



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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YOUR HEALTH HEALING PLAN

It is advisable to consult with your personal health care provider before implementing any of these recommendations.

PURE AIR:

1. **MAKE SURE YOU SLEEP WITH YOUR WINDOWS SLIGHTLY OPEN.**
 2. Avoid wearing tightly fitting clothing, including belts and elastics.
 3. It has been proven that **PROPER BREATHING AND DEEP BREATHING** help in expelling the stale air from inside.
 4. Pure air is essential to good health; **INCLUDE PLANTS THROUGHOUT THE HOME TO PURIFY THE AIR.**
 5. **OPEN THE WINDOWS DAILY IN YOUR HOME TO HAVE PURE AIR CIRCULATED THROUGHOUT.**
 6. Avoid having shady trees and fallen leaves too close to the house.
 7. **AVOID HAVING SPOILED FRUITS, VEGETABLES OR FOOD IN AND AROUND THE HOME. EMPTY THE KITCHEN GARBAGE DAILY.**
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SUNLIGHT:

1. **SEEK TO GET SUNLIGHT DURING THE HOURS OF 10:00AM AND 2:00PM.**
For light complexion individuals, **10 TO 15 MINUTES OF SUNLIGHT EXPOSURE DAILY.** For darker complexion individuals, get **45 MINUTES TO 1½ HOURS OF SUNLIGHT EXPOSURE DAILY.** There is a receptor site for **Vitamin D** in every cell **in the human body**

2. To avoid sunburn: **DO NOT USE SUNBLOCK**, wear cotton clothing to cover the arms and legs, wear a hat on your head, keep drinking water to be hydrated, and go on a low-fat, plant-based diet.
3. Because you do not get adequate sunlight exposure, use a **VITAMIN D3 LIQUID SUPPLEMENT by Nature's Answer** - see recommended amounts at the back of this form

ABSTEMIOUSNESS (BALANCE):

1. **CONSUME NO FORM OF CAFFEINE, TOBACCO AND ALCOHOL.** Smoking and alcohol consumption increases your risk of cancer and heart disease. If you currently smoke or drink, you need to stop immediately.
 2. **ELIMINATE TEA** e.g. red tea, black tea, white tea, green tea, chai tea.
 3. **CHEW YOUR FOOD SLOWLY AND THOROUGHLY TO AVOID DIGESTIVE ISSUES.**
 4. **DO NOT SNACK IN BETWEEN MEALS.**
 5. **EAT AT SET MEAL TIMES ALL YOU NEED FOR YOUR MEAL.**
 6. **SPACE YOUR MEALS AT LEAST 5 HOURS APART.**
 7. Avoid wasting time and spend your time wisely and constructively.
 8. Take restful periods in your life and avoid overwork.
 9. Avoid any form of competition.
 10. Reduce excess weight, which contributes to many sickness and disease.
 11. Check the medications you may be using as it can have side-effects that may be affecting you.
 12. **WEAR LONGER GARMENTS** – long sleeves, long skirts to encourage adequate blood flow to the extremities. Shorter clothing reduces the amount of blood needed by your hands and feet and bones to nourish them.
 13. **AVOID WEARING HIGH HEELS** – wear heels 2 inches or less with broad base for good support.
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REST:

1. **AVOID EATING AT LEAST THREE HOURS BEFORE BEDTIME.**
 2. **GO TO BED BEFORE 10:00 PM AT NIGHT. THE BODY HEALS ITSELF BETWEEN THE HOURS OF 10:00 PM AND 12:00 AM.** In addition, the later you go to bed the greater the risk of lowering your immune system.
 3. Research shows that going to bed after 10:00 p.m. at night continually for two weeks elevates blood glucose, blood pressure and cholesterol levels.
 4. **SLEEP IN A DARK ROOM**, not with light shining in the room.
 5. Spend some time weekly to meditate and relax.
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EXERCISE:

