

When you walk, you go outdoors, you get sunlight, you oxygenate your body, you get an emotional lift, you lessen your stress, and you cleanse your lymphatic system.

3. Sunlight

The light is pleasant, and it is good for the eyes to see the sun. Ecclesiastes 11:7

Many people are sick because they lack Vitamin D. Because Vitamin D prevents osteoporosis, prostate cancer, breast cancer, depression, diabetes, and obesity. Get 30 minutes of sunlight everyday.

4. Sleep

Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain...; for he gives to his beloved sleep. Psalm 127:1-2

Many people don't sleep enough. If you want to be healthy, listen to your body. Your body will tell you how many hours of sleep it needs. But most people will require 8 hours of sleep to be fully totally restored.

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By the way, didn't you notice that the four elements above—oxygen, movement, sunlight, and sleep—are free? Health isn't expensive.

Cleanse Your Soul, Cleanse Your Body

Be reminded that we're not just biological creatures. We're spiritual and emotional beings too. And eating the right food is crucial for our health, but that's just one part of the equation.

Go ahead. Cleanse your soul. Cleanse your body.

Discussion Starters:

1. Which prescription struck you most?
2. What step do you see yourself taking towards a healthier lifestyle?

LOJC FEAST IN THE WEST REMINDERS:

JAN 22, 2011.....FEAST

HOLY ROSARY ELEMENTARY SCHOOL GYM, 1:30 p.m.

JAN 28-30, 2011. LOJC WEST FEAST LEADERS' TEAM BUILDING.

VENUE TO BE ANNOUNCED

FEB 05, 2011.....FEAST

HOLY ROSARY ELEMENTARY SCHOOL GYM, 1:30 p.m.

FEB 12, 2011.....FEAST

HOLY ROSARY ELEMENTARY SCHOOL GYM, 1:30 p.m.

FEB 26 & 27.....SERVING IN THE LIGHT SEMINAR (CLASS 300)

HOLY ROSARY ELEMENTARY SCHOOL GYM, 8:30 a.m. - 5:00 p.m.
(OPEN TO ALL WHO HAVE TAKEN THE CLASS 200)

MAR 5, 2011.....FEAST

HOLY ROSARY ELEMENTARY SCHOOL GYM, 1:30 p.m.

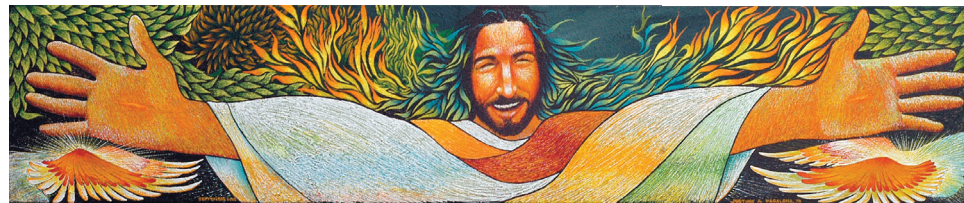
MAR 19, 2011.....FEAST

HOLY ROSARY ELEMENTARY SCHOOL GYM, 1:30 p.m.

The Feast Bulletin

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January 8, 2011



Series: Awaken The Healer In You

Session 4: Food

How many of you believe that God designed you?

You are God's idea.

The way you are shaped, formed, built is not an accident.

Your body was designed by God!

Daniel 1:11-15

"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food...." So he agreed to this and tested them for ten days. At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food."

Daniel and his friends ate "vegetables and water". The other young men ate "royal food" which consisted of meat and other food that was considered "unclean" by the Bible. After ten days, Daniel and his friends were healthier.

Today, you're going to learn that God didn't only design our body; He also designed the perfect food for our body's health.

Today, we're going to read the Bible and find out God's food recommendation for us.

How You Can Avoid Becoming A Walking Drugstore?

People *expect* that as they grow old, they'll be taking more and more drugs. Why? Because that's what old people do.

I know of some people who take 20 tablets a day. That seems normal now. People take maintenance medicines for hypertension, high sugar, cholesterol, uric acid, high sugar, and heart problems. Plus, they take more medicines for the side effects. Isn't that insane?

Friend, this doesn't have to happen to you. You have a choice.

There's another path to growing old. I'll repeat my message: *The best medicine in the world is God's chosen food. Eat it and be healed.*

There are passages in the Bible that talk about how to take care of our health, and it's amazing how science is now discovering the logic behind these verses.

