



WEIGHT LOSS PROGRAM

LOSING WEIGHT GRACEFULLY



**NATURAL HEALING THROUGH
THE LAWS OF HEALTH**



NATURAL HEALING THROUGH THE LAWS OF HEALTH

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Weight Loss Program

ATTENTION: Before making any change please contact your health care professional.



A gentleman came to us wanting to lose weight, his weight was over 400lbs. We met with him, put him on the Plan, on an all-green plant-based diet, and lifestyle changes such as walking for one hour daily, going to bed on time and in six months as able to drop off 95 lbs.

A young lady at size 16 wanted to lose weight, we met with her, put her on the Plan, on an all-green plant-based diet and lifestyle changes and seven and a half months later she was reduced to size 6 where she was happy.

We once worked with a gentleman, he was over 300lbs and wanted to lose some weight. We consulted with him and he began making the recommended changes. In 6 months' time, he lost 95 pounds. How did he do it? He said, *"I lost the weight by power walking seven days a week at least an hour, working in the yard, and often walking 18 holes of golf two or three times a week, eating a balanced total vegetarian diet on schedule in the proper order, and weighing in once a week."*

This is just one of the many stories we can share with you about weight loss, it may seem simple and yes, it is. If you have been looking for a solution to lose weight, then look no further, let's share with you some simple remedies and teach you how you can lose the weight without losing the plate too!

WHAT IS OBESITY?

According to the World Health Organization (WHO) in March 2013, Obesity is an "abnormal or excessive fat accumulation that may impair health". It is an imbalance between the calories taken in and those utilized.

The American Medical Association has officially labeled Obesity as a disease. This new designation informed 78 million American adults and 12 million American children that they have a condition requiring medical treatment.

The American Medical Association (AMA) June 18, 2013

In 2009, WHO ranked Overweight and obesity as the fifth leading risk for global deaths.

Overweight shortens life and every extra pound shaves off about one month from your life span. Therefore, sixty extra pounds, could cost you five years! Health Power (2011) p. 66

SYMPTOMS OF OBESITY?

- Breathlessness
- Increased sweating
- Snoring
- Difficulty sleeping
- Inability to cope with sudden physical activity
- Feeling very tired every day
- Back and joint pains

RISK FACTORS FOR OBESITY

Being overweight exposes you to some serious health risks, which include: diabetes, sleep apnea, cancer (stored in fat cells), high blood pressure, GERD (acid reflux), and heart disease.

Overweight and obesity can lead to adverse metabolic effects on **blood pressure, cholesterol, triglycerides** and **insulin resistance**. Risks of coronary heart disease, **ischemic stroke** and **type 2 diabetes mellitus** increase steadily with increasing **body mass index**.

Obesity increases the risk for several types of cancer of the Esophagus, pancreas, Colon and rectum, Kidney and Gallbladder, or Thyroid, Prostate, Breast (after menopause) and Endometrium (lining of the uterus) because of the storage of excess estrogen in the fat cells. Global Health Observatory (GHO), World Health Organization

Overweight may also increase the risk of psychological problems as individuals may have a low self-esteem of themselves, little confidence levels, want to isolate themselves from society and may also suffer from depression.

TYPES OF OBESITY

1. Peripheral Obesity (accumulation of excess fat in the buttocks, hips and thighs)
2. Central Obesity (accumulation of fat in the abdominal area) also known as Pear Obesity and Apple Obesity
3. A combination of both

Whichever type you are, your body mass index (BMI) is an indicator of whether you are overweight or not. BMI is a measure of body fat based on height and weight that applies to adult men and women.

Usually, BMI indicators are denoted as:

- BMI of 18.5-24.9 = healthy weight
- BMI of 25-29.9 = overweight
- BMI of 30 or higher = obese or high risk

BMI formula: **weight (kg) / [height (m)]²**

For example:

Weight = 68 kg, Height = 165 cm (1.65 m)

Calculation: $68 \div (1.65)^2 = 24.98$

or

Weight = 150 lbs, Height = 5'5" (65")

Calculation: $[150 \div (65)^2] \times 703 = 24.96$

CAUSES OF OBESITY?

The body converts **excessive calories** into fatty deposits, thus increasing body weight.

Lack of Sleep - Getting less than seven hours of sleep at night can cause changes in hormones that **increase your appetite**. You may also **crave foods high in calories and carbohydrates**, which can contribute to weight gain. *www.mayoclinic.org*

Leptin Resistance - Leptin is the hormone that releases fat cells in your body while you are eating which sends a powerful message to your brain saying, "Stop eating, you're full now!" Erratic fluctuations of **leptin** (and the hormone **ghrelin** which makes you feel hungry) complicate your ability to lose weight and **triggers intense hunger**. Studies show that production of **both leptin and ghrelin** may be **influenced by how much or how little we sleep**.

