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FACT SHEET

The Complete Guide to Optimal Health

The Lord gave His word to ancient Israel, that if they would cleave strictly to Him, and do all His requirements, He would keep them from all the **diseases** such as He had brought upon the Egyptians; but this **promise** was given on the **condition of obedience.** (CD p. 26.3)

The words spoken to Israel are true today of those who recover health of body or health of soul. **"I am the Lord that healeth thee."** Exodus 15:26

What is a definition of Disease?

Disease is an effort of nature to free the system from conditions that result from the violation of the laws of health. (MH p. 73)

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. (MH p. 44)

The precious statements below are to be used as a guide to improving your health and preventing many diseases.

PURE AIR

The strength of the system is in a great degree dependent on the amount of pure fresh air breathed. This is necessary for mental alertness that we do have proper fresh air. (HL p. 171)



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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.

Proper breathing

- Soothes the nerves
- Stimulates the appetite
- Renders more perfect digestion
- Induces sound refreshing sleep
- Promotes good blood
- Improves blood to the brain
- Good for anxiety attacks

Improper breathing can cause

- Weak and unhealthy system
- Poor circulation
- Blood moves sluggishly
- Depression
- Fevers
- Acute diseases
- Poor digestion

Exercise in the open air should be prescribed as a life-giving necessity. And for such exercises there is nothing better than the cultivation of the soil. Let patients have flower beds to care for, or work to do in the orchard or vegetable garden. As they are encouraged to leave their rooms and spend time in the open air, cultivating flowers or doing some other light, pleasant work, their attention will be diverted from themselves and their sufferings. (MH p. 264, 265)

Let fresh air flow through your home: Crack the windows at least one inch so fresh air comes in at night. Purify the home with plants.



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Homes can have air that yields sick conditions such as: air fresheners, scented candles that can cause lead poisoning, radon gas emissions, lead paint that can cause brain injuries, moldy areas, that can cause mucus buildup and sinus conditions.

High levels of smug and pollution can increase strokes of those who live in industrialized, crowed cities.

SUNLIGHT

Sunlight is one of the greatest blessings given by God to you. Sunlight is one of the most healing agents in nature.

Sunlight benefits include:

- Helps facilitate healthy bones
- Resets the biological rhythm
- Lowers blood pressure by 8%
- Decreases blood cholesterol
- Lowers blood sugars
- Increases white blood cells
- Improves deep breathing
- Increases blood circulation
- Reduces stress

Diseases linked to sunlight deficiency include, but not limited to autoimmune disorders, defused muscular pain, lupus, arthritis, depression, diabetes, heart disease, rickets, jaundice, multiple sclerosis (MS), poor blood circulation, cancer, hormone related problems, cholesterol, high blood pressure.



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- **Diabetes:** sunlight has an insulin-like effect – it lowers the blood sugar in right proportion i.e. sunlight increases glycogen (stored sugar) in the body causing the blood sugar to be lowered
- **Asthma** patients who could hardly breathe, were able to inhale freely after a sunbath.
- **Stress:** calms the nerves and increases adrenalin - more relaxed, better able to move through the day, resulting in peaceful restful sleep
- **Cholesterol:** since 1904 it was discovered that sunlight changes the cholesterol just under the skin into vitamin D. Because there is so much cholesterol just under the skin, when it is changed by sunlight into vitamin D, cholesterol in the blood is sent to take its place, thus lowering the cholesterol in the blood. 2 hours after a sunbath (exposure 45mins – 1 hour for darker complexion) reduces blood cholesterol by 13%
- **Rickets** (Vitamin D needed to calcify the bones is not present and so it bends bones easily in children, for adults, the calcium leaves the bones and they become softer)
- **Tuberculosis**, bones, lungs, streptococcal infections, jaundice, fungus infections of the feet and toes, common cold, flu (colds are more during the rainy/winter seasons when there is less sunlight), spinal meningitis, germs – kills germs and changes skin oils into bacterial agents, acne, increases white blood cells to build immune system. (Neutrophils in the blood cells are stimulated to eat up bacteria, fungus and other bacteria)

Lighter skinned individuals require 10 to 15 minutes of sunlight daily, while darker skinned individuals, require between 45min - 1 1/2 hour between the hours of 9:00am-3:00pm.

