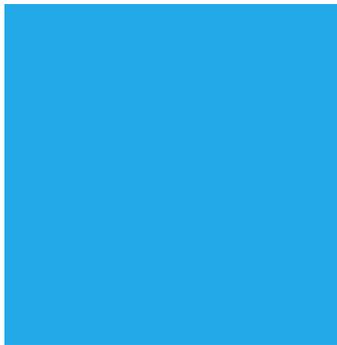


THE SECRET TO DISEASE PREVENTION AND HEALTH RESTORATION



*Disease never comes
without a cause.*

Ministry of Healing p. 127

THE SECRET TO DISEASE PREVENTION AND HEALTH RESTORATION

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NATURAL HEALING
THROUGH THE LAWS OF HEALTH

“Knowing that if you have the faith of a mustard seed, your faith can move mountains”

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The Secret To Disease Prevention and Health Restoration

The Lord gave His word to ancient Israel, that if they would cleave strictly to Him, and do all His requirements, He would keep them from all the **diseases** such as He had brought upon the Egyptians; but this **promise** was given on the **condition of obedience**. Counsels on Diet and Foods pg. 26.3

The words spoken to Israel are true today of those who recover health of body or health of soul. "**I am the Lord that healeth thee.**" Exodus 15:26

God's desire for us is that we should prosper and be in good health above all things. The diseases which plagued the Egyptians then and which exists in our society now such as arthritis, cancer, eye infections, nutritional deficiencies, parasites, influenza, small pox and bone defects is promised to be non-existent among God's people, as long as they are obedient to his will.

Disease Fact

*... the curse causeless shall not come.
(Proverbs 26.2 part b)*

*Disease never comes without a cause.
Ministry of Healing p. 94*

Definition for Disease

Disease is an effort of nature to free the system from conditions that result from the violation of the laws of health.

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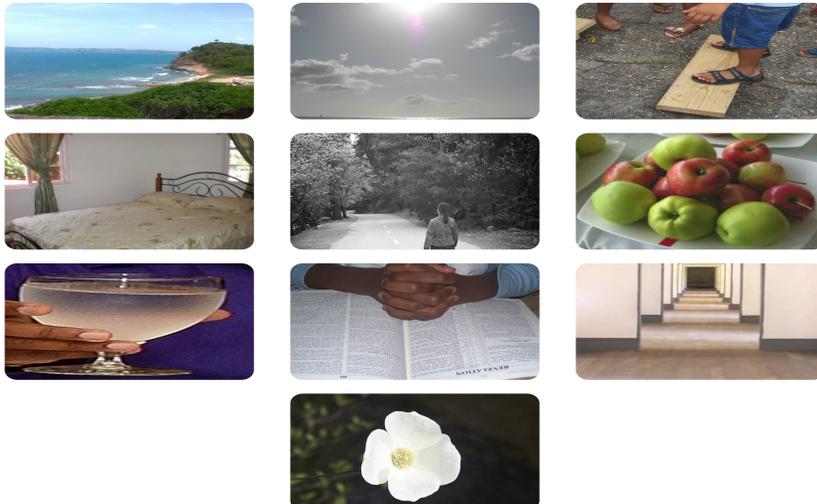




What are the Laws of Health?

Pure Air, Sunlight, Abstemiousness, Rest, Exercise,
Proper Diet, the use of Water, Trust in Divine Power
these are the True Remedies.

Ministry of Healing p. 127





What are the Laws of Health?

There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, **cleanliness**, a proper diet, **purity of life**, and a firm trust in God are remedies for the want of which thousands are dying.