Insulin Resistance - when cells are resistant to insulin, sugar level rises in the blood; this causes the fat cells to take in glucose resulting in excess weight gain. In addition, high insulin levels in the blood is connected with weight gain. So, eating too frequently will trigger insulin production, or injecting insulin can also increase weight.

Overeating – this is to the point of feeling uncomfortably full or bloated.

Fat cells metabolism - A fat cell can be produced any time when the existing fat cells reach about 85% of their holding capacity. A fat cell is capable of storing so much fat; it can expand up to 1,000 times its initial volume. *Craig, Winston: Nutrition and Wellness, p. 160*

Lack of sunlight - In the group of 571 women who gained weight, those who had insufficient vitamin D levels gained about two pounds more than women who had sufficient vitamin D levels (>30ng/mL). *Robert Graham, MD, Lenox Hill Hospital, New York City*

Medications - Some medications can lead to weight gain. These medications include some **antidepressants**, anti-seizure medications, diabetes medications, antipsychotic medications, steroids, beta-blockers, prednisone: which is commonly prescribed for asthma, inflammation and rheumatoid arthritis. *www.mayoclinic.org*

Genetics - Your genes may affect the amount of **body fat you store** and where that fat is distributed. Genetics may also play a role in how efficiently your body **converts food into energy** and how your **body burns calories** during exercise. Even when someone has a genetic predisposition, environmental factors ultimately make you gain more weight. *Centers for Disease Control and Prevention May 10, 2013* Families can't change their genes but they can change the family environment to **encourage healthy eating habits and physical activity**.

Inactivity - If you're not very active, you don't burn as many calories, with a sedentary lifestyle, you can easily take in more calories than you need.

Unhealthy diet and eating habits – eating a diet that is high in calories and eating fast foods and oversized portions or eating at night.

Pregnancy – due to the disruption in hormones and excess eating. Infants can be overweight if fed milk formula rather than breast milk.

Bisphenol A - found in bottles and aluminum cans and other types of packaging can cause obesity in kids, teens and adults.

Hormonal problems – hormonal imbalance, too much or too little testosterone or estrogen.

Thyroid dysfunction - Weight gain occurs when people take in more calories than they burn. So it's not just a matter of what people eat, it's also a matter of how much they're burning. Thyroid hormones are needed in every cell in the human body, it controls your body's metabolism, regulating everything from weight regulation, body temperature and heart rate to glucose consumption and cholesterol levels. Unexplained weight changes and issues can be signs of both hypothyroidism and hyperthyroidism.

Cushing's syndrome - this can be caused by high levels of cortisol in the blood and is characterized by **abnormal fat deposits, frequently in the form of a hump between the shoulders, a rounded (or "moon") face, or pink or purple stretch marks.** Extra weight usually settles around the midsection and upper back.

Diabetes - Polyphagia in Diabetes can make you feel hungry and cause you to overeat.

Artificial sweeteners - consuming artificial sweeteners like sucralose, aspartame and saccharin, the body loses its ability to process real sugar, which could result in weight gain.

Guilt, worry - If you're feeling angry, anxious, depressed, grieved or guilty, you may be turning to food to ease those feelings, even without realizing it.

Lack of Oxygen - without proper levels of oxygen, your metabolic processes slow down or get halted altogether, seriously compromising your health and stopping your weight loss and fitness progress.

Gluten - Gliadin-derived opiates an appetite stimulator found in all gluten foods such as: bread, pastries or pasta can increase your appetite for food.

Wheat - Modern wheat is loaded with **amylopectin A** (a starch unique to wheat), which is high in sugar. This causes the intake of excess calories and weight gain.

DIET RECOMMENDATIONS FOR A HEALTHIER YOU

- Eliminate all flesh foods (chicken, fish, pork, beef, lamb, crab, lobster etc.) and their by-products from your diet (milk, cheese, butter, oil, eggs, sausage, lard, margarine, ice-cream)
- Eliminate all gluten and wheat foods from your diet – see our GF list
- Eliminate all real and artificial sugar from your diet, even natural sweeteners high in fructose. Instead, use very little natural sweeteners and those low in fructose
- Increase iodine in the diet through the use of Pink Himalayan Sea Salt, 1/4 teaspoon Kelp daily with a meal, Seaweed Cure, or other seaweed
- **Do not eat and drink at the same time.** Liquid diets take longer to digest. Bloating of the stomach can come from indigestion. Drink water 15-30 minutes before a meal and 2 hours after a meal.
- **Avoid late night eating**
- Remove Wheat and Gluten from the diet
- Use **wheat-free, gluten-free** flour instead
- Eliminate Refined Foods, Oils, Butters and Dressings

