

# GOD'S HEALING WAY

Part 1

God's Health Laws 2



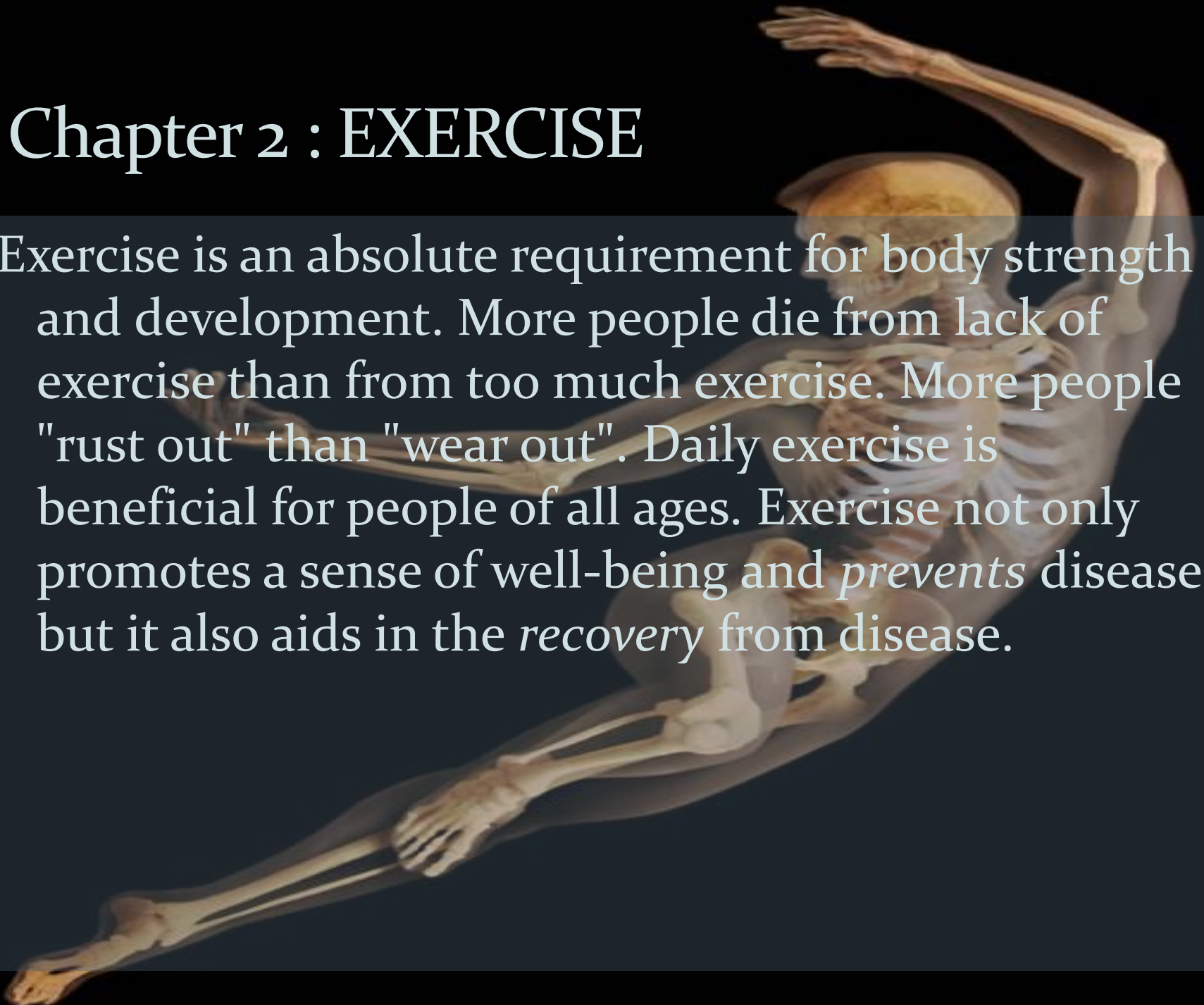
# God's Health Laws

- Ideal Diet
- **Exercise**
- Water
- Sunlight
- Temperance
- Fresh Air
- Rest
- Trust in Divine Power



# Chapter 2 : EXERCISE

Exercise is an absolute requirement for body strength and development. More people die from lack of exercise than from too much exercise. More people "rust out" than "wear out". Daily exercise is beneficial for people of all ages. Exercise not only promotes a sense of well-being and *prevents* disease, but it also aids in the *recovery* from disease.





"If those who are sick would exercise their muscles daily, women as well as men, in outdoor work, using brain, bone, and muscle proportionately, weakness and languor would disappear. Health would take the place of disease, and strength the place of feebleness."  
E.G. White, *Medical Ministry*, page 297.

God is the source of spiritual strength.



"He giveth power to the faint; and to them that have no might He increaseth strength. Even the youths shall faint and be weary ... But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint" (Isaiah 40:29-31).

