

Health and Happiness

Follow the Creator's Instructions

“In the beginning GOD.....” This basic premise in just FOUR words, the very FIRST FOUR words of Scripture, “sets the stage” for all that follows.

There are also **FOUR BASIC QUESTIONS** that everyone of us must try to answer if we want to find peace and purpose for our existence.

- 1. WHERE DID I COME FROM?**
- 2. WHY AM I HERE?**
- 3. HOW SHOULD I LIVE?**
- 4. WHERE AM I GOING?**

The Scriptures—the Words of God—have the answers for us.....

Today we see ever-increasing suicides of young people, who have been taught in our school systems from early childhood to university, that they came from some accidental amalgamation of molecules in a primeval swamp. Over millions of years they evolved into more complex organisms, then ventured to land as reptiles and gradually became higher orders, developing gradually into monkeys, apes, and finally....MAN!

What a lot of unsubstantiated conjecture, that has not one thread of concrete evidence to establish such notions as Truth!

When we as rational human beings embrace such unsubstantiated, unscientific fabrications, especially our precious young people.....

1. They do not know the Truth of where man came from;
2. They have no notion at all of why they are here;
3. They do not know how they should live, and
4. They have no idea of where they are going.

No wonder so many today are ending it all, with suicide numbers increasing at an alarming rate! Is it any wonder that young people today feel they have every right to do as they please, and are not responsible to anyone but themselves?

“If it feels right, do it!” is the norm. Man is lowered to the status of the animals of the jungle where the law of the fittest prevails; where survival is the predominant goal, with no regard for anyone else.

But, you say, we have laws to follow. That’s true, but where did these laws come from? **Certainly NOT from a primeval swamp!** Where did we get the idea that we should honour our parents? Where do we find laws that tell us we should not kill, be adulterous, steal, lie or covet someone else’s possessions? These are laws that tell us how to relate to our fellow men. These laws are all found in the Ten Commandments in the Scriptures—actually Exodus 20, and there are **FOUR PRIMARY LAWS** there also that tell us how we should relate to our Creator—GOD.

So here we have the proverbial problem. If we do away with God and His Word, the Bible, and replace it with the evolutionary theory of origins, we really do not need to keep any of the laws that came from God in the first place! All we need do is follow the laws of the jungle and the “survival of the fittest”. Isn’t this what we are seeing demonstrated more and more today in the news on a daily basis?

So, let’s find answers to these **FOUR BASIC QUESTIONS** from God’s Word:

1. WHERE DID I COME FROM?

Gen 1:26 And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

Gen 1:27 So God created man in his *own* image, in the image of God created he him; male and female created he them.

Can we prove that God created us and the world around us? No, but it surely makes a lot more sense especially when we see the complexity and beauty in nature around us. From the tiniest microcosm of the components of the atom and the tiniest particles of matter, to the most gigantic macrocosm of the stellar bodies of the heavens, how can we not admit that it could only have come about by the marvellous, omnipotent workings of the omniscient mind of God.

Psa 33:6 By the word of the LORD were the heavens made; and all the host of them by the breath of his mouth.

Psa 33:7 He gathereth the waters of the sea together as an heap: he layeth up the depth in storehouses.

Psa 33:8 Let all the earth fear the LORD: let all the inhabitants of the world stand in awe of him.

Psa 33:9 For he spake, and it was *done*; he commanded, and it stood fast.

2. WHY AM I HERE?

Gen 1:28 And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

Rev 14:6 And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people,

Rev 14:7 Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.

Deu_10:12 And now, Israel, what doth the LORD thy God require of thee, but to fear the LORD thy God, to walk in all his ways, and to love him, and to serve the LORD thy God with all thy heart and with all thy soul.

3. HOW SHOULD I LIVE?

Mic_6:8 He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?

The Ten Commandments also of Exodus 20, outline precisely how we should live.

Exo 20:1 And God spake all these words, saying,

Exo 20:2 I am the LORD thy God, which have brought thee out of the land of Egypt, out of the house of bondage.

Exo 20:3 Thou shalt have no other gods before me.