- Avoid **Simple sugars** (refined flour, sweets) causes an increase in the level of insulin in our bloodstream, which burns up sugars but stores fat in the body.
- **Avoid frying:** Sauté instead with a little water in a nonstick pan.
Fried potatoes = 5-7 times more calories than boiled potatoes
- Each day, drink sufficient pure soft water with a pH close to 5.5 or rain water. Your urine should be pale yellow to clear. Drink 16oz – 32oz warm water on mornings as a bolus, one of which should be lemon water. During the day, drink room-temperature water one mouthful at a time as the cells will absorb and be properly hydrated
- Increase foods **Low in calories, Low in fats, Low in sodium, High in fiber and High in satiety**
- **Increase foods rich in Chromium, Magnesium, Niacin (B3) and B vitamins** which is found in Grains, Legumes, Pumpkin seeds, Sunflower seeds, organic Pine nut, Brazil nut, Soybean, Pecan, Sesame seeds, Oats, Chickpea, Blackstrap molasses, Avocado
- **Increase foods** such as: Chard, Seaweed, Spirulina, Pineapple, Sweet potato, Broccoli, Cherry, Cherimoya, Cabbage, Onion, Garlic, Asparagus, Garcinia, Lettuce, Carrots, Peach, Turnip, Cucumber, Sweet pepper, Grapefruit (be cautious with pink grapefruit if you are on medication as it prevents the medication from moving through the process of elimination in your body for up to 3 days.
- **Use Diuretic Foods** such as: Artichoke, celery, eggplant, borage, cauliflower, asparagus, green bean, apple, peach, melon, loquat, pear, watermelon, grape
- Eat at **regular set times**
- Bread must be eaten at least 48 hours later if yeast is used
- Prepare whole grains properly (some may need to be cooked for at least 3 hours)
- Any weight loss program will be incomplete without breakfast. Therefore, eat a healthy breakfast to avoid snacking in between meals
- Eat at least 3 – 5 servings of fruit and vegetables every day – use the palm of your hand for a serving size.
- Eat **Pumpkin Seeds** (1/4 cup or handful with each meal) daily
- Eat **Flaxseed** take 2 tablespoons freshly ground daily
- **Cumin** has been shown to improve weight loss when mixed with other herbs and spices.
- **Coriander** have been shown to increase metabolic function and heighten weight loss.
- **Lecithin granules** 1 tablespoon sprinkled on food daily. This is useful for dissolving fat.
- **Olives** - eat 7 olives daily
- **Ginger** – helps reduce your appetite and cut cravings
- **Parsley** – helps to reduce excess glucose in the blood
- **Lemon water** - helps to reduce weight - ½ lemon in 8 oz of water daily to burn fat. Early morning, drink lemon in 8oz warm water, and use a straw to protect your teeth from the acid.
- **Blackstrap molasses** (2 tablespoons daily if you are not Diabetic)

A Word on Fats: Concentrated forms of fat as in oils are a source of calories and are seven times more easily stored in the body. A low-fat diet helps to control hunger and appetite.

Certain essential fatty acids as in our seeds and nuts help to burn fats. Examples of Essential fatty acids are: ground flax seed and chia seed, nuts, olives, soybeans, spinach. Other good fats are monounsaturated fats such as: **olives, almonds, hazel nuts, macadamia nuts, pecans, avocado**

LIFESTYLE RECOMMENDATIONS FOR A HEALTHIER YOU

- Break the snack habit - The calories you get from snacking can add up to an extra meal. One study showed Western women tended to snack 400-500 calories per day. At the rate of 500 calories per day, seven days a week, totaling 3500 calories, that means it's possible to gain an extra pound a week on snacks alone!
- There should be a specified time for each meal
- Eat all that the system requires at meal times
- Sit at a table to eat
- All **meals** should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes' time difference in the schedule.
- Rest the stomach for at least five to six hours in between each meal to give the stomach enough time to properly digest a meal and then have an hour or two of rest before the next meal
- Drink only water in-between meals
- No snacking. Not a particle of food should be introduced into the stomach till the next meal – no fruit, nuts or anything that will cause the stomach to have to work. If the stomach does not get a chance to digest a meal without disruption, because a snack was introduced within digestion time, it begins the process of digestion all over again, thereby causing food to remain in the stomach for too long.
- Two meals are better than three
- Eat no later than 6:30pm or at least 3 hours before bedtime. A third meal should consist of fruit, crackers with fruit spread, but not vegetables or a fat item like nuts which will take long to digest. If you feel that you must eat at night, take a drink of cold water, and in the morning, you will feel much better for not having eaten. *Counsels on Diet and Foods p. 177.276*
- **Exercise.** Brisk walking daily for at least ONE continual hour is essential for lowering obesity. **Early morning walks** burns predominantly fat. You may walk twice daily if the weight is persistent to lose.
- Take a **digestive walk** for 15 to 30 minutes after a meal, this aids with digestion and manages rising sugar levels in the blood.
- Check any **medications** you may be using as a side effect may be increasing fat cells.