2 Selected Messages pg. 287.3



PURE AIR



FRESH AIR

- Essential to life
- Vitalizes the blood
- Restores the mind
- Kills germs
- Helps clean the lungs

HOW TO GET FRESH AIR

- Keep windows open in the home to have pure air circulated throughout
- Sleep with your windows slightly opened at night
- Avoid wearing tightly fitting clothing, including belts and elastics to keep the lungs free to expand
- Keep plants in the home to purify the air
- Breathe deeply through your nose
- Exercise in fresh air
- Avoid polluted environment
- Avoid having shady trees and fallen leaves too close to the house
- Avoid storing spoiled fruits, vegetables or food in and around the home

BENEFITS OF DEEP BREATHING

- Soothes the nerves
- Stimulates the appetite
- Renders more perfect digestion
- Induces sound refreshing sleep
- Promotes good blood
- Keeps you more alert

**FRESH PURE AIR IS MOST
ESSENTIAL TO SUSTAIN LIFE**



SUNLIGHT



BENEFITS OF SUNSHINE

- Produces vitamin D
- Kills germs
- Prevents 16 different types of Cancer
- Helps normalize blood pressure
- Improves quality of sleep
- Lifts depression
- Increases white blood cells
- Heals fungus infections
- Improves deep breathing
- Reduces stress
- Relieves asthma
- Modifies the work of the kidneys
- Regulates hormones
- Prevents and heals hundreds of diseases including autoimmune diseases

RECOMMENDATIONS

- Everyone needs sunlight exposure daily in order to optimize their vitamin D level
- Light-skinned individuals need 10 – 15 mins daily
- Dark-skinned individuals: 45 mins to 1 1/2 hours daily between the hours of 9:00am and 3:00pm
- Let sunshine into your home daily

SUN PROTECTION

- Wear cotton clothing to cover your arms and legs
- Wear a hat on your head
- Drink lots of water to keep hydrated
- Eat a low-fat, plant-based diet
- Prevent sunburn

**SUNLIGHT IS ONE OF NATURE'S
MOST HEALING AGENTS**



ABSTEMIOUSNESS (BALANCE)



FACTS

- Male smokers have 22 times higher risk of lung cancer
- Adolescents drinking alcohol are 8 times more likely to use illicit drugs
- Most highway deaths involve the use of alcohol

SIGNS OF A DRUG PROBLEM

- Getting drunk or high on drugs regularly
- Drinking or using drugs when alone
- Needing more to get the same high
- Denying the problem of addiction

HOW TO BREAK AN ADDICTION

- Think about the negative results of your addiction
- Replace your old habits with better ones
- Resist temptations – avoid exposure to stimulant
- Get the support of your family and good friends
- Trust in divine power to overcome your habits

HEALTHY HABITS

- Avoid all forms of caffeine, tobacco and alcohol as consuming these items increases your risk of heart disease. If you currently smoke or drink, you need to stop immediately
- Chew your food slowly and thoroughly to avoid digestive issues
- Avoid snacking in between meals
- Eat at set meal times all you need for your meal
- Space your meals at least 5 hours apart
- Avoid wasting time and spend your time wisely and constructively
- Take restful periods in your life and avoid overwork.
- Avoid any form of competition
- Reduce excess weight, which contributes to many sickness and disease
- Check the side-effects in your medications as it can have an effect on you

**TOTAL ABSTAINANCE FROM THAT WHICH IS
HARMFUL AND MODERATE USE OF THAT
WHICH IS GOOD**



REST



RELAXATION

- Take short breaks throughout the day
- Read a favorite book
- Walking relaxes the mind
- Rest from all work at least one day a week

THE BENEFITS OF SLEEP

- Improves daytime alertness
- Improves learning abilities
- Enhances ability to cope with pain
- Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock
- Reduces weight

RECOMMENDATIONS FOR SLEEP

- Get 7-8 hours of sleep each night
- Eat your last meal at least 3 hours before bedtime
- Sleep with your window opened to get fresh air that oxygenates your blood while you rest
- Go to bed at least by 10:00pm nightly
- Research shows that going to bed after 10:00 p.m. continually for two weeks elevates blood glucose, blood pressure and cholesterol levels
- Sleep in a dark room, without light shining in the room, this prevents restful sleep
- Spend some time weekly to meditate and relax



**SLEEP, NATURE'S SWEET RESTORER,
INVIGORATES THE TIRED BODY AND PREPARES IT
FOR THE NEXT DAY'S DUTIES. *Child Guidance* p. 341**



EXERCISE

BENEFITS

- Strengthens heart muscle
- Lowers high blood pressure
- Reduces risk of cancer
- Burns excess fat
- Improves circulation
- Reduces stress and anxiety
- Strengthens bones by retaining calcium