Exo 20:4 Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth:

Exo 20:5 Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;

Exo 20:6 And shewing mercy unto thousands of them that love me, and keep my commandments.

Exo 20:7 Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain.

Exo 20:8 Remember the sabbath day, to keep it holy.

Exo 20:9 Six days shalt thou labour, and do all thy work:

Exo 20:10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

Exo 20:11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

Exo 20:12 Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.

Exo 20:13 Thou shalt not kill.

Exo 20:14 Thou shalt not commit adultery.

Exo 20:15 Thou shalt not steal.

Exo 20:16 Thou shalt not bear false witness against thy neighbour.

Exo 20:17 Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

The rest of the Bible has wonderful examples of how we should live as well.

4. WHERE AM I GOING? WHAT HAPPENS WHEN I DIE?

Again, the Bible, God's Word, has all the answers. Many people believe they either go to heaven or hell when they die, but the Truth according to the Scriptures, is that we simply return to dust or ashes, and the breath of life that God gave us returns to Him. If we have accepted the wonderful gift of Redemption He offers to everyone, then we simply rest as if asleep till Jesus returns, and the resurrection of His people occurs. This is plainly stated in His Word, and if you'd like to have our study on this subject ask us for "Life After Death".

Read the story of Lazarus in John 11.

Joh 11:11 These things said he: and after that he saith unto them, Our friend Lazarus sleepeth; but I go, that I may awake him out of sleep.

Joh 11:12 Then said his disciples, Lord, if he sleep, he shall do well.

Joh 11:13 Howbeit Jesus spake of his death: but they thought that he had spoken of taking of rest in sleep.

Joh 11:14 Then said Jesus unto them plainly, Lazarus is dead.

Joh 11:15 And I am glad for your sakes that I was not there, to the intent ye may believe; nevertheless let us go unto him.

Joh 11:25 Jesus said unto her, (*Martha*), **I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live:**

Joh 11:26 **And whosoever liveth and believeth in me shall never die. Believest thou this?**

Psa 115:17 The dead praise not the LORD, neither any that go down into silence.

Act 2:29 Men and brethren, let me freely speak unto you of the patriarch David, that he is both dead and buried, and his sepulchre is with us unto this day.

Act 2:34 For David is not ascended into the heavens: but he saith himself, The LORD said unto my Lord, Sit thou on my right hand,

Act 2:35 Until I make thy foes thy footstool.

Heb 11:39 And these all, having obtained a good report through faith, received not the promise:

Heb 11:40 God having provided some better thing for us, that they without us should not be made perfect.

Job 14:1 Man that is born of a woman is of few days, and full of trouble.

Job 14:2 He cometh forth like a flower, and is cut down: he fleeth also as a shadow, and continueth not.

Job 14:12 So man lieth down, and riseth not: till the heavens be no more, they shall not awake, nor be raised out of their sleep.

Job 14:13 O that thou wouldest hide me in the grave, that thou wouldest keep me secret, until thy wrath be past, that thou wouldest appoint me a set time, and remember me!

1Th 4:13 But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.

1Th 4:14 For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him.

1Th 4:15 For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent (*precede*) them which are asleep.

1Th 4:16 For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first:

1Th 4:17 Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord.

1Th 4:18 Wherefore comfort one another with these words.

(And there are many, many more Scriptures to support this answer. We have many DVD/CD presentations, books and study papers from very credible speakers and students of the Word, on all the above. If you are interested in any of the topics mentioned, just contact us and we'll be only too happy to share same with you.)

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Let's now look at man's beginnings a little deeper.

What did God arrange as man's original food?

Again, we return to God's Word for the answers:

Gen 1:29 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.(*food*).

So, the original food designed for man by his Creator was not flesh, or dairy or even vegetables! It was **SEEDS, FRUITS and NUTS.**

When we look at the physiology of the human body we see hands that were perfectly designed for plucking fruit from trees or vines, (NOT sharp claws); we see teeth designed for chewing with jaws that can move from side to side, (NOT long sharp teeth for tearing flesh).

