

WHY BE SICK

To be well, we must comply with nature's fixed conditions (laws): The cause of the disease of sickness must be removed. Our bodies must be supplied with material necessary to effectively repair the damage wrought by the disease. Our bodies cannot heal themselves, and do a good job at it with poor material.

Man will be rewarded handsomely when living in harmony with the natural laws that govern his being. On the other hand, in time, man will pay the price by infringing upon these natural laws. Life, health, and happiness are dispensed to those who follow these laws. Innumerable pains and premature death are meted out, with impartiality, inevitability and unerring accuracy, to those who transgress.

For example, if someone breaks the laws that govern the digestion by overloading the stomach with junk food and poor quality food; or by abusing the kidneys so that they cannot function as they should, then the stomach or kidneys will fail, which can lead to serious health problems or death!

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Americans commit from 20 to 80 poisoning acts daily! Many of these acts are innocently and unknowingly indulged. Only three things should ever pass our lips: good air, pure water, and wholesome foods of our natural, biological disposition, which are fresh fruits, vegetables, grains, nuts and seeds.

Your health is a totally do-it-yourself affair. No one else can breathe for you, drink for you, eat for you, sleep for you, exercise for you, get sunshine for you, avoid for you, nor,, in fact, do one solitary thing for you that builds health! At best, you can be guided to healthful practices. Only healthful practices build health while all unhealthful practices produce illnesses, diseases, ailments, and suffering. Remember, man is a product of how he lives — every wrong action will cause a wrong effect. Every right action will cause a right effect!!

Whether therefore ye eat, or drink or whatsoever ye do, do all to the glory of God.
1 Corinthians 10:31

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Maintaining a normal weight, eating a nutritious diet, exercising and not smoking are all crucial to staying healthy, but only about 3% of people manage to achieve all four of these health habits, according to U.S. health officials.

America's Health Myth

You could say the odds are stacked against you! America a terribly sick nation! Nearly 99% of its inhabitants do suffer or will suffer in some manner. Untold millions endure excruciating aches and pains.

One hundred years ago, heart attacks and strokes were the cause of death for less than 14% of our population. Today, heart attacks and strokes are the cause of death for almost 50% of our population. That is an increase of almost 400% in 100 years.

Every 33 seconds someone in the United States dies of a heart attack; and if you don't change what you eat, your chance of having one yourself is almost 50%.

EVERY DAY IN AMERICA:

- 32,877 Americans are diagnosed with coronary heart disease!
- 12,603 people suffer a heart attack!
- 2,600 people die from cardiovascular disease!

And to make matters even worse each year nearly another million Americans will suffer diagnosed cancer!

WHY ARE AMERICANS SO UNHEALTHY?

Most Americans know less about their own bodies than their cars, furni-

ture or television sets. Many have taken their health for granted for so long that they may no longer realize that they are the ones responsible for either being sick or healthy.

We are living in a very fast-paced world. Most people live mainly for fun and pleasure; and few people stop to think what tomorrow will bring. When tomorrow does arrive, and mankind finds himself sick, he resorts to calling a physician.

Very few individuals understand that the majority of all illnesses, including the degenerative diseases, have been brought about by incorrect lifestyle habits.

Today, Americans are being told that they live longer than the folks that lived around 1900. Actually that belief is largely a myth. The fact is that around the turn of the century every sixth baby died before reaching the first year of life, mainly because of infectious diseases. This, then, greatly shortened the average life span of members of their society.

Today, however, a person age 65 has very nearly the same life expectancy as a person back in the 1900's who survived that critical first year of life, with perhaps an average gain of

around five or six years at most.

Actually the term, "degenerative disease," is really a misnomer. For years people accepted the idea that "degenerative diseases" (such as heart diseases, diabetes, arthritis, etc.) were diseases of old age and, therefore, to be expected. Nothing could be further from the truth! The fact that an increasing number of young people are suffering from the same diseases refutes this, as does their increase to near epidemic proportions despite everything medical science can do.

Advances in high-tech medicine have not altered the advances of the killer diseases! People create their own diseases!

Modern epidemiology defined as "the study of disease differences in world populations is unraveling and exposing the mystery—that most of these modern killer diseases are lifestyle related. They are basically diseases of affluence—excessive eating, not eating correct foods for optimal health, and not following proper lifestyle habits. Americans are paying dearly for these food preferences and food abuses. They are living to eat, and what they are eating is killing them!