- **Bedtime** should be before 10:00p.m. Research shows that going to bed after 10:00 p.m. at night continually for two weeks elevates blood glucose, hypertension, and cholesterol levels.
- **Practice proper posture.** Avoiding sitting for long periods so stand up often. Sit or stand up straight, pull your shoulders back and give your rib cage and your diaphragm the space it need to work properly and inhale and exhale as much oxygen as it needs to. Standing and walking 10 minutes every hour can help in the reversal of obesity, diabetes, cholesterol and high triglycerides.
- **Peppermint oil** - *the smell of peppermint can help to decrease appetite, causing individuals to eat less – place on clothing and inhale.*
- Ensure you get adequate amounts of sunlight exposure to increase your vitamin D level. When the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. Daily exposure to sunlight is beneficial. **For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest** (depending on where you are located in the world this time may vary). The closer your shadow is to you the better you will be able to make vitamin D.
In treating disease, it is important that your vitamin D level is sufficient. Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May and October** take **1000iu** daily, **April and November** take **2000iu** daily, **March and December** take **3000iu** daily, **January and February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat-soluble vitamin, so it requires fat in order for it to be absorbed).**

If you do not get regular sunlight, and you are vitamin D deficient: take vitamin D3: 20,000iu for first seven days, next take 10,000iu for four months then as a maintenance take 6,000iu daily, except on days when you get adequate sunlight.

HERBAL SUPPLEMENTS FOR LOSING THE WEIGHT

BASIC PROTOCOL

Daily supplement:

- **Red Raspberry Ketone** 1000mg daily
- **Garcinia Cambogia** 1000mg daily
- **Burdock** - you must cleanse your blood and liver
- **Colon Cleanse**



INTENSE PROTOCOL

ENSURE TO CLEANSE YOUR LIVER WITH MILK THISTLE AND DANDELION AND YOUR BLOOD WITH BURDOCK AND RED CLOVER:

- **Milk Thistle** - Silymarin can also help to lower fasting blood glucose levels, according to a study published in the journal "Phytotherapy Research" in 2006. By decreasing blood glucose levels, silymarin may also keep insulin levels more stable. High levels of insulin can encourage fat storage in your body.
- **Dandelion** – may help with weight loss if you drink it before meals or use it in cooking. According to *Mary Koithan, Ph.D., in a 2011 issue of "The Journal for Nurse Practitioners,"* herbal teas can be used as soup stock to enhance weight loss, and drinking dandelion root tea prior to eating promotes fat and cholesterol breakdown because it stimulates gastric secretions. It also helps boost satiation causing you to feel full and making it easier to eat fewer calories during meals.
- **Burdock Root** - Improves fat metabolism and acts as a diuretic. Active ingredients include inulin, polyphenolic acids, and non-hydroxy acids. It is an excellent herbal blood purifier that detoxifies the blood and lymphatic system. It is high in iron, and can help build blood during times of low hemoglobin. It is also considered a mild laxative, aids in the elimination of uric acid and help to reduce cravings and hunger.

- **Red Clover** – Helps remove cellulite. Cellulite is a highly toxic fat. It removes toxins from the body and blood, it will also target that most troublesome fat.
- It will keep your body from gathering more toxins to your fat stores and aid in removing those that exist. This is especially effective for those of us who struggle with weight in their thighs and buttocks area.
- **Turmeric** has been shown to help reduce inflammation, high levels of which may be a significant cause of obesity and difficulty losing weight.

CLEANSING DRINKS

Drink in first day and on a day in the weekend for the first month, then once per month. In this way you get to eliminate toxins which was released from the various teas.

Lemon juice – 1/4 cup with **Castor Oil** – 3 tablespoons

Drink two 8oz glasses of warm water immediately following the lemon and castor oil drink

Or Senna tea 2 tablespoons of Senna in 2 cups of water and steep for 40 minutes and drink

Or Super Colon Cleanse by Health Plus– 1 tablespoon mixed in 8oz water or apple juice.

Or Psyllium husk daily by Health Plus– 1 tablespoon mixed in 8oz water or apple juice

or Original Colon Cleanse by Health Plus– 1 tablespoon mixed in 8oz water or apple juice

Use for 10 days as directed stop and use again the following month. You must drink lots of water.