We find the alimentary canal to be about seven times the length of the torso, as opposed to about three times the length of the torso in carnivores. Man's physiology is that of a herbivore in scientific terms, just as his Maker originally planned. Even psychologically, man was not designed to eat flesh. If we had to get the animal, kill it and process it ourselves, most of us would shrink from the task.

Well then, how did man come to use vegetables and animal foods?

Again, we turn to the Scriptures for the answers:

Firstly, when God finished His work of Creation, He surveyed His work, and pronounced it all VERY GOOD!

Gen 1:31 And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.

The day following the sixth day, was the *seventh day!* Notice what God says about it:

Gen 2:1 Thus the heavens and the earth were finished, and all the host of them.

Gen 2:2 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.

Gen 2:3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

Right here is more irrefutable evidence for our Wonderful Creator GOD.

Where did we get the seven-day week from?

We get our years from earth's journey around the sun. We get our months originally from the journey of the moon around our planet earth. We get our seasons from the elliptical orbit of our earth around the sun, creating Summer Autumn, Winter and Spring. But.....the week?

There is NO connection to the heavenly bodies for the week of seven days, starting on the first day, Sunday, and finishing on the seventh day, Saturday or Sabbath! (Even though now we are finding many calendars beginning their week on Monday!) Only from Scripture do we find the week as "God created the heavens. and the earth and all that in them is," in just SEVEN DAYS or ONE WEEK. So, where did our week come from? From GOD!

He has put His Sabbath commandment as the centrepiece of His law, and He has never abrogated it in any way. When Jesus was here on earth some 2000 years ago, He worshipped on the Sabbath Day, as was His custom. He never changed it in any way either.

(Again, we have many DVD/CDs and studies we can share with you regarding the Sabbath, and how God expects us to honour Him as our Creator by keeping it according to the instructions He has given us and that He has never changed. If you are interested, just ask, and we will be glad to share same with you.)

The story from Genesis chapter two is wonderful, but when we get to chapter three we find that our first parents chose to disbelieve and disobey God's express instructions, in favour of the enemy of God—the Serpent or Satan—and they began to die, just as God said would happen. **"A day with the Lord is as a thousand years"**, 2 Peter 3:8 Psalms 90:4. The early patriarchs all died before they reached one thousand years. Methusaleh was the longest living person---969 years.

But still our God did not annihilate them and start afresh as perhaps many of us would have done. He, in His infinite Wisdom, foreknew the possibility of man's rebellion, and He already had a plan in place to redeem man if he would simply choose to accept His Gift of Infinite Love. Eternal Life still depends wholly on our choice to accept God's love or reject Him!

That plan was demonstrated when “the Word became flesh and dwelt among us”. John 1. The life and horrible suffering that Jesus endured was to demonstrate to all His creation, that “God is Love”, and “while we were yet sinners, Christ died for us.” Romans 5:8 If we will accept His substitutionary death, if we will choose to ask His forgiveness, if we will choose to live for Him, He will accept us as His people, and when He returns we will live with Him in an earth re-created, where there is no more sin, suffering or death for eternity. What a wonderful Gift of Infinite Love!

Let's go back to Genesis chapter three for more answers.

Again God demonstrated His love, in that He knew that man would start to die, and so He added Vegetables, (or Herbs of the Field), which have wonderful healing powers. Vegetables now constitute part of man's diet to help prolong his life and keep him healthy.

Gen 3:17 And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life;

Gen 3:18 Thorns also and thistles shall it bring forth to thee; **and thou shalt eat the herb of the field;**

Gen 3:19 In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return.

Yes, but how did man come to eat flesh of animals, birds and fish?

That is another sad story. God gave man the power to choose His way or his own way. After about a millennium or so, most of mankind had become very wicked and had turned their backs on their loving Creator. When He looked upon His creation, it had become so corrupt that He decided to “wipe the slate clean”, and start again, and we know the story that for one hundred and twenty years the faithful family of Noah preached to the people and encouraged them to join them in the Ark that God told them to build, because He was going to send a mighty flood of water to destroy mankind and everything that was not inside the Ark.