To avoid sunburn: Cover body properly (long sleeves and hat), drink lots of water, eat a healthy balanced low-fat plant-based diet.



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There is a receptor on every cell in the body for Vitamin D. Vitamin D is a stored nutrient and when one is not exposed to sunlight it pulls from storage.

Vitamin D - take 5000iu daily, until your levels are back in line. Correct Levels of vitamin D are 40 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.) 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 D 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 live in a warmer climate please use the natural sunlight (45-90 minutes daily between the hours of 10:00 am – 3:00 pm daily).

(MS/diabetes/high blood pressure/all bone problems/colon and breast cancer).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 5,000iu per day for 8 weeks of supplemental vitamin D (liquid is better and taken with plant based fats is best for maximum absorption because vitamin D is a fat soluble vitamin).

TEMPERANCE

True temperance teaches total abstinence of that which is harmful and moderate use of that which is good.

"Indulgence in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur." – R&H, September 5, 1899 "



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Abstemiousness in diet and control of the passions will preserve the intellect and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers, and to discern between right and wrong, the sacred and the common." -- Testimonies, Vol. 3, p. 491

Let moderation be known in all things. Phil 4:5

Irregular hours for eating and sleeping saps the brain forces. 2MCP 388.1

Avoid

- Tobacco, insecticides, automobile fumes
- Alcohol, Toxic drugs
- Caffeine (cola drinks gradually melt your teeth)
- Sugar foods
- Greasy foods
- Meat/flesh animals and animal products
- Condiments and spices
- Worry or anxiety
- Inappropriate clothing

Do

- Maintain balance of rest and exercise
- Regularity in daily routine
- Eat at set meal times
- Dress healthfully (dress, shoes)
- Care for your body (no nail polish, tattoo, hair)
- Relax
- Listen to heavenly music



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REST

- You should go to bed before 10:00pm as the body heals itself between the hours of 10:00pm and 12:00am.
- Melatonin hormone, which gives restful sleep, is released between the hours of 10:00pm and 12:00am when the body is at rest. It is a natural anti-oxidant and a tumor suppressant.

Studies in Denmark and US show that it reduces breast cancer, colon cancer and prostate cancer.

Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock. . . (7MR 224.3)

- Make it a habit to go to bed and get up at approximately the same time each day. For the greatest benefit, an optimal bedtime would be around 9:00pm.
- Insufficient sleep will cause you to feel drowsy and have poor concentration during the day. A recent study conducted at Brigham Young University proved a correlation between a good GPA and the practice of "early to bed, to rise." The principle applies not only in the classroom, but in every setting; quality sleep will help you think more clearly.
- Studies have shown that sleep-loss affects learning and memory. When animals and humans are deprived of sleep, they do not perform well on memory tasks.
- "If you study after 9:30pm, much is lost and nothing is gained."
- Between the hours of 10:00 pm–12:00 pm the brain does the most work, most releasing of hormones, chemicals, melatonin, growth hormones and the brain restores itself.
- No student should form the habit of sitting up late at night to burn the midnight oil, and then take the hours of day for sleep. If they have been accustomed to doing this at home, they should seek to correct their habits and go to rest at a seasonable hour, and rise in the morning refreshed for the day's duties. In our schools the **lights should be extinguished at half past nine.** {Christian Education p124.1}



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Do you have trouble sleeping?

