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N = UTRITION  “Let food be your medicine”. Food equals behavior. Strive to eat whole foods eaten whole. An apple instead of apple juice, whole potatoes instead of French Fries. Baked instead of fried foods. Eat like a rainbow and try to get a variety of colors from fruits, vegetables, nuts and seeds. Eat the least processed and preservative free foods as possible. Eating foods that come from their source is ideal before they are over salted, over sweetened or fried.  E = XERCISE  Our bodies were designed to be moved. Walking in the fresh morning air is the best exercise. It moves all your organs and limbs. Deep breathing while you are walking will also keep your lungs healthy. Aim for 30 minutes of exercise daily but the ideal is one hour of exercise daily which can be done at one time or broken up into increments, such as thirty minutes twice a day or fifteen minutes four times a day. This will help to maintain a healthy blood sugar balance. Keeps your organs and muscles well-toned and provides stress relief by lowering cortisol levels in the blood caused from chronic stress. Exercise releases insulin so be monitored by your health care provider if you are diabetic and on insulin because you will lower your blood sugar with regular exercise.  W = ATER  Fresh water is vital to sustain all functions in the body. Our bodies are seventy-five percent water. You can survive weeks without food, but only days without water. You need to drink one half of your body weight in ounces of water. So, if you are 200 lbs. you need 100 ounces a day in water. The best time to drink is when you first awaken. Take 2-4 glasses of warm water with a bit of lemon added at least 30 minutes before breakfast. It is best not to drink water with your meals because it will wash away digestive enzymes needed for proper digestion of food. The food can take longer to leave the stomach and cause constipation and indigestion making it less likely that you will absorb the nutrients needed in your food. Wait 2 hours after eating to start drinking water again. Between lunch and dinner have another 4 glasses of water. Stop drinking water 30 minutes before lunch and restart 2 hours after eating. Have your last 2 glasses, based on your body’s daily requirements, up to 30 minutes before dinner. You see the pattern now. Water in between meals. Drink water instead of sodas and Kool Aid – would you want to take a bath in Kool Aid or clean water? Well, your cells prefer water too. Also use water on the outside, such as bathing. Hot and cold contrast showers are ideal for daily health and immune boosting. Get warmed up in the shower then do 30 seconds to one minute of cold water, front and back, to wake up your white blood cells to fight infections. Go back to warm water to a minute or two, then back to cold. Try to do 3-4 changes of hot and cold water then end your shower with cold to close your pores and hold in your body heat. You will find your risk of colds and flu’s decrease dramatically.  S = UNSHINE  Sunlight stimulates Vitamin D absorption in the skin. Vitamin D boosts the immune system and fights infections and helps balance blood sugar and strengthens your bones. Fifteen to thirty minutes of sunlight daily is ideal. You may use sunscreen if you are to stay out longer. Exercise in the sunshine is more effective than exercise indoors.  Vitamin D absorption is also essential in decreasing the symptoms of Asthma. Sunlight fights depression and prevents seasonal affect disorder. It boosts brain health, lower blood pressure and increase your metabolism which helps fight obesity.  T = EMPERANCE  Temperance is an old-fashioned word for *MODERATION*. Eating that which is healthful in moderation and avoiding all that which is harmful. To eat and live in a moderate balanced way. Striving for a lifestyle that regards the body as God’s Holy Temple (1 Corinthians 6:19). Remember, the food eaten is providing life to your billions of cells. Make the best choices possible.  A = IR  Fresh air in your body and home environment are important to a healthy immune system. Deep breathing relaxes your body.  Here are some important health benefits of fresh air:   * Fresh air is good for digestion. * Improves your blood pressure and heart rate. * It makes you [happier](http://goodrelaxation.com/2011/12/ways-to-relax-after-a-bad-day-at-work/). * Fresh air cleans your lungs. * You will have[more energy](http://goodrelaxation.com/2011/12/how-to-have-more-energy-during-the-day/) and sharper mind.   R = EST  Spiritual Rest and Trust in God are the greatest health remedies known to man. God commanded us to **remember** to rest in the fourth commandment. Physically, proper sleep and rest are the only times the body can truly heal. There are different cycles of sleep occurring throughout the night. It is important to sleep with an empty stomach, so your body is not digesting food when it is trying to heal and restore your organs and tissues. Strive to not eat three hours before you sleep. This also prevents acid reflux from occurring while you sleep. A good time to stop eating is 6 pm and sleep around 9 pm. Each hour of sleep **before** midnight is the equivalent of getting two hours of sleep. Seven to nine hours of deep sleep per night keep your body’s immune system in top shape and better able to handle the stresses of daily living more positively. Sleeping six hours or more showed improvement in memory and a lower incidence of inflammation in the body. Proper sleep increases creativity, concentration and a lower risk of accidents.  T = RUST IN DIVINE POWER  To have a NEWSTART every day we must put our trust in God **before** we understand every experience we may face, before we ever here “I am sorry” from someone who has hurt you deeply or before we see our faith come to sight. Studying His Word, the Bible, speaking to Him in prayer, worshiping Him together with other believers will strengthen your immune system in ways that nothing else can do. Proverbs 3:8 states that trusting in God “will bring health to your body and nourishment to your bones.” Don’t start your day or end your night without Him. A study showed that just 12 minutes a day of meditating on a God of love, showed measurable growth in the anterior cingulate cortex (ACC), our neurological “heart”, where we experience altruistic love and empathy for others, our spiritual heart. Meditating on God’s love reduces fear and is healing to our being. Science confirms what the Bible through Solomon said, “Above everything else, to guard your heart; for it is the source of life’s consequences.” Proverbs 4:23. (CJB). “As a man thinks in his heart so is he” Proverbs 23:7. “Perfect love casts out all fear.” 1 John 4:18 | |

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