Only eight souls chose to enter the safe haven—the Ark—and were saved. Does that have a parallel for today? How many today are prepared and ready for the next great destruction of this wicked world, which will not be by a flood, but an all-consuming fire from God. The apostle Peter says,

2Pe 3:10 But the day of the Lord will come as a thief in the night; in the which the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up.

2Pe 3:11 Seeing then that all these things shall be dissolved, what manner of persons ought ye to be in all holy conversation and godliness,

2Pe 3:12 Looking for and hasting unto the coming of the day of God, wherein the heavens being on fire shall be dissolved, and the elements shall melt with fervent heat?

When the flood waters, after nearly a year, had subsided, and the eight survivors looked out upon the earth, it was a sorry sight indeed! This was when God gave our post-flood parents permission to use designated “clean” animals for food. Unfortunately however, flesh is not the best food for these herbivore-designed bodies, and it shortened man’s lifespan considerably so that now if we live for “three score years and ten”, we are fortunate indeed.

If however, we choose to follow the original diet today, we can definitely avoid much of the suffering and disease that we see in society today. In a country such as Australia, we are blessed to have an abundance of fresh fruit, grains, nuts and vegetables, readily available in most places. My wife and I have been virtual Vegans for over fifty years, and have been blessed to still enjoy reasonably good robust health into our eighth decade.

Disease is rampant in our world today, and becoming worse by the day. The most virulent killer diseases exist because of people’s lifestyles today. Some of these **LIFESTYLE DISEASES** are: **Heart Disease, Cancer, Diabetes, Asthma, Arthritis, Alzheimers, Osteoporosis, Parkinson’s Disease** and a host of others, most of which can be reversed and healed if people would follow the Maker’s Plan.

What is that plan?

The Eight Laws of our being, put in place by our Creator.

What are these Eight Laws?

A little mnemonic may help-----**NEWSTART**

N—NUTRITION

Fruits, Nuts, Grains, and Vegetables, prepared in as simple a manner as possible, free from grease.

One only has to observe the Shopping Carts in Supermarkets today, to see how people are eating large quantities, of processed, refined and packaged foods and drinks, that are loaded with excess amounts of sugar, flavourings, and chemicals to preserve foods that would otherwise spoil very quickly. Even fresh fruits, and vegetables grown commercially today, are sprayed with insecticides, fungicides, pesticides, hormones and preservative compounds before they reach consumers.

Many are genetically modified and have potential nasty effects for consumers. Read the labels on packaged foods. If you can't pronounce the ingredients, it is probably best to leave the "food" on the shelf.

In most developed countries today, flesh foods have become the norm! Since the arrival of the Fast Food Chains, TV Dinners and the like, people have become sicker and sicker. Obesity is rife even with children today. People keep looking to the medical practitioners for answers to their problems when the remedy is plain and simple.

Put the right fuel into your body machine, and stop flooding your system with toxic chemicals, social drugs and other habits that are designed to destroy you with disease and death.

Buy organic produce whenever you can, and better still grow as much of your own food as you possibly can.



Delicious Fruits and Vegetables for Vitamins and Minerals. Nuts of many kinds provide wonderful unprocessed oils and other nutrients for the whole body.



Many varieties of Legumes for quality proteins. Whole Grains and Breads for energy.

E—EXERCISE

Exercise daily is essential to energize and invigorate body and mind. We are made to move. A good rule is—“Be ‘out of breath’ at least once every day.”

Regular exercise stimulates the body systems to work at optimum levels.



Wonderful if you are near a beach.



Even older folks need exercise.



Physically and mentally—the best exercise is useful work. Skipping is great exercise and fun too.



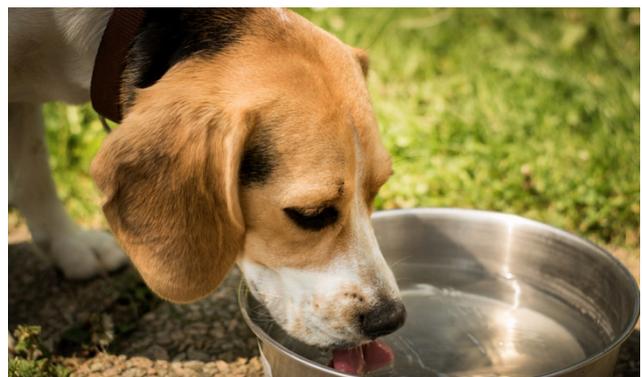
W—WATER

Our bodies are 70-80% water. We need to re-hydrate regularly during the day. Drink six to eight glasses of water every day, especially if unable to get raw foods.