KEYS TO SUCCESS

- Walking is the best form of exercise as the entire body is in motion
- Exercise in the open air
- Start slowly and work up to a brisk pace gradually

GUIDELINES

- Walk for at least 1 hour daily, preferably early morning
- Take a casual digestive walk for 15 to 30 minutes after each meal
- Swing your arms when you walk
- How brisk should you walk? You should at least be able to carry on a conversation when you walk
- Maintain good posture and keep your head up
- Incorporate some strength bearing component in your exercise program such as lifting light weights or gardening

**A SEDENTARY LIFESTYLE IS A DIRECT ROUTE TO
AN EARLIER GRAVE**



PROPER DIET



PLANT FOOD ADVANTAGES

- No Cholesterol
- High in Fiber
- Moderate in Calories
- Rich in Phytochemicals

FIBER REDUCES THE RISK OF:

- Heart Disease
- Colon and Rectal Cancer
- Diverticular Disease
- Hemorrhoids
- Obesity



NUTRITION TIPS

- Eat more fruits and vegetables daily
- Eat more whole grains and nuts
- Eat more fiber and less refined foods
- Make Breakfast your biggest meal like that of a King or Queen, Lunch like a Prince or Princess and Supper like a Popper
- **Grains, fruits, nuts and vegetables** constitute the diet chosen for us by our Creator. *Counsels on Diet and Foods p 310 art. 471*
- **Eliminate all flesh food** (chicken, turkey, fish, shrimp, lobster, crab, conch, lamb, beef, and their by-products (milk, cheese, eggs, butter, ice cream, sausages) from your diet. Meats are high in sodium; contain hypoxanthine (stimulator like caffeine) and increases cholesterol, which narrows or clogs the arteries, thus increasing the blood pressure, pain in the limbs or vision problems

**GRAINS, FRUITS, NUTS AND VEGETABLES
CONSTITUTE THE DIET CHOSEN FOR US BY OUR
CREATOR. CD p. 310**



PROPER DIET

NUTRITION TIPS

- **Eliminate all Dairy foods** Use milk drinks from plant-based sources such as almonds, cashews, rice etc.
- **Avoid the use of stimulating substances** such as tea, coffee, chocolate, cocoa, tobacco as these will elevate the blood pressure.
- **Avoid the use of all energy drinks** such as Red Bull, Rock Star and Monster as they contain large doses of caffeine and other stimulants thus increasing your heart rate
- **Avoid the use of condiments** as part of your diet (any food with vinegar - ketchup, mustard, mayonnaise, barbeque sauces, veggienaise, nayonnaise, salad dressings, pickles, etc), and **spices**, (cinnamon, nutmeg, cloves, curry, hot sauces, cayenne peppers, black and white peppers etc) some of these spices may be used for medicinal value but do not as part of your diet
- **Toast all grains** (oats, rice, barley, millet, corn, wheat germ) on low heat for at least 3 hours at 170° and turn it every 20 to 30 minutes. Thereafter, store in container for later use when it will be cooked in the usual way. This prevents the intake of phytic acid and other toxins on the haul or husk of the grain, which interferes with the body's absorption of nutrients such as copper, zinc, calcium, iron, magnesium and the enzymes for digesting protein and starches
- **Use nuts, seeds, peas, all forms of beans and whole grains.** The body converts the amino acid in these foods called L-Arginine into nitro oxide, which relaxes the blood vessels
- **Avoid highly processed foods, which is unnatural to the body and use whole foods**