1. Exercise is very essential to good health and blood circulation. Walking is superior to other forms of exercise as the entire body is in motion. **WALK FOR AT LEAST 1 HOUR DAILY OR FOR AS LONG AS YOU CAN DO**, preferably early morning.
 2. **AFTER EACH MEAL WALK CASUALLY FOR 15 to 30 MINUTES TO AID WITH DIGESTION.** Avoid too much talk; studying or sleeping right after a meal as the blood required for digesting your meal is demanded by other parts of the body. This is one way to prevent indigestion of your food and get the most benefit from your meal when it is digested properly.
 3. If you feel pain during or after walking, do check with your Health Care Provider.
 4. The more brainpower required, the more regularly you would need to exercise.
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PROPER DIET:

1. **GRAINS, FRUITS, NUTS AND VEGETABLES** constitute the diet chosen for us by our Creator. *Counsels on Diet and Foods p 310 art. 471*
2. **ELIMINATE ALL FLESH FOOD (NO CHICKEN, TURKEY, FISH, SHRIMP, LOBSTER, CRAB, CONCH, LAMB, BEEF, AND THEIR BY-PRODUCTS (NO MILK, CHEESE, EGGS, BUTTER, ICE CREAM, SAUSAGES) FROM YOUR DIET.** Meats are high in sodium; contain hypoxanthine (stimulator like caffeine) and

increases blood cholesterol and reducing blood flow to your extremities, it narrows or clogs the arteries, thus also increasing the blood pressure.

3. **ELIMINATE ALL DAIRY FOODS** Use milk drinks from plant-based sources such as almonds, cashews, rice etc.
4. **AVOID THE USE OF STIMULATING SUBSTANCES – NO TEA, COFFEE, CHOCOLATE, COCOA**
5. **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 the heart rate.
6. **AVOID THE USE OF CONDIMENTS (NO VINEGAR - KETCHUP, MUSTARD, MAYONNAISE, BARBEQUE SAUCES, VEGGIENAISE, NAYONAISE, SALAD DRESSINGS, PICKLES, ETC.), AND SPICES, (CINNAMON, NUTMEG, CLOVES, CURRY, HOT SAUCES, CAYENNE PEPPER, BLACK AND WHITE PEPPERS, ETC.)** used instead coriander, cardamom, turmeric.
7. **TOAST ALL GRAINS** e.g. oats, rice, barley, millet, corn, wheat germ, 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 which interferes with the body's absorption of nutrients such as copper, zinc, calcium, iron, magnesium and the enzymes for digesting protein and starches.
8. **AVOID HIGHLY PROCESSED FOODS AND USE WHOLE FOODS.**
9. **ELIMINATE FRIED FOODS** from the diet. Eliminate all oils from the diet including cold-pressed olive oil and coconut oil. Oils interfere with amino acids to build protein.
10. **NO CANNED FOODS** these increases toxins in the body
11. **DO NOT USE BAKING 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.**
12. **NO SUGAR, CRYSTALIZED SUGAR, SPLENDA, SWEET & LOW, EQUAL OR ADDITIONAL ARTIFICIAL FLAVORS, SWEETENERS AND COLORS.** Use instead natural sweeteners (honey, dates, raisins). Use instead honey, agave, maple syrup, brown rice syrup, black strap molasses.

