

with Dr. Greg Evans

Resume 11 - What Nature Says About Health And Fitness

- Only 4% die of old age; 6% die in accidents; 90% die prematurely from disease.
- **Q: What does God promise in regard to our physical and mental health? Exodus 15:26**
- **A:** No diseases, people would die of old age, wear out, rather than rust out.
- There are principles of health for an abundant life, described as “the voice of the Lord your God”, “what is right”, “commandments”, “statues”.
- God started to give us the health guidelines at CREATION, let's get back to it.
- Let's look at the acronym CREATION.

C = Choice

- “If” in **Exodus 15:26** is a conditional conjunction. It infers that we have a choice. The freedom of choice is a gift of God. And what one sows, one reaps – **Galatians 6:7**.
- If we choose the other 7 health principles, we'll have better health.

R = Rest

- Every living thing needs rest. We are 1st introduced to the concept in **Genesis 2:2,3**.
- A little later, God inscribed this concept in stone and told us to remember it.
- **Q: What period of rest did God inscribe in stone? Exodus 20:8-11. A:** Sabbath
- **Q: What did Jesus say about rest? Mark 6:31. A:** Come aside, and rest a while.
- We particularly need rest when we are under a lot of stress.

E = Environment

- **Q: How are we to relate to the environment in which we live? Genesis 1:28**
- **A:** Subdue and have dominion – that is, take benevolent charge over it.

A = Activity

- Discover the marvels of motion. The other component of **Exodus 20:9** is labour.

T = Trust

- Trust is the bond that unifies and sustains the CREATION model. **Isaiah 26:3,4** – “
- Christians, can prevent the stresses of life becoming distress and poor health by having thick skins, tough hides, and well-jointed noses, or by trusting in, and having the love of Jesus within. This principle works, the former doesn't.
- Without trust in Jesus, we are not complete or balanced.
- **Q: How do we harness the “force” within to overcome distress? Matthew 11:28. A:** By trusting in Jesus, and His rest, peace, and power.
- The “force” = the faith and love of Jesus, and it brings, rest and peace and power.
- **ILLN:** Have you ever seen a worried sparrow? Check
- Therefore I say to you, do not worry about your life. ... Are you not of more value than they? **Matthew 6:25,26**.
- Trust in Jesus. He has the answers to life's big questions. Infers relationship.

I = Inter-personal Relationships (See Resume 3)

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- **ILLN:** Dean Ornish, *The Human Healing Ingredient*, talking about relationships. I am not aware he says, “of any factor in medicine, not diet, not smoking, not exercise, not stress, genetics or drugs that has a greater impact on the quality of our lives”

O = Outlook

- **Q: How does our outlook impact our life? Proverbs 23:7**
- **A:** Our attitude determines our state of self and life.

N = Nutrition

- “... their fruit will be for food and their leaves for medicine.” **Ezekiel 47:12**
- “Let food be your medicine and medicine your food.” Hippocrates
- **Q: What is the Creation diet? Genesis 1:29. A:** Fruits, grains, and nuts.
- **Q: What became an acceptable part of our diet after the Flood? Genesis 9:3**
- **A:** Meat was now included.
- Is it partially due to diet that our average age span is now about 75 years, but before the Flood, it was about 900 years? Methuselah lived for 969 years.
- **Q: What 3 principles did God give us in relation to eating meat? Genesis 9:4; 2. Leviticus 7:23; 3. Leviticus 11:46,47. A:**
- 1. **Genesis 9:4** – no blood. Why? Perhaps because disease is spread through blood. Next time you have a lamb chop, have it well done – not jumping off the plate.
- 2. **Lev.7:23** – no fat. Why? Perhaps, because animal fats are responsible for heart and blood vessel diseases, and some cancers. Next time you have a lamb chop, cut and press all the fat out of it.
- 3. **Lev. 11:46,47** – Here, God has stated that we should eat only of what are termed clean animals not of unclean animals. Earlier, in this chapter, God tells Moses which species are clean and unclean.
- Jesus promises us an abundant life in **John 10:10**, that is healthier and happier.
- Does God deliver? Let’s look at two pieces of evidence:
- 1st – research by Breslow and Belloc, School of Public Health, UCLA; Studied 7,000 SDAs; asked: Do you smoke? Do you exercise? Do you drink? Do you get adequate sleep? Are you in the normal weight range? Do you regularly eat a good breakfast? Do you eat between meals?
- The results: males > 45 years, who rightly answered 6 or 7, lived an average 11 years longer; females 7 years longer. A 60 year old who follows 7, has the physiological age of a 30 year old who follows 3 or less.
- David McLean, *National Geographic*, Secrets of Living Longer, November, 2005.
- Studied 3 longevity cultures: Sardinia, Italy; Okinawa, Japan; Loma Linda, California.
- “SDAs outlive their American counterparts by about 10 years. What are they doing? Quite simply ... if you are a devout SDA, you are a vegetarian, non-smoker, non-drinker, who takes a Sabbath every Saturday where for one whole day you have to just unplug. Interestingly, the SDAs are the only culture of longevity ... who are not losing their longevity edge.”

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- “ ... the biggest thing I walked away from this assignment with [was] that, wow, you know, I now have this sense of responsibility and control based on choices that I make. ... Genetics account for only about 30% of how long you live. So the majority of how long you live is up to your lifestyle, is up to you.”
- **NEXT: Certainty & Fresh Starts**