99% Cause Of All Disease

According to immunologists, 99% of all diseases aren't caused by germs. They're caused by a starving, weak, malnourished immune system.

Your body has an incredible, God-designed, super-elite army capable of destroying any germ that tries to attack it.

This internal army consists of billions of cells in your body that can prevent and cure any disease in your body.

But that's the problem: We don't eat the food that God designed for us to eat. So that army is starving. No wonder we get sick!

If you look at the Bible, it gives you very practical recommendations on what you should eat. Let's consult our Manufacturer and find out what He says about what we should eat.

1. Eat Plants

The Bible says in Genesis 1:29, *"I have given you every plant with seeds on the face of the earth and every tree that has fruit with seeds. This will be your food."*

Somehow, the Bible tells us that plants should be our main food. And today, modern science agrees!

Our anatomy is telling you that our major food should be plants. The reason why we get sick is because for many years (decades?), we've not been eating enough plants.

Let me give you two very practical steps on how to apply this important food recommendation into your daily life.

Action 1: Eat Local Fruits For Breakfast Everyday

I have a simple solution for you. Instead of a breakfast of hotdogs, pancakes, bacon, eggs, spam, and rice—why not eat fruits?

When we do that, we bless our body everyday with the following:

- o We load up with natural vitamins and minerals.
- o We take in necessary living enzymes.
- o We cleanse our internal organs of toxins.
- o We give our body an alkaline environment.

Suggestion: To really get the maximum effect of the fruits, wait for an hour before you eat any other food or drink water.

Action 2: Eat Raw Veggies For Lunch And Dinner Everyday

Most people eat veggies. But we eat too little of them. A few leaves. And we think we're okay.

No, you're not. Your immune system is starving for real food. Another thing? We cook our veggies to death. All the nutrients and enzymes are gone.

Here's another recommendation: For lunch and dinner, eat a huge bowl of raw salads. Let that be your main meal.

What veggies? Sing Bahay Kubo. Organic, if you can find them. If not, wash thoroughly. For variation, you can also eat slightly cooked, slightly steamed, slightly blanched veggies.

I encourage you to study how to make delicious veggie dishes. Google it. Buy vegetarian recipe books. *Make your family healthy and prevent disease!* Ten years from now, you'll be grateful you upgraded your diet.

2. Eat Clean

If you read the Old Testament, you'll find God calling some animals "clean" and others "unclean".

Here's one example in Leviticus 11:1-3: *The LORD said to Moses and Aaron, "Say to the Israelites: 'Of all the animals that live on land, these are the ones you may eat: You may eat any animal that has a split hoof completely divided and that chews the cud.*

In the New Testament, we no longer follow these food laws. Because as Christians, we don't consider them spiritual laws anymore. We're free to eat anything.

Instead of taking them as spiritual laws, I suggest that we take them as health recommendations.

Because this is what I find amazing: Science is now discovering that animals labeled as "unclean" by the Bible carry more diseases and more toxins than the "clean" variety.

In Leviticus 11:9-10, it says, *Of all the creatures living in the water of the seas and the streams, you may eat any that have fins and scales. But all creatures in the seas or streams that do not have fins and scales—whether among all the swarming things or among all the other living creatures in the water—you are to detest.*

What are sea creatures without scales or fins? Crabs, lobsters, shrimps, squid, and all shells.

Today, we know that they're the scavengers of the sea. They're garbage collectors. They're vacuum cleaners. They're bottom-feeders, eating fish droppings and dead creatures.

Because of this, they purify the water. Good for the water. But bad for them. And bad for those who eat them.

My recommendation? Avoid pork. Avoid crabs, lobsters, shrimp, squid, and all shells. At the very least, minimize eating them.

Prescription #3: Eat Other "Food"

Food isn't our only food. Your body requires other kinds of nourishment. Let me mention four of them today very quickly.

1. Oxygen

God formed Man out of dirt from the ground and blew into his nostrils the breath of life
--Genesis 2:7

Your cells are starving of fresh oxygen. Germs can't live in a highly oxygenated environment. Take deep breaths every day. De-stress yourself at different times of the day.

2. Movement

Physical exercise has some value... 1 Timothy 1:8

Find an exercise that you enjoy. The simplest form of exercise is walking.