviors. The deterioration of the CNS is caused by the gradual withdrawal of the genetic programming across the lifespan.

When we learn or experience something, certain neurons in our brain form specific connections with other neurons. These chains of neurons, called neural networks or memory traces, are spread throughout the brain and are repositories for our knowledge. It is during sleep that much of the growth of specific neural connections to physically hold memories in the brain takes place. Sleep neuronal stimulation causes strengthening of memory circuits and is vital to memory consolidation. In order for long-term memory to take hold, the brain must organize and reorganize ideas for maximum storage efficiency. It is likely from the evidence we have that during sleep, ideas are organized into neural networks of associated ideas already in the brain, efficiently connecting new learning to older information. This reorganization may also be responsible for the phenomenon of people solving problems in their sleep and waking up with an answer they had not previously thought of.

Memory prioritization also takes place, with important memories being strengthened, and trivial events discarded or simply not stored, making room for new information to be absorbed the next day. Sleep is vital to new learning and retention, because the neurotransmitters necessary to these functions are replenished during sleep.

Getting enough sleep is clearly vital to many of our most important brain functions, and that means getting enough continuous sleep so that we can experience the full spectrum of sleep cycles as they occur and lengthen over the night.

Just as important, if not more so is the day of rest set aside within each weekly cycle, a day that has been set apart for man to rest from all his labor. The story of Creation reflects after working the first six days of the week in creating this earth, the great God rested on the seventh day. This day was set aside as a holy day, a day set apart from all others for man to renew and focus his spiritual, emotional and physical self. In the history of the world [the first thing labeled "holy"](#) is a day. Not any day, but one specific day—the seventh day.^{7[7]}



Self Control

Genesis 2:16 "And God commanded the man, saying, of every tree of the Garden thou mayest freely eat: But of the tree of knowledge of good and evil, thou shalt not eat of it; for in the day that thou eatest of it thou shalt surely die."

This was man's opportunity to exercise self-control. He had free will. He could either obey or disobey. We are all free moral agents, we have the freedom to choose right from wrong. Self-control is a virtue comprised of a set of behaviors from which habits are formed and character is developed. The more we exercise this virtue the stronger in will we become. George D. Boardman is quoted often having said, "Sow an act...reap a habit; Sow a habit...reap a character; Sow a character...reap a destiny. The choices we make form our lives and influence the lives of those around us, even our prodigy.

Lack of self-control of any kind burdens the body and weakens the nervous system. In order to preserve health self-control is necessary in all aspects of our lives: working, eating, drinking, exercise, resting, etc. Lack of self-control leads to injurious behavior, whereas temperance, the practice of self control teaches us to abstain entirely from that which is harmful, and instead to judiciously participate in healthful activities.



Trust in Divine Providence

Genesis 3:8 "And they heard the voice of the Lord God walking in the Garden in the cool of the day; and Adam and his wife hid themselves from the presence of the Lord God amongst the tree of the Garden."

It is apparent from this passage that man knew the voice of God, he was accustomed to communicating with God, and further we can speculate

^{7[7]} Biblestudy.org

they had a intimate and loving relationship. Man was living in paradise. He had no want or need of anything. God placed him in an environment where all he needed was provided. Man trusted God for all his needs, and God provided them.

To trust in Divine Providence means we align ourselves with Universal Mind, the Creator and Source of All Things. We experience the natural flow of unconditional Love (energy). We learn to surrender our will to the direction of Universal Will. We learn to trust the process as we grow in this intimate and personal spiritual awareness.

Health is our inheritance and our birthright. Abundant vitality is ours when we abide by the Principles of Health. When we align ourselves with the Energy Source of all Creation, becoming pure vessels through which this Energy can flow, we experience healing and restoration. We can raise the vibrations of our bodies, our minds and our souls to a higher frequency – a frequency of love, peace and harmony – this is Health - this is Life - this is Freedom. Such are the Principles of Healing!

We are committed to providing you with the best resources and information necessary to live a long and healthy life. Begin living a life free of degenerative disease, free of chronic pain, and free of prescription drugs. Outstanding mental function, emotional health, physical stamina and optimism can be yours. Perfect Health is just a phone call away.

For more information and access to the best nutritional and anti-aging supplements in the world visit us [online](#).

Free Consultation – Call Today

866.Test.4.ph
(866.837.8474)

[▲
TOP](#)

[Index](#) | [Perfect Health](#) | [Contact Us](#)