**GRAINS, FRUITS, NUTS AND VEGETABLES
CONSTITUTE THE DIET CHOSEN FOR US BY OUR
CREATOR. CD p. 310**



PROPER DIET



NUTRITION TIPS

- **Eliminate fried foods** from the diet, and all free oils should be avoided while cooking. Where needed, preferable oils are extra virgin cold-pressed olive oil and coconut oil
- **Fats.** Avocado, coconut, and nuts are high in fat and should be used moderately as consuming too much of these items will overwork the liver, increase cholesterol and interfere with blood circulation
- **Eat three to five servings of fruit and vegetables daily**
- **Do not mix fruits and vegetables at the same meal** this can cause digestive problems
- **Eat fruits at one meal and vegetables at another**
- Do not eliminate salt but use the right kind of salt, as it will help with improved results in maintaining a healthy body. An all-natural sea salt also supports the adrenals which regulates blood pressure. Use sea salt with iodine, such as **Pink Himalayan Sea Salt**, which has 84 essential trace elements including iodine, iron, calcium, potassium and magnesium
- **Avoid the use of soda or baking powder**, as it is harmful and unnecessary to the body. It keeps the PH in the stomach high thereby causing low stomach acid, which interferes with the digestion of protein
- **Eliminate all Sugar, crystalized sugar, splenda, sweet & low, equal or additional artificial flavors, sweeteners and colors.** Use instead natural sweeteners (honey, dates, raisins)

**GRAINS, FRUITS, NUTS AND VEGETABLES
CONSTITUTE THE DIET CHOSEN FOR US BY OUR
CREATOR. CD p. 310**



WATER

BENEFITS

- Reduces risk of heart disease
- Reduces fatigue
- Removes impurities from the body
- Improves mental alertness
- Hot footbaths can relieve headaches and congestion in the lungs and head

TIPS FOR DRINKING WATER

- Start the day with 2-4 glasses of warm water to cleanse your system
- Add 2 tablespoons or 1/2 of lemon to one 8oz glass. Always use a straw when drinking lemon to protect the enamel of your teeth
- Drink lots of water during the day until your urine is pale yellow
- Avoid drinking with your meals
- Drink 15 to 30 minutes before your meal and 2 hours after your meal
- Drink only water in-between meals
- Drink water at room temperature
- Avoid soft drinks, coffee and tea as a substitute for water

HOT AND COLD SHOWER

- Stimulates circulation
- Strengthens the immune system
- Good treatment for colds and flu
- Is invigorating

**WATER IS THE BEST LIQUID POSSIBLE TO
CLEANSE THE TISSUES. CD p.419**



TRUST IN DIVINE POWER



TRUST IN DIVINE POWER

- Provides inner peace and stability
- Gives power to forgive
- Gives hope when all seems lost
- Brings love into the heart and home
- Helps heal unresolved problems

GROWING TRUST

- Trust grows by experience
- Answered prayers build our trust
- God cares for us like a father
- God never leaves us alone
- Trust the Lord with your life and do not worry or be fearful
- Whatever you do, make sure to ask God for forgiveness and have everything settled up with Him

TIPS ON PRAYER

- The breath of the soul
- The opening of the heart to God as to a friend
- It allows sharing our cares and our joys with your heavenly Father
- It gives strength to cope with life's challenges
- Spend at least one hour in quiet, private devotion each day

**IN TRANQUILITY AND TRUST IS YOUR
STRENGTH. Isaiah 30:15**



CLEANLINESS



BENEFITS OF CLEANLINESS

- Prevents lung, liver, kidney and skin disease
- Keeps the blood pure and free from impurities
- Invigorates a happy mood

CLEANLINESS AROUND THE HOME

- Filth is a breather of disease, so avoid it
- Let in fresh air and light into the home especially the bedrooms
- Keep the surroundings free from decayed matter that pollutes the air
- Avoid trees too close to the house for proper air and light
- Keep the yard dry and free from dampness and stagnant water

BODY HYGIENE

- Wash clothing regularly
- Wear a clean set of clothing daily
- Do not reuse sweaty clothing as impurities will be reabsorbed into the pores
- Wash hands regularly
- Bathe frequently in clean water, followed by gentle rubbing
- Avoid cosmetics that clog the pores
- Brush and floss your teeth daily

**A NEGLECT OF CLEANLINESS WILL INDUCE
DISEASE**



PURITY OF LIFE



A PURE MIND

- A contented mind, a cheerful spirit, is health to the body and strength to the soul
- Cheerfulness and a clear conscience are better than drugs, and will be an effective agent in your restoration to health
- Carry a cheerful spirit within and radiate that to all who comes within your reach