Be sure to eat mainly uncooked high water-content foods. Where possible aim for 70-80% Raw Foods for optimum vitality. Cooking destroys much of the goodness in foods, especially the live enzymes. Live food is essential for maximum vitality. Life and vitality come from living food. We can't get abundant life forces from food that is dead!



Lots of clean pure water is essential to good health. Beware of town supplies with chemicals added, especially Sodium Fluoride and Chlorine.



Use High Water Content foods daily.

Pets need clean, pure water also.

S—SUNSHINE

Daily exposure of the skin to sunshine promotes health and really boosts the immune system. Vitamin D is produced by the action of sunlight on the skin. 15-20 minutes a day is recommended, before 10am and after 3pm is best. Too much sun can cause burns and severe discomfort. Protect your skin at other times with long sleeves, long trousers and a hat. Beware of Sunscreen creams, as most of them contain nasty chemicals which can cause cancers when used for some time. One I used in Bowen years ago, actually had this warning printed in small print on the label---“Prolonged use may cause cancer.”



Energy from the sun every day, promotes life and health in all living things whether in the ocean, the air or on land.



Get some sun exposure every day. Beware not to overdue it and burn your skin. Use protection for your skin between 10am to 3pm.

T—TEMPERANCE

Leave alone all things harmful, and use the good in moderation is the best rule to follow. Tea, coffee, Cola Drinks, Sugar and Processed Foods, Refined Foods, Alcohol, Tobacco and Drugs all cause long term damage to every cell in the body.

Overwork is also harmful. Take time to rest and enjoy your friends and family, and the beautiful things of nature which can still be found and enjoyed in our world today.

Remember the Sabbath, to take time out to commune in a special way with your Maker.



Tea, coffee and refined, processed foods do NOT promote good health. Today's Supermarket shelves are full of processed foods of all descriptions. Read the labels carefully.



Tobacco, Alcohol and Drugs eventually bring sorrow, disease and death. Don't use them.

A—AIR

Pure air is essential for good health. Breathing deeply every day will flood the cells with fresh life-giving Oxygen. Do some deep breathing while exercising different muscle groups of the body. The brain needs lots of Oxygenated blood to enable clear thinking and a happy attitude. Even in winter, have some fresh air flowing through your sleeping area.



Open your windows especially at night while sleeping. Country air where there are trees, has much better Oxygen content than air in towns and cities.



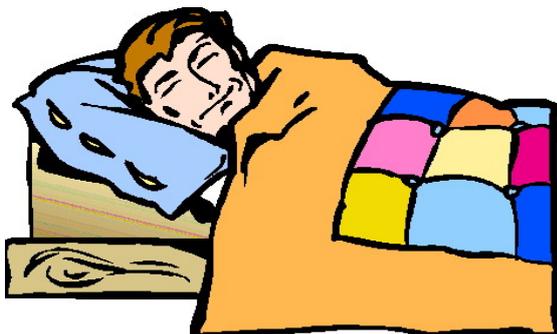
Enjoy the fresh air outdoors, and the beauty of natural surroundings to lift one's spirit.

R—REST

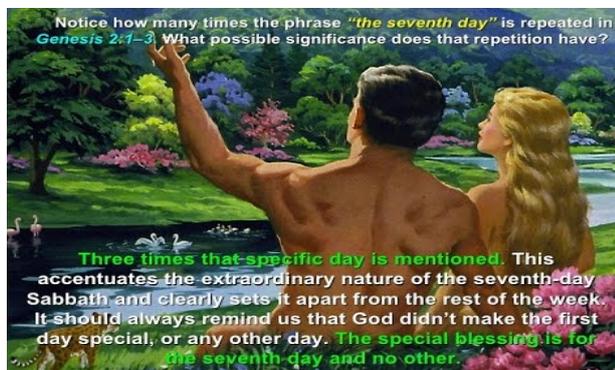
It is during sound sleep that the cells of the body are repaired and re-energised, and wastes removed. Normally we need about six to eight hours of sound sleep each night.