- Do nothing in the bed but sleep. No TV in the bedroom. No eating or reading in bed. Train the brain what the bed is for.
- Do not watch the clock if you wake as you would create anxiety. Develop bedtime rituals, such as, change clothes, brush teeth, and get into bed.
- Do not watch the news after 9pm for the brain keeps awake.
- Do not use caffeine products
- Avoid too much salt and spicy foods
- Take a warm bath
- Get active exercise during the day
- Take an outdoor walk before bedtime
- Avoid loud noise and too much talk
- Avoid worry and anxiety
- Get adequate fresh air
- Read God's word, pray and trust in Him

EXERCISE

- Exercise is very essential to good health. The acronym "**FIT**" embodies the ingredients of a good exercise program. "**F**" stands for **frequency** or how often one should exercise. "**I**" stands for the **intensity** or how hard and vigorous one should exercise. "**T**" stands for the amount of **time** one should exercise for.
- As the intensity of exercise rises, blood flow through the muscles greatly increases. Of all the structures of the body, more than half (54%) of a fit person is muscle.
- A casual walk 15-30 minutes outside after each meal will aid with proper digestion.
- Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place.



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- Walking is the best form of exercise for the diseased. One should walk 21 miles per week, which is approximately 3 miles per day seven days per week for approximately one hour. This exercise should be a very brisk, steady walk, if possible.
- Walking strengthens the bones; each step immediately increases calcium absorption. It follows a 50-50% plan, that is, it burns 50% sugar and 50% fat.
- Note too that 1 hour of continual walking is equal to 20 units of insulin.
- There is no exercise that will prove as beneficial to every part of the body as walking. (HL p.130.2)
- ...in walking, all the muscles are brought into action. (HR, July 1, 1872 par. 14)
- Morning exercise, in walking in the free invigorating air of heaven, . . . is the surest safe- guard against colds, coughs, congestion of the brain and lungs, . . . and a hundred other diseases. (HL p. 210.3)
- Exercise will improve: Muscle tone and blood vessels, efficiency of your heart and lungs, digestion, maximum oxygen intake, overall condition of your body, change your whole outlook on life, sleep at night, slow down your aging process, difficult and painful menstruation, children's growth.

NUTRITION

Our Creator in His great wisdom, provided lots of varieties of foods for our enjoyment and to keep us healthy.

Man's original diet constituted of fruits, grains, seeds and nuts. Genesis 1:29, says, "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

After sin, plants were introduced to the diet, Genesis 3:18, says, "Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; in the sweat of thy face shalt thou eat bread..."



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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. (CD p. 81.2)

After the flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the flood the race began to rapidly decrease in size, and in length of years. (CD p. 373.3)

The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. After the stomach has done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. Five hours at least should elapse between each meal, and always bear in mind that if you would give it a trial, you would find that two meals are better than three. (CD p. 173.1 art. 267)

After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food. (CD p. 179.1 art. 281)

In no case should the meals be irregular. If dinner is eaten an hour or two before the usual time, the stomach is unprepared for the new burden; for it has not yet disposed of the food eaten at the previous meal, and has not vital force for new work. Thus the system is overtaxed. (CD p. 179.2)



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Neither should the meals be delayed one or two hours, to suit circumstances, or in order that a certain amount of work may be accomplished. The stomach calls for food at the time it is accustomed to receive it. If that time is delayed, the vitality of the system decreases, and finally reaches so low an ebb that the appetite is entirely gone. If food is then taken, the stomach is unable to properly care for it. The food cannot be converted into good blood. (CD p. 179.3)

If all would eat at regular periods, not tasting anything between meals, they would be ready for their meals, and would find a pleasure in eating that would repay them for their effort. (CD p.179.4)

If you or someone you know is suffering from any sickness or disease or would like to live a healthy lifestyle, it is imperative for you to adhere to the following:

Condiments, Spices, Fermented Items

- Avoid all condiments, mustards, mayonnaise, vegennaise, nayonnaise, ketchup, vinaigrette dressings, worcestershire sauce, barbecue sauces. **If you are insistent on using any of the above condiments, see our recommended cookbooks for numerous healthy substitutes.**
- Avoid all fermented items. These items include but are not limited to: Vinaigrette dressings, vinegar, apple cider, alcohol, soy sauces, miso, tempeh, tamari, and items of like character.
- Avoid all spices, ginger, mauby, all energy drinks, curry, nutmeg, mace, cinnamon, cloves. Most spices can be used for medicinal purposes but not for dietary uses (that includes vinegar for external uses).
- Avoid all hot peppers (including but not limited to chili peppers, black and white peppers, cayenne pepper, scotch bonnet, bird pepper, hot pepper sauces, and so forth) are related to cancer of the stomach and hypertension. They are also stimulants and should be avoided.