BENEFITS OF A PURE LIFE

- Creates cheerfulness
- Enhances blood circulation
- Relieves stress

REACH OUT TO OTHERS

- Doing good for others is an excellent remedy for diseased bodies and minds
- Be sure to do well and be a blessing to someone every day

TIPS FOR A PURE LIFE

- Be contented with what you have and avoid wanting more than what you really need
- Refuse to maintain a spirit of depression, gloominess, and sadness
- Put away all doubt, worry, fear, resentment, or hatred and maintain a clear conscience
- Think positively at all times and maintain a spirit of gratitude and praise as nothing tends more to promote health of body and of soul
- Allow the Spirit of God to influence your every thought, word or deed

BLESSED ARE THE PURE IN HEART: FOR THEY SHALL SEE GOD. Matthew 5:8



What should you do if you get sick?

The first thing to be done is to ascertain the **true character of the sickness and then go to work intelligently to remove the cause.**

Ministry of Healing p. 127

1. In the case of sickness, the cause should be ascertained,
2. unhealthful conditions should be changed,
3. wrong habits corrected,

then nature is to be assisted in her effort to expel impurities
and to re-establish right conditions in the system.

Ministry of Healing p. 44



Counsels and Cautions

The use of natural remedies requires an amount of care and effort that many are not willing to give.

Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow.

The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well.

Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.

Ministry of Healing p. 127

Do Drugs Cure Disease?

If the harmonious working of the system has become unbalanced by overwork, overeating or other irregularities do not endeavor to adjust the difficulties by adding a burden of poisonous medicines.

Ministry of Healing p. 235

Too little attention is generally given to the preservation of health.

It is far better to prevent disease than to know how to treat it when contracted.

Ministry of Healing p. 128

Counsels and Cautions

By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing.

Ministry of Healing p. 128



Do Drugs Cure Disease?

Drugs never cure disease; they only change its form and location. When drugs are introduced into the system, for a time they seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form.

The disease which the drug was given to cure may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful, diseased joints, and sometimes in a more dangerous and deadly form. Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts, and death follows.

Healthful Living p. 243.3





Disease and Sickness occurs as a result from one of the following three causes:

- a. The violation of Natural Laws;
- b. The violation of Spiritual Laws;
- c. For the Glory of God.

God has established the laws of our being. If we violate these laws, we must, sooner or later, pay the penalty. Many times we claim to know these laws and how to take care of our body but we fail to do that which we know and when sickness comes we quickly seek a fast remedy through the use of drugs, which brings along its harmful effects. However, God's true remedies are sure, which appears at times to work slower, but it is actually a gradual method that works and is free from harmful side effects.



We teach from three perspectives:

1. THE BIBLE

The Bible is God's revelation to mankind; through His word we get to know more of His will.

2. INSPIRED WRITINGS

Any inspired writings that do not conflict with the word of God.

3. GOOD SCIENCE

Good science is that which harmonizes with the Bible and inspired writings.

We trust that the pointers shared in this book was helpful to you. Knowing that disease never comes without a cause, these foundation pillars to achieving good health may seem simple but can have a profound impact on your body when applied.

Do you know that all lifestyle diseases are one hundred percent reversible and even cancer or many autoimmune diseases can be prevented and reversed?

Do not give up when you receive a diagnosis that says you are unwell, but give yourself a fighting chance, get helpful information and do all you can to recover immediately. God loves you and will help you take charge of your health today.

DEVOTIONAL RECOMMENDATIONS

MORNING DEVOTION

Start with prayer

Sing a few hymns

Read a devotional book / Bible

Read the conflict of the ages series

1. Patriarchs and Prophets

2. Prophets and Kings

3. Desire of Ages

4. Acts of Apostles

5. Great Controversy

God Cares series

1. Daniel

2. Revelation

Close with a word of prayer

EVENING DEVOTION

Start with prayer

Sing a few hymns

Read the Bible

Study health messages

1. Pathways / Ministry of Healing

2. Counsels on Diet and Foods

3. Counsels on Health

4. Temperance

5. Health books

Close with a word of prayer

PS: please read the scriptures when studying the conflict of the ages.