It is good to remember, that an hour's sleep before midnight is worth two hours after. The old adage still stands..."Early to bed and early to rise, makes a man happy, healthy and wise."

Our bodies operate in what scientists call Circadian Rhythms. From about 12noon each day, is the INTAKE time for about eight hours. From 8pm to 4am is the REPAIR Cycle. A Hormone called Melatonin is produced round this time of night, and it helps promote sound sleep. From about 4am to 12 noon is the WASTE Cycle. These are only approximate times. They can vary greatly and also can be changed by habit patterns.



Sleep time is when our "batteries are re-charged", ready for the next day.



Jesus told His disciples to come apart and rest awhile. We should take holiday time out as well. The weekly Sabbath is also a time for rest and special time with our loving Creator.

T—TRUST IN OUR CREATOR

The human body has in-built abilities, that really are outstanding. Be sure to read my amazing story—“TRUST and OBEY and LIVE!” You will find it at my website at:

www.getwellInstaywell.com

The body “machine” is indeed a very remarkable piece of God’s Creation, and the more I study it, and how it works, the more I exclaim with King David:

“I am fearfully and wonderfully made!” Ps 139:14. All Praise to our Omniscient Creator!



Since our God is Omnipresent, we can contact Him anywhere. He “never slumbers nor sleeps.” Psalms 121:4 His ear is not heavy that He cannot hear, whenever we need Him. Sometimes He says “NO” to our requests if He deems that is best for us. Sometimes He says “YES” and sometimes He says “Wait a while”. We just have to trust Him because:

“Above the distractions of earth He sits enthroned. All things are open to His divine survey, and from His great and calm eternity, He orders that which His providence sees best .” MH 417 (Ellen Gould White, ‘Ministry of Healing’)



“Prayer is the opening of the heart to God as to a Friend.”

“Why should the sons and daughters of God be reluctant to pray, when Prayer is the Key in the Hand of Faith, to unlock Heaven’s Storehouse where are treasured the boundless resources of Omnipotence.” SC 94 (Ellen Gould White, ‘Steps to Christ’)

How important is my health to me? It is incredibly important because...

“Without Health, the richest man is poor!”

How important is your health to you?

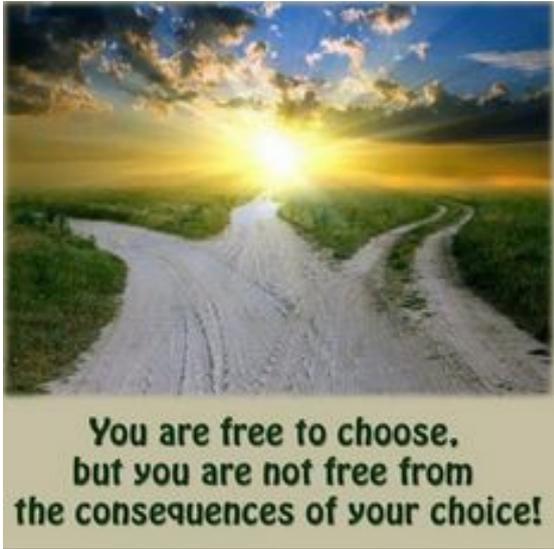
1Co 6:19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

1Co 6:20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

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

Psa 146:5 Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God: **Pro 3:13** Happy is the man that findeth wisdom, and the man that getteth understanding.

Finally, a few more words of wisdom:



Pro 3:5 Trust in the LORD with all thine heart; and lean not unto thine own understanding.

Pro 3:6 In all thy ways acknowledge him, and he shall direct thy paths.

We wish you all a very healthy, happy life. Follow your Creator's instructions and He will surely bless you and keep you in abundant health and happiness.

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