13. **USE NUTS, SEEDS, PEAS, ALL FORMS OF BEANS AND WHOLE GRAINS.**
The body converts the amino acid in these foods called L-Arginine into nitric oxide, which relaxes the blood vessels and allows better blood flow.
 14. **USE HEALTHY 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.
 15. Do not eliminate salt but use the right kind of salt, as it will help with improved results in maintaining a healthy body. 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.
 16. Always use **FATS AT THE END OF THE MEAL SUCH AS A HANDFUL OF NUTS, A SLICE OR TWO OF BREAD WITH NATURAL NUT BUTTER, OR A PIECE OF COCONUT.**
 17. Read your labels carefully to avoid the use of items, which you would want to stay away from.
 18. Use **OMEGA FATS:** 2 tablespoons ground flax seed or chia seeds, 7 olives daily, 1 handful pistachio nuts, or pumpkin seeds, or sunflower seeds.
 19. **EAT THREE TO FIVE SERVINGS OF FRUIT AND VEGETABLES DAILY.**
 20. **DO NOT MIX FRUITS AND VEGETABLES AT THE SAME MEAL.**
 21. **EAT FRUITS AT ONE MEAL AND VEGETABLES AT ANOTHER.**
 22. **EAT GLUTEN FREE: NO WHEAT, RYE, BARLEY, SPELT, BULGAR, KAMUT, OATS.** Eat instead, gluten free or organic or non-GMO brown rice, cornmeal, millet, buckwheat, sorghum, teff, quinoa, amaranth
 23. If you have arthritis pains, **NO TOMATO, WHITE POTATO, SWEET PEPPER, EGGPLANT, ACKEE, GOGI, ASHWAGHANDA** these can increase inflammation
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THE USE OF WATER:

1. **NO SODA AND CARBONATED** drinks.
 2. **AVOID INTOXICATING DRINKS SUCH AS WINE, ALCOHOL, BEER.**
 3. Avoid eating ice or drinking hot or cold beverages.
 4. **AVOID DRINKING WITH YOUR MEAL.**
 5. Drink water at room temperature.
 6. **DRINK 16 – 32 OZ OF WARM WATER UPON AWAKING TO CLEANSE YOUR BLOOD, LIVER, AND BOWELS. ADD 2 TABLESPOONS OR 1/2 OF LEMON TO 1 8OZ GLASS.** Always use a straw when drinking lemon to protect the enamel of your teeth.
 7. **DRINK WATER AT LEAST 15 TO 30 MINUTES BEFORE A MEAL AND 2 HOURS AFTER A MEAL.**
 8. **DRINK ONLY WATER IN-BETWEEN MEALS.**
 9. **DRINK 2 MOUTHFULS OF WATER AT A TIME** – keep sipping from a bottle.
 10. **DRINK WATER UNTIL YOUR URINE IS PALE YELLOW TO CLEAR.**
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TRUST IN DIVINE POWER:

1. Spend at least one hour in quiet, private meditation each day.
2. **MAKE TIME TO READ THE BIBLE DAILY.**
3. Return a faithful systematic tithe, plus offerings.
4. Trust the Lord with your life and do not worry or be fearful.
5. Whatever you do, make sure to ask God for forgiveness and have everything settled up with Jesus.
6. Healing comes from God, therefore, pray for recovery according to His will for your life. Understand that even if you do all you can and yet healing does not come, it is important that your soul is right with God and you gain eternal life.

CLEANLINESS:

1. Have free circulation of air through the sleeping room day and night.
2. Make sure your home is away from waterlogged areas.
3. Avoid dampness in the home; it should be kept clean and dry.
4. Keep the home free from molds, fungus, rust, or rot and the air will be sweet and pure.
5. Wash garments frequently or after use and avoid reuse of clothing after perspiring in it.
6. Take full baths regularly and rub the skin to keep it clean and healthy.
7. Wash your hands regularly.
8. Brush and floss your teeth daily.
9. Use natural products on your skin to avoid clogging the pores and to prevent allergic reactions.

PURITY:

1. Be contented with what you have and avoid wanting more than what you really need.
2. Carry a cheerful spirit within and radiate that to all who comes within your reach.
3. Allow the Spirit of God to influence your every thought, word or deed.
4. Refuse to maintain a spirit of depression, gloominess, and sadness.
5. Put away all doubt, worry, fear, resentment, or hatred and maintain a clear conscience.
6. 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 than that does.
7. Be sure to do well and be a blessing to someone every day.
8. Experience the rich reward of blissful health through the freedom and joy in right doing.