DAILY SCHEDULE SAMPLE

Time to get up: __4am__

Time for morning devotion: 4-5am

Time for exercise: __5-6am

Time for food preparation: 6-6:15am

Time for breakfast: __6-7am__

Time for digestion walk: __15 mins__

Time for lunch: _12 – 1pm_

Time for digestive walk: _15 mins__

Time for supper: __6-6:30pm__

Time for digestive walk: __15 mins__

Time for evening devotion: __9:30pm__

Time for rest: __10pm__

Special notes:

SAMPLE MEAL 1

Fruit or Vegetable: 3-5 servings

Whole Grain Cereal sweetened with Fruit 1 cup serving

2 tablespoons of flax seed freshly grounded can be sprinkled over cereal at breakfast.
¼ cup of pumpkin seeds can be eaten with the breakfast cereal.

1-2 slice of whole grain bread with natural nut butter.

End the meal with fats - spreads/butter (e.g. tahini, almond, cashew nuts)

SAMPLE MEAL 2

Raw Salad (fruit or vegetable) side bowl 3-5 servings

Raw or Steamed fruit or vegetable ½ of the plate

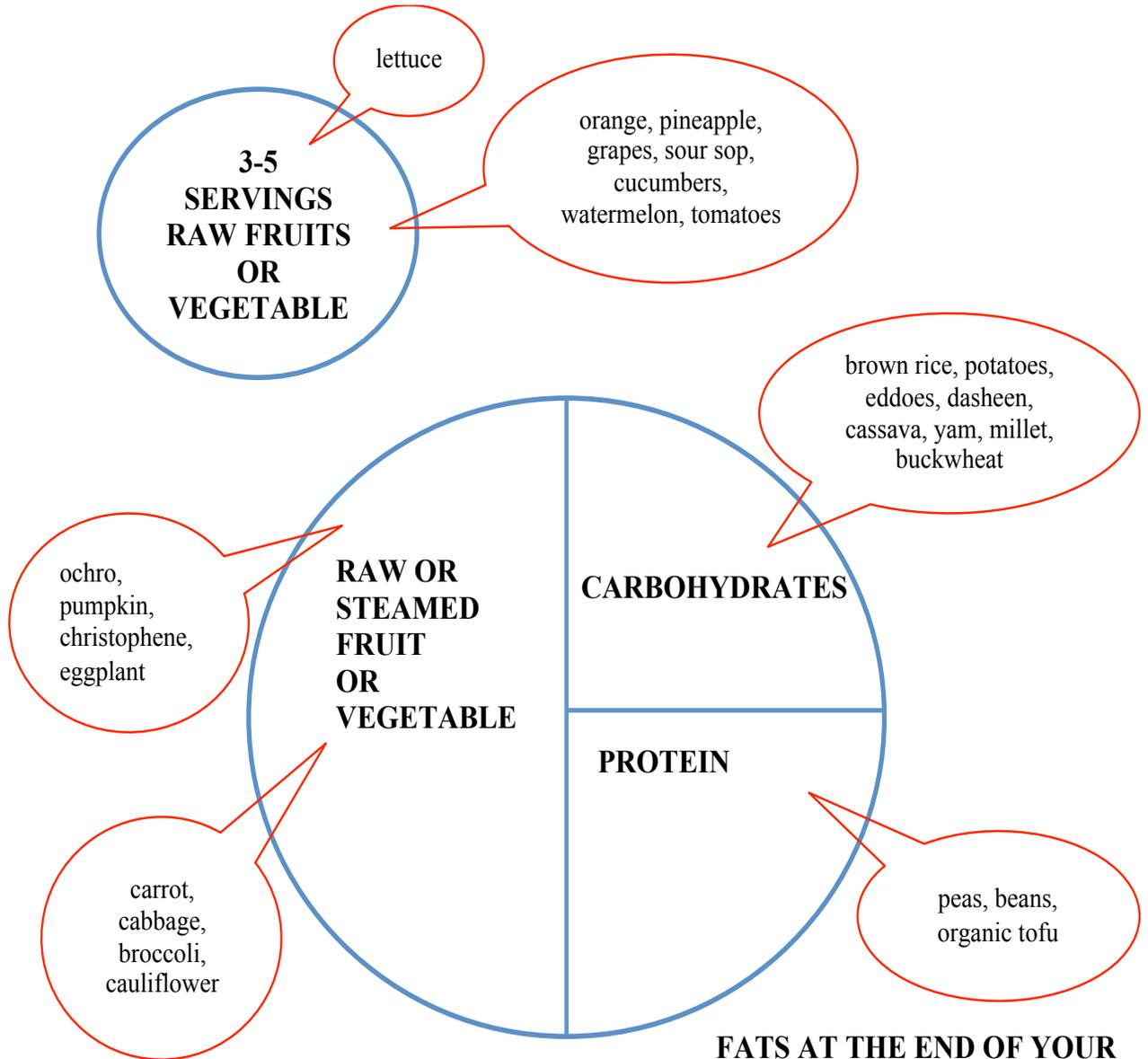
Carbohydrates: Starches/Grains/Provisions ¼ of the plate – Carbohydrates consist of (i.e. brown rice, baked potatoes, gluten-free pasta, ground provision)