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Beverages

- Avoid green tea, black tea, sweet tea, chai tea, Lipton's Iced Tea, red tea. Also, teas of a lighter nature (pico tea). The tannins in these teas deplete iron in the body and promote insomnia.
- All herbal teas can be used medicinally. Avoid stinging-nettle tea if you have high blood pressure or cholesterol. It reduces the blood sugar level for diabetics, but it constricts the arteries for others.
- All forms and types of coffee and caffeinated drinks should be avoided.
- Avoid all Carbonated drinks: energy drinks, sweetened waters, purified waters (in many cases, it contains baking soda),
- Vitamin waters should be avoided because they destroy the calcium levels in the body.
- Avoid the constant use of juice. Juice should be used sparingly; it should be considered a treat. Juice is robbed of the necessary fiber the body needs for regularity.
- 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.

Supplements

Did you know that one orange with 53.2 mg of vitamin C is superior to 500 mg of supplemental vitamin C because of the 170 phytochemicals that are present in the natural orange?

- The red bell has four times more vitamin C than orange juice has.
- Did you know that black strap molasses has 2,492 mg per 100 grams of potassium versus 396 mg of that of banana?
- Do not use vitamins or supplements unless you have exhausted the use of fruits and vegetables in their natural state. For example, did you know that 100 grams of sesame seeds is equivalent to 975 mg of calcium, far more than the 123 mg of milk of the same serving size? Likewise, 100 grams of black strap molasses is equivalent to 860 mg of calcium.



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Both the black strap molasses and the sesame seed have a greater absorption rate because these items possess all of the facilitators needed than any supplemental vitamins. A study reported in the Archives of Internal Medicine (October 10) showed that women between the ages of 55 to 69, who commonly used dietary vitamin and mineral supplements, including multivitamins, vitamins B6, and folic acid, as well as minerals iron, magnesium, zinc, and copper, were associated with a higher risk of total mortality."

- Avoid capsules and/or caplets unless they say 100 percent vegetarian or are plant based. Many such capsules and/or caplets may contain gelatin from either pork or beef sources.

Grains

- All grains should be cooked for at least three (3) hours. This is to required to break down the phytic acid in the bran which if not destroyed prevents the absorption of copper, zinc, calcium, iron and magnesium.
- Old fashioned oats should be cooked slowly for 3 hours to make sure that the phytic acid and starch is broken down. A Study of people over age 30 found out that there were legions on the brain caused by undercooked grains, particularly oats.

Meats, Cheeses, and Miscellaneous Items

- Flesh foods (chicken, fish, beef, lamb, pork, and all crustaceans) and their byproducts (cheese, milk, whey, etc) are high in animal protein and fat and are one of the foundational causes of all sicknesses and diseases.
- Flesh products are related to almost every type of cancer that affects the human body.
- Pork is high in parasites as well as bacterial and viral contamination. It should never be used and never be introduced into the stomach.



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- Shrimp, lobster, crab, conch, wilkes, snails, mussels, squids, catfish, crawfish, til, and like organisms should never be introduced into the stomach because they are difficult to digest and they contain more than 150 mg% of cholesterol, more than double that of lean beef. It should be avoided by all.
- Fish is loaded with cholesterol and is one of the leading causes of cancer because of the high, industrial, chemical pollutants (mercury, cadmium, etc) that are dumped in the seas today.
- Cheese from animal sources elevates cholesterol and causes high blood pressure; not to mention it is fermented and contains a chemical called tyramine, which causes the brain to send off false signals. This causes the individual to be delusional and see and hear things that are not present.
- Cheese should never be introduced into the stomach....it is still more objectionable; it is wholly unfit for food. (CD p. 368)
- Cheese is the number one cause of artery blockage, it is the leading cause of allergies, contains casein, and made with the use of rennet.
- Milk is the one of the leading causes of allergies, childhood (juvenile) diabetes and prostate cancer. Milk is also mucous forming.
- Avoid the use of ice cream. The combination of milk and sugar causes fermentation in the stomach and poisons the blood.

