How Much Would You Pay (For 7-12 Years of Healthy Life?)

A major health study recently showed 7th day Adventists live an extra 7-12 years due to their adherence to Biblical Secrets of Health. Some details of the Adventist Health Advantage are listed below at no charge.

Seven Bible Secrets of Good Health

1. Recognizing that our bodies are the temple for God's Spirit, and that intelligent care for them pleases our Maker. I Cor. 6:19,20 I Cor. 3:16,17 3 Jn. 2 I Cor. 10:31

Trust in God

Rest

Air

Temperance

Sunlight

Water

Exercise

Nutrition

- Abstaining from use of alchohol, tobacco, and other recreational drugs. Hab. 2:15 Prov. 23:29-32 Judg. 13:4 Prov. 20:11 Cor. 6:9.10
- Following the Bible's guidelines in choices of which meats to eat and which to avoid.

Clean Meats-Lev. 11:3-23

- split hooves, chews cud
- fins and scales
- no birds of prey, fish eaters, or carrion fowl
- grasshopper family only
- 4. Adopting the "original diet" of nuts, grains, fruits, and vegtables where ever possible—vegetarianism, Gen. 1:29 Gen. 3:18 Dan. 1:3-20
- 5. Choosing the Biblical pattern for sexual expression—one man with one woman in marriage for life. Gen. 2:18-24 Lev. 18 Ex. 20:14.17 Heb. 13:4
- Getting adequate physical rest, beginning with God's weekly 24-hour vacation break, the Sabbath. Ex. 20:8-11 Lk. 4:16 Mk. 6:31 Prov. 23:4
- 7. Maintaining a positive mental attitude through Bible study, worship, good choices in our thought life, and serving others. Ps. 119:92,93, 165 Ps. 147:1 Prov. 17:22 Phil 4:8 Matt. 25:34-40 Jam. 1:27

"I have come that they may have life, and have it to the full."

John 10:10 NIV

For into on Bible Health, or our Free Bible Course:

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