Proteins (legumes, nut or bean loaf) ¼ of the plate

Fats (nut butter, closed handful of nuts)

DAILY MENU

BREAKFAST AND LUNCH



FATS AT THE END OF YOUR MEAL:

- A handful of your favorite nuts
- A piece of dried coconut
- A slice or two of bread with nut butter on it

SUPPER

- Fruits or
- Bread (gluten-free) with natural fruit spread or
- Popcorn or
- Lemon water

MENUS

Breakfast

Sliced tomato

Boiled, wedged potatoes

Scrambled tofu

2 tablespoons grounded flax seed

Pecans

Lunch

Lettuce

Brown rice

Kidney beans

Steamed cabbage and cauliflower

Gluten-free herbed crackers with nut butter

Supper

Crackers with pumpkin



Breakfast

Pineapple

Millet Porridge with almond milk, pumpkin seeds, cranberries

2 tablespoons grounded flax seed

Almonds

Lunch

Sliced avocado

Brown rice

Chickpeas

Pumpkin

Supper

Watermelon

RECIPES

CASHEW MILK

Ingredients:

Blend in a blender until creamy, about 1 minute:

2/3 cup water

2/3 cups raw cashews

1/8 teaspoon pink Himalayan sea salt

1 tablespoon honey

Add:

3 1/3 cups water

Directions:

Blend well and refrigerate.

Shake well before serving.

NO OIL GRANOLA

Ingredients:

Mix well in a large bowl and set aside

7 cups rolled oats

1 cup quick oats

1 cup grated dried coconut

1 cup sliced or chopped raw almonds

Blend in a blender until creamy:

3/4 cup raw sunflower seeds

1 cup water

1 teaspoon pink Himalayan sea salt

1/2 cup honey or maple syrup or dates

Directions:

Pour the liquid over the dry ingredients.

Mix well with spatula or hands.

Spread evenly onto a baking sheet and bake at 170 degrees for 3 hours turning every 30 minutes.

EGGPLANT PEA STEW

Ingredients:

1 medium eggplant

3 tomatoes, chopped

1 onion, finely chopped

2 cloves garlic, chopped

3-4 curry leaves

2 teaspoons curry powder

1/2 teaspoon turmeric

1 cup pigeon peas or channa beans

1 teaspoon pink Himalayan sea salt

Directions:

Peel eggplant then chop into large pieces, soak in salt water until ready to use.

Sauté onions, garlic, curry leaves, curry powder and turmeric in water, cover for two minutes.

Drain eggplant and add sea salt and a little water, cover and cook for 3 minutes until eggplant is tender.

Add pigeon peas or channa beans and cook for 5-10 minutes.

Add tomatoes and cook for 3 minutes more.

TOFU MAYONNAISE

Ingredients:

12-ounce box Mori-Nu Silken Lite Firm Tofu

1 cup raw cashews

1/4 cup lemon juice

1 1/2 tablespoons honey

1 teaspoon pink Himalayan sea salt

1 teaspoon onion powder

Directions:

Place all ingredients in a blender and blend for at least 1 minute until smooth.

If content is too thick, add a little water to blend.

Chill to thicken.