EARLY MORNING DRINK

Drink 2-4 cups of **warm water**

One cup of the warm water will have 2 tablespoons of **lemon juice** - use a straw to drink lemon water and protect the enamel of your teeth.

INTENSE WEIGHT REDUCTION HERBS

Prepare and drink the following beneficial herbal combinations for reducing weight. For best results the different combinations of herbs should be rotated on a weekly cycle until you achieve your ideal weight.

ROTATION 1 - ONE WEEK FOR THIS ROTATION	
Dandelion	2 Tablespoons
Red Clover	2 Tablespoons
Gymnema Sylvestre	2 Tablespoons

ROTATION 2 - ONE WEEK FOR THIS ROTATION	
Milk Thistle	2 Tablespoons
Burdock	2 Tablespoons
Cadamom	2 Tablespoons

ROTATION 3 - ONE WEEK FOR THIS ROTATION	
Dandelion	2 Tablespoons
Burdock	2 Tablespoons
Ginseng	2 Tablespoons

ROTATION 4 - ONE WEEK FOR THIS ROTATION	
Peppermint	2 Tablespoons
Red Clover	2 Tablespoons
Turmeric	2 Tablespoons

ROTATION 5 - ONE WEEK FOR THIS ROTATION	
Parsley	2 Tablespoons
Red Clover	2 Tablespoons
Coriander	2 Tablespoons

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours. Drink as water through the day.

INTERMITTENT FASTING

In our world today, it is easy for us to eat too much or eat too frequently. Fasting cleanses and rejuvenates the body physically, mentally and spiritually. There are fasting options, such as, juice fast, fruit fast, water fast, abstinence from flesh food fast, and they all yield great benefits, but one that is sustainable is the abstinence from food for a time or intermittent fasting. This means that **for 12 to 16 hours daily you fast from eating food and drink only water**. This can be easily achieved when you space your mealtime wisely. Intermittent fasting aids in detoxifying the body, improving digestion and bowel movements, and enhancing mental performance.

You can fast for 12 hours or more when you are on a two-meal plan. For example, eating breakfast at 7am to 8am and lunch at 2pm to 3pm and ingesting nothing but water until your next meal to help you fast for 16 hours. Similarly, three meals daily, eaten at 6am, 12 noon and 6pm can get you fasting for 11 ½ hours.

Setting your times for awaking, eating, exercising, devotion and sleeping is an amazing way to keep yourself in check to get all the healthy things done in your day and yet have time for everything else.