# THE BEST EXERCISE



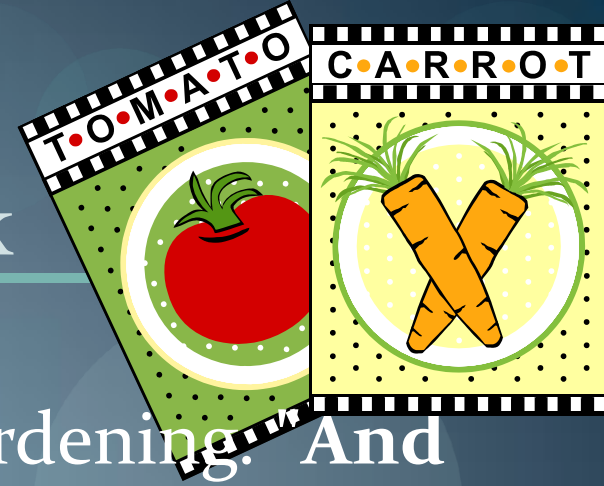
"Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases." E. G. White, *Healthful Living*, pages 130, 131.

# Walking in the Fresh Air



"Those who accustom themselves to proper exercise in the open air will generally have a good and vigorous circulation... .Men and women, young and old, who desire health, and who would enjoy active life .... Whatever their business and inclinations, they should make up their minds to exercise in the open air as much as they can." E. G. White, *Testimonies*, Volume 2, page 526.

# Gardening and Outdoor Work



The exercise of our first parents was gardening. And the Lord God took the man, and put him into the Garden of Eden to dress (cultivate) it and to keep it" (Genesis 2:15). "Let men and women work in field and orchard and garden. This will bring health and strength to nerve and muscle." E. G. White, *Medical Ministry*, page 296.



# PRINCIPLES OF HEALTHFUL EXERCISE

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- Exercise must be *regular* at least 30 minutes per day.
- Exercise must be *brisk* but not violent (too much).
- Exercise should be *varied* (such as walking or gardening) for best use of all the body muscles.
- Exercise should be *enjoyed* for it to have the most beneficial effect.

# BENEFITS OF EXERCISE

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"Nature's fine and wonderful works need to be kept in active motion in order to accomplish the object for which they were designed... **Inactivity is a fruitful cause of disease.**" E.G. White, *My Life Today*, page 130.

# BENEFITS OF EXERCISE

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1. Exercise strengthens the bones and muscles.
2. Exercise improves *circulation* of the blood in the following ways:

**Exercise increases the efficiency of the lungs.**

This enables more oxygen to enter the red blood cells and be transported to body tissues.

# Exercise increases the efficiency of the heart.

The heart muscle becomes stronger.

The heart pumps more blood with each heartbeat.

The number of heartbeats can be decreased. A more efficient and stronger heart has a slower heart rate than that of a person who does not exercise. For example, slowing the heart rate from 70 to 60 beats per minute (10 beats per minute) will save the heart over 14,000 beats per day!

The blood vessels to the heart increase both in numbers and in size with exercise.

## **Exercise increases the efficiency of the blood vessels.**

When exercising, the muscles in the arms and legs help the heart in circulating the blood by squeezing the blood vessels during muscle contraction and releasing pressure on the blood vessels during muscle relaxation.

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3. Exercise regulates the blood pressure. It helps to lower high blood pressure.
  4. Exercise slows down the aging process. It improves performance in the activities of daily living.
  5. Exercise aids digestion when one walks briskly after a meal with the head up and the shoulders back.

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6. Exercise helps keep the body at an ideal weight-not too fat, not too thin.
  7. Exercise strengthens the immune system, thereby helping the body to resist infections and colds.
  8. Exercise reduces stress. It helps one to relax.

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9. Exercise lifts gloom from the mind by increasing the production of norepinephrine, an anti-depressive neurotransmitter in the brain.
  10. Exercise improves mental efficiency and promotes clear thinking.



# EXERCISE

## What it can do for you

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- **Prevents:**  
coronary heart disease, hypertension, obesity, osteoporosis, diabetes
- **Improves:**  
quality of sleep, digestion of food, mental outlook on life

# BENEFITS OF HEALTHFUL CLOTHING

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In addition to exercise, clothing affects the blood flow or circulation. Two important principles of healthful dress are as follows:

- Clothing must be *evenly distributed* over the body in such a way that the extremities are as warm as the central part of the body.
- Clothing should be *loose*. There should be no bands tight enough to leave a mark on the skin.

- "Perfect health depends upon perfect circulation. Special attention should be given to the extremities, that they may be as thoroughly clothed as the chest and the region over the heart, where is the greatest amount of heat." E. G. White, *Testimonies*, Volume 2, page 531.

# GOD'S HEALING WAY

Continued in Chapter 3