Fats

Despite popular belief, Avocado, Nuts and Coconut and does not contain cholesterol. Avocado, in fact, lowers cholesterol. However, avocado, nuts and coconut should be eaten in moderation because of their high fat and oil content.

The oil in the olives relieves constipation, and for consumptives, and for those who have inflamed, irritated stomachs, it is better than any drug. As a food it is better than any oil coming secondhand from animals. (CD p. 349.4)



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When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. (CD p. 350)

If you are struggling with reversing heart disease, refrain from the use of all oils. Use nuts for your fat intake.

Salt

Salt is essential to making good blood.

The best salt to use would be one that has iodine and other trace minerals. Iodine is essential in regulating the thyroid function. Without it, one may develop thyroid related conditions, including goiter and greaves disease.

Sodium Bicarbonate

The use of soda or baking powder in bread making is harmful and unnecessary. Soda causes inflammation of the stomach, and often poisons the entire system. (CD p. 342)

Sodium bicarbonate found in baking powder and baking soda irritates the stomach and causes the PH level in the stomach to remain high, thus preventing the manufacture of the intrinsic factor which his essential in breaking down protein in the stomach and the production of vitamin B12 in the intestines. High PH levels also prevents the digestion of protein in the stomach.

It would be wise therefore, to avoid the use of items containing sodium bicarbonate.

However, there are options where baking powder is prepared with Calcium bi-carbonate and so this will be recommended for use.



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Sugar

- Sugar is not good for the stomach. It causes fermentation and this clouds the brain and brings peevishness into the disposition. (CD p. 327)
- It Clogs the system, ...affects the brain directly and ...sugar when largely used, is more injurious than meat (CD p. 328)

Lifestyle

- Eating and drinking together causes food to ferment in the stomach; thus, producing as much as 32 oz of alcohol in the body. (Have you ever wondered why Christians have beer bellies and they don't drink liquor?)
- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten at least 5-6 hours apart.
- Even temperature is essential to good circulation. Clothing should cover the extremities (arms and legs) in cold weather. Clothing should not be too scanty and short. When clothing does not cover the arms and legs in cold weather, the blood rushes to the organs and causes a concentration of blood to the heart and the trunk area.
- If you feel you must have supper, then it should be a light a supper. For example, fresh fruit and whole grain crackers or bread with a natural fruit spread on it. However, this meal should be eaten at least three hours before going to bed.
- To learn more, it is recommended that one read the following books in their entirety: Ministry of Healing or Pathways to Health and Happiness chapters on Prayer for the Sick, Mind Cure, and Diet and Health.



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WATER

- In health and in sickness, pure water is one of heaven's choicest blessings. It helps to purify and detoxify the body inside and outside.
- Water, the most plentiful substance in the body, makes up more than 60 percent of its total weight.
- Water protects the eyes from drying out; thus, preserving sight. Water makes the skin soft and pliable, keeping it from becoming cracked, dry, and shriveled.
- Without water, one could not breathe. Before oxygen can pass into or carbon dioxide out of the blood, they must first dissolve in a thin film of water that lines each air sac in the lungs and surrounds each tissue cell in the body.
- At least 8 glasses (64 oz) of water should be drunk each day. 8-16 oz of warm water should be taken before breakfast. Water should be taken 15 - 30 minutes before the meal or 2 hours after the meal.
- Water aids with relieving constipation and reduces the risk of cancer of the colon, bladder and urinary track.
- Please drink water until your urine is pale yellow to clear.
- The brain contains 85% water. Studies have shown that most people are constantly partially dehydrated; as a result, their brain is working considerably below its capacity and potential.