DAILY SCHEDULE

Time to get up: _____

Time for lunch: _____

Time for morning devotion: _____

Time for digestion walk: 15 mins

Time for exercise: _____

Time for Supper: _____

Time for food preparation: daily

Time for digestion walk: 15 mins

Time for breakfast: _____

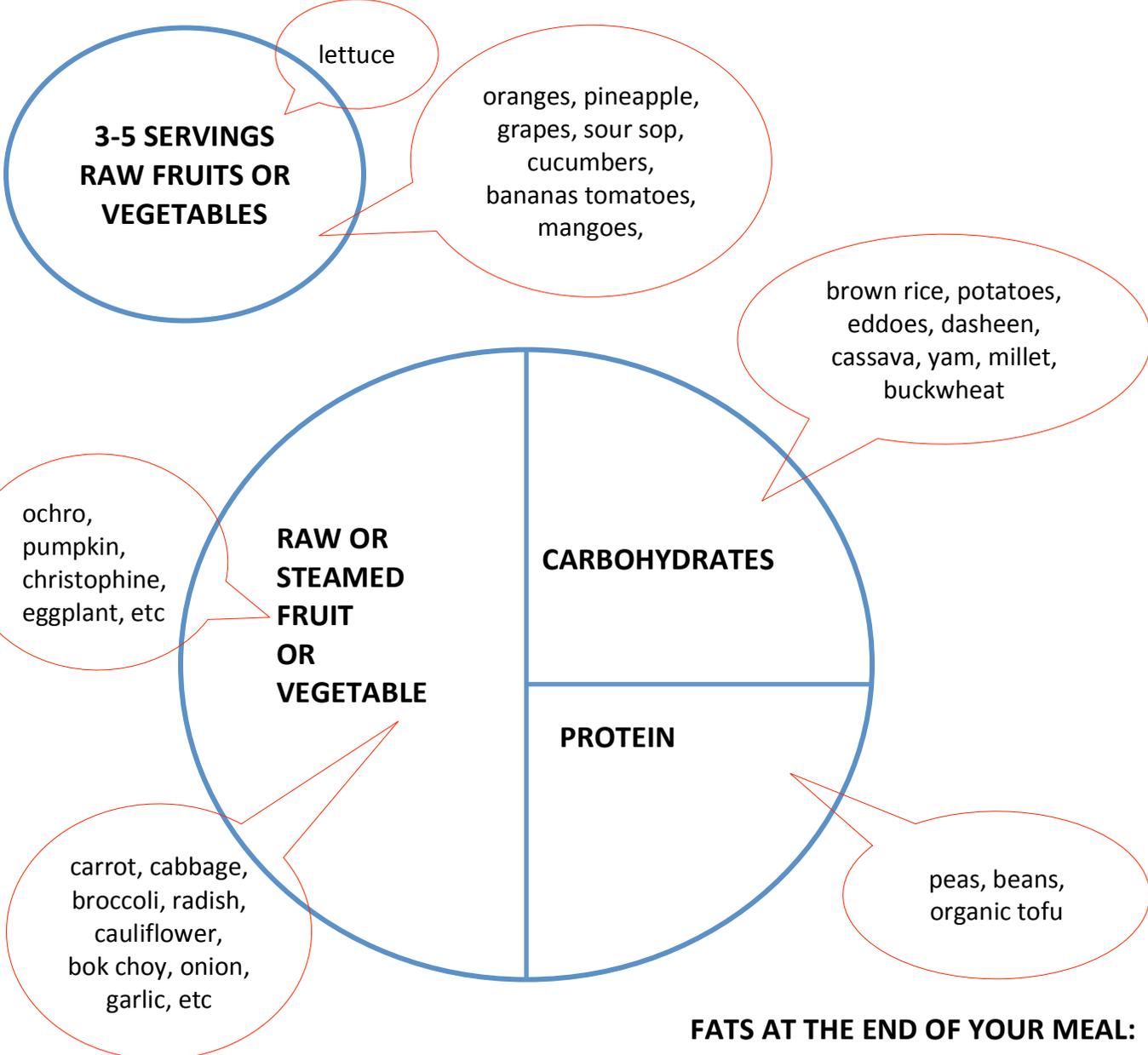
Time for evening devotion: _____

Time for digestion walk: 15 mins

Time for rest: _____

Special notes: each morning drink 2- 4 glasses of warm water with 1-2 tablespoons of lemon in one (8oz makes 1 glass)

BREAKFAST & LUNCH



SUPPER

- Fruits or fruit juice
- Bread (gluten-free) with natural fruit spread or
- Grains or
- Lemon water, Cold water

FATS AT THE END OF YOUR MEAL:

- A handful of your favorite nuts or seeds (almonds, cashew, pecans, pumpkins seeds, sunflower seeds)
- A piece of dried coconut
- A slice or two of GF bread with nut butter on it

MENU OPTIONS

DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Tomato	Cucumbers	Tangerine	Pineapple, coconut Smoothie	Lettuce
	Boiled potatoes Channa peas 2 Tbsp Flax seed (ground)	Organic Cornmeal Pie with pigeon peas 2 Tbsp Flax seed (ground)	Wild rice Okra, Lentils 2 Tbsp Flax seed (ground) 7 olives	Brown rice String beans Egg plant 2 Tbsp Flax seed (ground)	Sweet potatoes, black beans, carrots 2 Tbsp Flax seed (ground) 7 olives
	Gluten-free bread with nut butter	Cashew nuts	Brazil nuts	Almonds	Pecans
LUNCH	Lettuce	Lettuce	Cucumbers	Lettuce	Tomatoes
	Brown rice Kidney beans Callaloo	Brown rice Steamed Cabbage and Cauliflower Chick pea	Quinoa Red beans Steamed Christophine	Boiled Dasheen, Steamed Broccoli, blackeye beans	Baked breadfruit, eggplant, black beans
	Walnuts	Brazil nuts	Pumpkin seeds	Cashew nuts	Walnuts
SUPPER	Cucumber, pink salt & Tomato	Oranges	Water Melon	Mango	Lemon water

OUR RAW FOOD DIET PLAN IS ALSO ANOTHER GREAT OPTION

SEE US OR OUR WEBSITE www.nhtlh.com

**FOR MORE INFORMATION ON
MENUS AND RECIPE OPTIONS**

The Secret to Disease Prevention and Health Restoration

↻Disease never comes without a cause↻

What is Disease?

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

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.

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. Therefore, the cause should be ascertained, unhealthful conditions should be changed, wrong habits corrected, then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.

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, untrammled, 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.

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.

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.

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.

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.

*The above quotations were taken from the book
Ministry of Healing*

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. However, once our bodies are in harmony with the **Laws of Health**, we can experience radiant health every day!

