



Has God left us with no
answers for disease

NO HE DID NOT

God created Man in his own image

▶ 1 Corinthians 6: 19-20

▶ Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

Romans 14:12

- For the kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit.

1 Corinthians 10:31

- ▶ So whether you eat or drink or whatever you do, do it all for the glory of God.

Egypt was a lot like us, in the US.

- ▶ Could it be that we here in America have accepted the curses of Egypt instead of the health promises of God?

Exodus 15:26

- ▶ If you will listen to the voice of the Lord your God and do what is right in his sight, obeying his commands and laws, then I will not make you suffer the diseases I sent on the Egyptians; for I am the Lord who heals you.

Study notes for Exodus 15:26

- ▶ God promised that if the people obeyed him they would be free from the diseases that plagued the Egyptians. Little did they know that many of the moral laws he later gave them were designed to keep them free from sickness. For example following God's law against prostitution would keep them free from venereal disease. God's laws for us are often designed to keep us from harm. Men and women are complex beings. Our physical, emotional and spiritual lives are intertwined. Modern medicine is now acknowledging what these laws assumed if we want God to care for us we need to submit to his directions for living.

The choice between life and death.

- ▶ In Deuteronomy 30:19,20, Moses challenged Israel to choose life, to obey God and therefore to continue to experience his blessings. God does not force his will on anyone He lets us decide whether to follow him or reject him. This decision however is a life or death matter. God wants us to realize this for he would like us to choose life. Daily in each new situation we must affirm and reinforce this commitment.

Israel ranked number 10

- ▶ According to the world health rankings Israel is still in the top 10 of 169 countries in terms of overall health.
- ▶ The U.S. is ranked 35th, and with life expectancy of 85.8 years, we are ranked at 64th in the world.

Matt. 8:28-31 [The first bay of pigs]

- ▶ The demons begged “if you cast us out send us into the herd of pigs.”
- ▶ Dr. Jordan Rubin, author of *The Maker's Diet*, book, said “we should not eat anything that Jesus cast demons into.”

Mosaic Diet and low animal toxicity

- ▶ In 1953 Dr. David Macht, a John Hopkins researcher, conducted toxicity tests on many different kinds of animals and fish and concluded that the toxicity of Leviticaly “unclean animals” was higher than the rest of the “clean animals” and that the correlation with the description in Leviticus was 100% correct.

Hippocrates "the Father of medicine"

- ▶ Hippocrates was born 460 BC on a small island off the coast of Greece.
- ▶ He is well known for a lot of things in the medical field, "The Hippocratic oath" of which most doctors swore to," knowingly do no harm to there patience." and also, "Let food be thy medicine and medicine thy food."

Hippocratic Oath

- ▶ Some doctors in recent years have left the traditional ways of practicing medicine because they felt that they were not being true to this oath, that the drug companies who have their roots in the medical schools that our doctors are taught in. They learn little to no nutrition values in these classes, only what drugs can do.

Just a short history lesson

- ▶ Eisenhower was the president of our country in 1955, when he suffered a heart attack. Our government wanted to know what the cause was for this. So scientist's were hired to find the root cause, one thought it was the sugar in his diet the other thought it to be fat. The food lobbyists pushed for fat to take the blame and the rest is history.

So honor God with body, mind & Spirit

- ▶ Your physical body is all you have in this life to carry around the spirit that dwells within you.
- ▶ Satan is here to steal, kill and destroy. If he can keep us sick and worried about our own health and future then we will be broken and not have the energy to help others.

Fasting

- ▶ Not only do we need the good food that God has given us but he also told us to fast and pray. Here are just a few benefits of fasting; improves energy, helps to break addictions, helps with depression, it cleanses your body and gives it time to heal, improves sleep, improves your cardiovascular response, and reverses signs of aging.

The Jews

- ▶ An obscure race of people attempting to cross the Sinai Peninsula about 3,500 years ago received a highly advanced system of disease prevention and medical hygiene. The people followed these instructions and somehow escaped the communicable diseases and social ills that devastated other civilizations over the millennia, as they were promised

Our digestion is the same now as then

- ▶ Two keys to optimal health
- ▶ 1) Optimize the nutrition entering your body.
- ▶ 2) Reduce the toxins in your body

Make the most of this life

- ▶ There are a lot of resources out there for us to tap into to find answers for our broken bodies. Documentaries, books, the internet, and back that up with the word of God.

It is your decision

- ▶ This is where free will comes in.
- ▶ Even if you are the most intelligent person in the world, if you fail to fuel your body properly, your brilliant intellect may be dimmed or extinguished through poor nutrition and poor lifestyle decisions.