TRUST IN GOD

We teach from three perspectives:

1. THE BIBLE

The Bible is God's revelation to mankind, through His word we get to know more of His will.

2. INSPIRED WRITINGS

Any inspired writings that harmonize with the word of God.



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3. GOOD SCIENCE

Good science is that which harmonizes with the Bible and inspired writings.

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. The Glory of God

Disease never comes without a cause. (MH p. 94)

What is a Definition for Disease?

**Disease is an effort of nature
to free the system from conditions that result from a violation of the laws
of health. (PATH, 37)**

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.**

Drugs and disease.

a. 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.– (HL p. 243.3)



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- b. 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**. (MH p. 94)
- c. People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system and work great harm at some later period. (MH p. 126.3)
- d. Patient appears to recover as a result of their use; this is because nature has sufficient vital force to expel the poison and correct the conditions that caused the disease - health is recovered in spite of the drug (PATH p. 36)

Use of Natural Remedies requires effort.

- a. 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 up building 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, untrammelled, 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. (MH p. 128)
- b. But in the end it will be found that nature, untrammelled, 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. (MH p. 44)
- c. Too little attention is generally given to the preservation of health.
- d. It is far better to prevent disease than to know how to treat it when contracted. (MH p. 128)
- e. 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. (MH p. 128)



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Health is spiritual.

- a. To those who desire prayer for their restoration to health, it should be made plain that the violation of God's law, whether natural or spiritual, is sin, and that in order for them to receive His blessing, sin must be confessed and forsaken. (PATH p. 72)
- b. I saw that the reason why God did not hear the prayers of His servants for the sick among us more fully was that He could not be glorified in so doing while they were violating the laws of health. (CD p. 25 – 26)

The following quotations shares key references on the Spiritual Component of Health

Romans 12:1,2	—	God's expectation for our bodies
Proverbs 26:2	—	Nothing comes without a cause
John 5:1-15	—	The lame man at Bethesda
John 9:1-7	—	The blind man – what was the cause
John 11:1-14	—	Lazarus' death
Numbers 12:1-15	—	Leadership and backbiting
Luke 5:12-25	—	The paralytic
Job 42:7	—	Examine Job's case
2 Samuel 11:12	—	David's adultery, murder, the birth and death of a child
2 Samuel 12:24	—	David's deepest repentance – despite error the blessings still come



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Through the Laws of Health

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To learn more about what is mentioned in this fact sheet, refer to the following books:

365 Total Wellness by James Luke and Natalie Nash
Health Power - Health by Choice not by Chance
Ministry of Healing
Counsels on Diet and Foods
Counsels on Health Temperance
It's All Good
Ten Talents
Seven Secrets
The Optimal Diet
Of These Ye May Freely Eat
Give Them Something Better
Encyclopedia of Foods and Their Healing Power

DAILY SCHEDULE

Time to get up:
Time for morning devotion:
Time for exercise:
Time for food preparation:
Time for breakfast:
Time for digestion walk:

Time for lunch:
Time for digestive walk:
Time for Supper:
Time for digestive walk:
Time for evening devotion:
Time for rest:
Special notes:



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SAMPLE MEAL 1

I. Fruit: 3-5 serving

II. Whole Grain Cereal sweetened with fruit 1 cup serving

- 2 Tablespoon of flax seed freshly grounded can be sprinkled over cereal at breakfast.
- 1/4 cup of pumpkin seed can be eaten with the breakfast cereal.

III. 1-2 slice of whole grain bread with natural nut butter.

- End the meal with fats - spreads/butter (e.g. Tahini, almond, cashew)

SAMPLE MEAL 2

I. Raw Salad (fruit or vegetable) side bowl

II. Steamed fruit or vegetable 1/2 of the plate

III. Starches/Grains/Provisions 1/4 of the plate - Starches consist of (i.e. brown rice, baked potatoes, whole grain pasta)

IV. Proteins (legumes, nut or bean loaf) 1/4 of the plate

V. Fats (nut butter, closed handful of nuts)

Reference: www.nhtlh.com