THE LAWS OF HEALTH

Pure Air

Pure air is most essential to life, we can live without food for several weeks, without water for several days, but we cannot live without air.

In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood.

Deep breathing soothes the nerves, stimulates the appetite, renders more perfect digestion, induces sound refreshing sleep, promotes good blood and keeps you more alert.

How to get fresh air?

- Avoid polluted or stale air environment.
- Open your windows and doors during the day and at night sleep with your windows slightly opened to ensure you always have a circulation of air around you.
- Keep plants in the home to purify the air.
- Avoid air fresheners or scented candles that have harmful chemicals in them.
- Avoid storing spoiled food in an around your home.
- Keep the home surroundings dry and not damp with too much trees or bush.
- Exercise in the open air.

Sunlight

Sunlight is one of nature's most healing agents.

The beneficial effect of sunlight on the body is unknown to many, yet it is so essential and we do need it every day. There is a receptor site on every cell in the human body for vitamin D and exposure to sunlight enables your body to make vitamin D.

Regularly spending time in the sunlight each day will allow you to make adequate vitamin D. For lighter skinned individuals spend at least 10 to 15 minutes and for darker skinned persons, spend at least 45 – 90 minutes between the hours of 9:00 am and 3:00 pm. When you stand in the sun, the closer your shadow is to you, the better the quality of sunlight for making vitamin D.

Exposing your face, hands or feet will be sufficient bodily exposure. It is important to avoid getting sunburn when enjoying the sunlight. Therefore, wear breathable fabric to cover your arms and yet keep cool like linen or cotton, wear a straw hat on your head, drink lots of water to keep hydrated and eat a low-fat, plant-based food. If you are not accustomed to being out in the sun, gradually build your exposure time.

Aim for your vitamin D level to be at least between 24 to 32 ng/ml and above and for optimal health aim for 40 – 50 ng/ml and above.

Getting adequate sunlight drastically reduce your risk of hundreds of diseases. For example: asthma, autism, all forms of cancer, celiac disease, chronic pain, lupus, multiple sclerosis, obesity, rickets, prostatitis, arthritis, acid reflux, hormonal imbalance, PCOS, pre-menstrual cycle.

Weight Loss Program

Sunlight helps to:

- Energize and strengthen the body
- Build good brain, bone and teeth formation
- Kill germs in and out on the body
- Normalize blood pressure, cholesterol and blood sugar levels
- Improve quality of sleep
- Relieve depression
- Increase white blood cells
- Heal fungus infections
- Reduce stress
- Relieve asthma
- Modify the work of the kidneys
- Reset your biological rhythm, and regulate your hormones
- Build your immune system

Embrace the sun and enjoy its live-saving, healing rays.

Temperance

Be ye temperate in all things. Temperance is total abstinence from that which is harmful and moderate use of that which is good.

Treating our bodies with care includes not only the food that we eat, but what we drink, do, think, say and abuses we may inflict upon ourselves.

The use of tea, coffee, alcohol and tobacco, poses many challenges in life. These articles may give pleasure for a time, but its dreadful effect on the body lingers long and can be a misery not only to us but also to others.

Coffee and other caffeinated beverages are linked to an increased risk of insomnia, anxiety and fatigue, bone loss and osteoporosis, worsening depression, miscarriages and increases the risk of certain cancers, including cancer of the kidney, bladder, ovary, prostate breast and colon. Theobromine, a caffeine relative found in

chocolate and **tea**, can increase the risk of prostate cancer and is stimulating to the heart and nerves.

Most highway deaths involve the use of **Alcohol**. It also promotes high blood pressure, is toxic to the heart muscle, has excess calories, stores as fat in the liver, depresses respiratory functions, and causes permanent brain damage.

Avoid all wines and alcoholic beverages completely. Women who consume one glass of wine every fifteen days increase the risk of breast cancer by 60 percent.

Tannin in **tea** and **wine** or **vinegar** interferes with the absorption of iron. This can lead to other types of ailments. Examples of teas include green tea, white, black or chai tea.

Tobacco is addictive and opens up the appetite to stronger toxic drugs. Of the more than 4000 different compounds found in cigarettes many are carcinogenic. It also increases heart disease and other blood disorders, greater back pain injury, hormonal imbalance, increase aging, difficulty in sleeping and stomach ulcers.

Women who have never smoked face more than half the risk of developing lung cancer if they live for a significant period of time with a smoker. Children of smokers have more coughs, sore throats, ear infections, pneumonia and bronchitis.

Rest

Sleep, nature's sweet restorer, invigorates the tired body and prepares it for the next day's duties. *Child Guidance p. 341*

Sleep improves daytime alertness, memory, ability to cope with pain, reduces weight gain, and the hormone melatonin, the body's natural antioxidant, is produced during dark

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sleep time and this helps in building our immune system, regulating heartbeat, blood pressure and blood sugar levels.