ADDITIONAL NOTES

**SEE US OR GO TO THE RELEVANT DISEASE SHEET
FOR FURTHER GUIDANCE.**

Eat at set times. Regularity in eating is of vital importance. There should be a specified time for each meal. At this time, let everyone eat what the system requires, and then take nothing more until the next meal. Ministry of Healing, 303

After the regular meal is eaten, the stomach should be allowed to rest for five hours.

No eating in-between meals. Nothing should be eaten between meals, no confectionery, nuts, fruits, or food of any kind. Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness. Ministry of Healing, 384

Healthful foods. Combine fruits, grains, and vegetables into foods that will sustain life and will not bring disease.

Man's early diet. Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. Ministry of Healing, 296

No second-hand food. When we eat flesh we are but eating grains and vegetables at second hand; for the animal receives from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct, by eating the food that God provided for our use! Ministry of Healing, 313

Make good blood. The simple grains, fruits of the trees, vegetables, have all the nutritive properties necessary to make good blood. This a flesh diet cannot do. Counsels on Diet and Foods, 322

GLUTEN-FREE / WHEAT-FREE / INFLAMMATION-FREE DIET GUIDE

Eat **organic** as much as you can.

Meat

No flesh at all. This includes fish, chicken, turkey, beef, pork, cattle, goat, sheep, shrimp, lobster, conch, crab, all shellfish products and all of their byproducts: milk, cheese, butter, eggs, ice-cream, sausage

Grains

These can be eaten:

Gluten free rice

Organic cornmeal

Millet

Buckwheat

Sorghum

Teff

Quinoa

Amaranth

Ground Provision

All can be eaten

Restriction on the flesh, grains and their by-products should be maintained as they can elevate cholesterol levels. Restriction on the nuts, fruits and vegetables are for 3 months then they can be reintroduced into your diet one at a time and see if there is any adverse reaction, if yes, hold off for a while longer, if no reaction, keep in the diet. This is to clear the body of inflammation which causes pain.

Beans

All can be eaten except soy and it's by products like chunks, soy curls, mince. Make sure you watch lentils and red beans: if there is an allergic reaction with their use, you might have to use in organic form or eliminate completely

Vegetables

All veggies can be used except for carrot and celery

Fruits

All fruits can be used except:

Banana and its family

Banana, plantain, finger rose, bugament

Melon and its family

Watermelon, honeydew, cantaloupe, cucumber, pumpkin, zucchini, butternut, table squash,

Papaya, avocado, kiwi, strawberry, currant, raisins

Tomato, white potato, sweet pepper, eggplant, ackee, gogi, ashwaghandha (these can increase inflammation and cause pain)

Nuts

All nuts can be used except:

Peanut and walnut

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

PS: please read the scriptures when studying the conflict of the ages e.g. read the bible chapter(s) first that correspond with chapter 1 of Patriarchs and Prophets

EVENING DEVOTION

Start with prayer

Sing a few hymns

Do your lesson study

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

DAILY SCHEDULE example 2-MEAL PLAN

Space out meals at least FIVE HOURS apart

Time to get up: 5:00am

Time for lunch: 2-3pm

Time for morning devotion: 5-6am

Time for digestive walk: 15-30 mins

Time for exercise: 6-7am

Time for Supper: -

Time for food preparation: daily

Time for digestive walk: -

Time for breakfast: 7-8am

Time for evening devotion: 9:30pm

Time for digestion walk: 15-30 mins

Time for rest: 10:00pm

Special notes:

DAILY schedule example 3-MEAL PLAN

Space out meals at least FIVE HOURS apart and Supper must be before 6:30pm

Time to get up: 4:00am

Time for lunch: 12-1pm

Time for morning devotion: 4-5am

Time for digestive walk: 15-30 mins

Time for exercise: 5-6am

Time for Supper: 6-6:30pm

Time for food preparation: daily

Time for digestive walk: 15-30 mins

Time for breakfast: 6-7am

Time for evening devotion: 9:30pm

Time for digestion walk: 15-30 mins

Time for rest: 10:00pm

Special notes: