

# 10 Steps to better health

## **1) Drink and cook with purified water.**

City tap water is known to be laced with lead, arsenic, dioxin, trihalomethanes and many more pollutants and toxins. Well water may need to be tested, but chances are that most wells are partially contaminated also. The most economical way to drink purified water is to buy a Reverse Osmosis system for your kitchen sink. Bottled water should not be spring water, but purified water. Examples include: Dasani and Aquafina.

## **2) Drink plenty of purified water.**

On an average day, we should drink in ounces, half our body weight in pounds. For example, a 150 pound person should drink 75 ounces of water. In addition to this, 8 ounces of water should be consumed ½ hour before meals to aid in digestion. On hot days, or during exercise, the consumption of water will need to be even higher. Finally, 1 ½ ounces of water should be consumed for every ounce of caffeinated or alcoholic or sugary beverage. Therefore, a 150 pound person during the summer, who plans on working out for ½ hour and drinking 12 ounces of coffee, would need to plan on consuming 137 ounces of water during the day. Thirst is a poor indicator of when it is time to drink. Marathon runners know that when thirst hits, the body is already dehydrated. Drink before you get thirsty.

## **3) Eat healthy, whole foods.**

- 1) Eat foods containing protein, carbohydrates, and natural fats. Do not eliminate nutrients from any of these categories.
- 2) Use whole grains
- 3) Eat plenty of fresh vegetables and fruits. Think of your vegetables and fruits in terms of their color. The compounds that give fruits and vegetables their various colors are very nutritious and our bodies need them for a number of processes.
- 4) Eliminate refined sugars
- 5) Eliminate hydrogenated oils
- 6) Eat out at restaurants only rarely
- 7) Eliminate tuna and most large fishes. They contain toxic levels of mercury.

## **4) Supplement your diet with high quality vitamins, minerals and other supplements.**

The best quality supplements may not be on the shelf at your local drug store. And another rule of thumb is that capsules are superior to tablets for their absorption capabilities. The choice of supplements varies depending upon your special health needs. Don't count on even a whole-food based diet to provide all of the nutrients and antioxidants that you need. Our soil is de-mineralized and many decades of not allowing the land to lie fallow has stripped the soil of much of its nutrient content. The importance of properly supplementing your diet cannot be overstated, and yet it is not possible in this space to cover every nuance and health need.

## **5) Maintain a healthy weight.**

Many health problems are due to excess fat on the body. This increases blood pressure, strains the cardiovascular system, and is a risk factor for cancer.

## **6) Exercise regularly.**

A balanced exercise program will benefit many aspects of your health. It is not necessary to engage in high-intensity exercise to achieve all of the benefits.

## **7) Avoid and chelate the toxic, heavy metals from your body.**

Much research has shown the damaging effects of toxic metals in the body. Mercury, lead and cadmium [amongst others] are known to induce vascular disease, cancer, and other health problems. Due to our polluted and toxic environment, it is expected that this is a problem for everyone. You can obtain a hair elements analysis to find out which heavy metals are a problem for you. A program of chelation with EDTA and other natural chelators will remove these from your system. If you have dental amalgam fillings [which are at least 40% mercury], consider replacing them with resin fillings. Don't eat fish and tuna that is known to be tainted with mercury. Drink purified water only. Avoid products with Aluminum in them, such as antacids, baking powder, and anti-perspirants. Aluminum-free versions of these products are available. We also recommend avoiding fluoride. Fluoride is not needed in toothpaste, or drinking water, to prevent cavities. Fluoride is a known toxin that is unnecessary for any bodily process.

## **8) Get plenty of sleep**

Chronic sleep deprivation can cause a number of physical maladies. Most adults should strive to get eight hours of sleep per night. Your body will work better, and you'll feel better, if you get the proper amount of sleep.

## **9) Male and female specific issues:**

### **Women**

1) Never wear tampons.

In addition to toxic shock syndrome, all easily available tampons contain dioxin, a known carcinogen. Even tampons bleached with hydrogen peroxide instead of chlorine [which produces dioxin] are thought to be unhealthy as they promote "retrograde menstruation" which can lead to endometriosis and other menstrual irregularities.

2) Don't wear bras.

Bras impede the normal lymphatic flow of the breasts, leading to a risk of fibrocystic breast disease and breast cancer.

3) Don't take birth control pills.

In addition to the moral atrocity associated with birth control pills because they induce abortions after conception, birth control pills are a hazard to the health of the woman. They are associated with cancer, depression, and hypercoagulability [clots in blood vessels].

4) Don't use condoms or coitus interruptus.

Semen has been shown to have beneficial qualities for female reproductive health. Eliminating exposure to semen can be a cause of many female gynecologic problems

5) Consume 35 grams of soy protein a day, 400 I.U. of natural Vitamin E [with mixed tocopherols], and at least 8 grams a day of omega-3 fatty acids. These have been shown to decrease the risk of breast cancer.

## **Men**

### 1) Prevention of prostate cancer:

a) Consume 200 mcg of selenium a day, 400 I.U. a day of natural Vitamin E with mixed tocopherols, and 500 mg of EPA and DHA. Also consume foods rich in lycopene, as well as vegetables, peas, and baked beans.

b) Regular intercourse will decrease your risk of prostate cancer. Men who ejaculate 21 times or more a month had a significant reduction in prostate cancer.

2) Wear loose fitting underwear and allow your anatomy to be oriented the natural way. Tight-fitting and unnatural orientation of the anatomy can adversely affect lymphatic drainage and increase the risk of testicular, prostate, and fertility problems.

3) Take a high-quality zinc supplement to increase fertility.

## **10) Consider the impact your spiritual life has on your health.**

Though not all illnesses are due to a spiritual problem, it happens often enough to warrant consideration. God many times will use an illness in your life to lead you to repentance and a personal relationship with Him. If you have not repented of your sins and made Jesus the Lord of your life, it would be silly to focus on improving your earthly health, only to find yourself suffering endlessly in hell. If you are a Christian, please consider the possibility that there may be a sin in your life that is negatively affecting your health. The stress of strained relationships, the bitterness of unforgiveness, and anger can all lead directly to many health woes. The fifth commandment tells us that if we honor our parents, we can find long life in the land our God has given us. So dishonoring our parents may lead to illness. Additionally, God may be allowing or causing you to suffer to lead you to repentance in your life. Issues such as adultery [whether physical or of the mind], lying, stealing, cheating, disrespectfulness towards an authority can all be reasons why God is allowing you to suffer. If after much prayer and introspection you can find no obvious sin, then don't fret or worry over your illness and focus on prayer for healing and the first eight steps listed above.

May our Lord Jesus bless you with life abundant.

*“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”* 3 John 2