Two hours of good sleep before twelve o'clock at night is worth more than four hours after twelve. Therefore, if you went to bed at 9:00pm you would get 6 hours of rest quality by midnight and when you awake you will feel so more refreshed. Therefore, for students, it is better to go to bed early and wake early to study where the mind will be more alert and sharper.

Sleep in a dark room without lights shining into the room. Avoid having a TV or nightlights in the bedroom. Go to bed at least by 10:00pm to give the body a chance to repair its cells and bring healing wherever needed.

It seems like all life-forms moves in seven-day cycles so spend some time at least one day a week for rest and re-cooperation.

Exercise

A sedentary lifestyle is a direct route to an earlier grave. Exercise strengthens heart muscle and bones, lowers high blood pressure, reduces the risk and helps to fight cancer, burns excess fat, improves circulation, reduces anxiety and stress. Walking is the best form of exercise, for in it all the involuntary organs get movement.

Exercise in the free invigorating open air at least 1 hour daily. It is the surest safeguard against colds, flu, congestion of the lungs and head. Start slowly and work your way to a brisk pace. Swing your arms when you walk, maintain a good posture and keep your head up. Incorporate some strength-bearing component in your exercise program such as lightweights or gardening.

Proper diet

Grains, fruits, nuts and vegetables constitute the diet chosen for us by our creator. *Counsels on diet and foods p. 310*

It is best to eat whole foods and not processed foods. Plant food contains essential soluble and insoluble fiber that works in reducing heart disease, lowering blood sugar, hemorrhoids, hives, obesity, diverticulitis, colon and rectal cancer, constipation, gallbladder disease, varicose veins, appendicitis and more.

Aim to get 3-5 servings of fruits and vegetables daily. Have a mix of different colors of food over the course of the week as they are rich in antioxidants and phytochemicals that your body will love for nutrients and detoxing. Nuts and seeds are not snacks but are naturally fortified in much needed essential trace minerals. For example: the use 1 handful of almonds, pecans, walnuts, pumpkin, sunflower or sesame seeds or a slice or two of bread with a natural nut spread as a fat at the end of the meal will sustain you well until the next meal; this is a great way to prevent snacking.

It is important to note that some foods that have nutrients are not the best for an optimal diet: such foods are all flesh foods, the chicken, fish, beef, turkey, lobster, shrimp, crab, shellfish, milk, cheese, butter, eggs, sausages, tuna, sardine, bacon etc., these foods increase the risk for heart disease, high cholesterol, blood pressure and sugar, arthritis, obesity, hormonal imbalance or migraine.

Condiments and spices are stimulating to the body and can weary the brain and nerves, deplete iron, increase heart rate, acid reflux, indigestion or gas. Therefore, avoid vinegar foods, ketchup, mustard, salad dressings,

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pickles, and nutmeg, cayenne, black and white pepper.

Eliminate fried foods and avoid cooking with oil. Eliminate sugar and artificial sweeteners. Ensure you get iodine by use of pink Himalayan sea salt.

Eat at set meal times every day, spacing the meals at least 5 hours apart and take a 15 – 30 minutes digestive walk after each meal. Avoid eating and drinking with your meals.

Use of Water

Water is the best liquid possible to cleanse the tissues. *Counsels on Diet and Foods p. 419*

Pure water (rain water) not flavored water is healthful to the body. It reduces fatigue, heart disease, blood-clotting, blood sugar levels, headaches, lung congestion, constipation, foggy brain, acid reflux or pain.

Start the day with 2 – 4 glasses of warm water and you may squeeze a tablespoon of lemon in 1 glass. Drink lemon water with a straw to protect the enamel of your teeth. This will stimulate bowel movement and cleanse your tissues.

Drink room temperature water 15 – 30 minutes before meals, 2 hours after a meal and in between meals. Drink water until your urine is pale yellow to clear. Cold water will cut your appetite and give a false sense of fullness.

Hot and cold contrast baths is not only invigorating but stimulating to the immune system.

Trust in Divine Power

Trust in the Lord with all thine heart; and lean not unto thine own understanding.
Proverbs 3:5

Trust in Divine Power provides an inner peace and stability, it gives strength to forgive, hope when all seems lost, and healing to unresolved problems and brings love to the heart and home.

God cares for us, He promises never to leave nor forsake us and to be our ever-present help in trouble. Talk to God as to your best friend, open your heart to Him, tell Him of your cares, fears or joys, lay your plans before Him and ask for His guidance. Maintain a daily connection with Him at least for 1 hour from your busy life and you will reap great rewards.

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.

