

8 PRESCRIPTIONS FOR HEALTHY LIVING

GODSPLAN IN A GLOBAL PANDEMIC

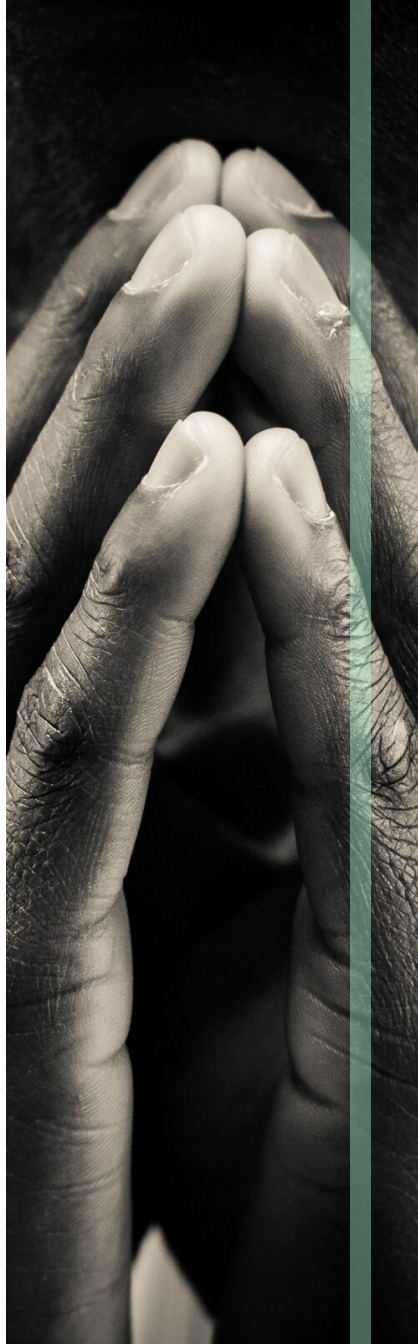
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GODLY TRUST

Every product comes with an owners manual. The owners manual provides vital information about the product. The manual also tells the owner about the manufacturer.

The Bible says that we were created by God in His own image. As the manufacturer, He knows the most about us. He designed that we should know live healthily and happily.

True health, hope and happiness begins with trusting in the God who created you. He has your best interest at heart. He wants you to prosper and be in health. During the lockdown, do something for you mental health and learn to trust God



OPEN AIR

Our lungs are constantly throwing off impurities, therefore they need a constant supply of fresh clean air. Impure, stale air does not really afford sufficient oxygen to vitalise the body. Therefore, during this lockdown, ensure that your windows are open. This will allow a constant supply of fresh air to come in while stale is let out. This will benefit the whole human system. Make use of the one walk, run or cycle rule to get exercise and fresh air.

Exercise in the morning is better as the air is densely charged with negative ions.



DAILY EXERCISE

The human body may be compared to nicely adjusted machinery, which needs care to keep it in running order. One part should not be subjected to constant wear and pressure, while another part is rusting from inaction. While the mind is taxed, the muscles also should have their proportion of exercise. (Healthful Living 127.1)

During this lockdown keeping active will be essential for your physical and mental health. You can exercise at home or outside. To maximize your effort, why not try and complete a few HIIT (High Intensity Interval Training) exercises. High intensity is anything that raises the heart and respiratory rate. Thirty seconds work, ninety seconds rest over six cycles.

Exercise helps to reduce your resting heart rate so it doesn't have to work



SUN LIGHT

Cleanliness, plenty of sunlight, careful attention to sanitation in every detail of home life, are essential to freedom from disease and to the cheerfulness and energy of the occupants of the home. It is important to secure good ventilation and plenty of sunlight in every room of the the home.

Sunlight helps to increase white blood cells, which in turn helps to fight infection. Sunlight stimulates the immune system, balances hormones and improves mood.

During this lockdown, get as much sunlight as you can.



PROPER REST

During this lockdown, it is vitally important that you get adequate amounts of rest. With so much happening in our world it's easy for our minds to be distracted and because of the internet and social media, we are constantly connected with very little down time. However, the body was designed to rest frequently. Each day we should allocate at least 8 hours to sleep. These hours should be ideally between the hours of 21:00 and 06:00.

Take the time during this lockdown to begin to make little changes in your sleep pattern and your body will be thank you for it.

To aid sleep at night, do not drink caffeinated drinks. Caffeine is a neurotransmitter inhibitor resulting in difficulty falling asleep.



LOTS OF WATER

Water is essential for every function of the body. Having sufficient water in the body aids with good digestion, it helps to keep the blood thin resulting in lower blood pressure. Pure water is also essential for good kidney function. Water helps the kidneys filter the waste matter and toxins out of the blood and out of the body via the organs of elimination.

Did you know that 75% to 80% of your body is water? Your brain is a hydro-electrical organ, which means that it relies on electricity and water. Without sufficient water in the brain, the drain function suffers, making it difficult to process and reason.

One common cause of headaches is dehydration.

During this lockdown, why not up your intake of pure water to 2 Litres?



ALWAYS TEMPERATE

Temperance incorporates two elements: **total abstinence from everything that is harmful to health** and **moderate use of everything that is good**. During this lockdown, begin making little lifestyle changes that will strengthen your body, mind and soul.

Ideas:

Replace refined sugar with a better alternative - try honey, agarvé syrup, coconut sugar. Refined sugar suppresses the immune system making you more susceptible to disease.

Try and go to bed an hour earlier than usual to give your body an extra hour of rest and recovery time.



NUTRITION

The saying goes that "you are what you eat" therefore why not be the best, healthiest version of yourself by eating the best and healthiest of the food groups and choices we have.

What are your options:
Carbohydrates - eat grains or starches like wholegrain rice and potato.

Protein - Nuts (if no allergy)
Seeds and Beans.

Eat plenty of fresh fruit and vegetables as these are loaded with the vitamins and minerals needed by the body.

Have a good complex carbohydrate breakfast like porridge oats. These will keep you fuller for longer and help you resist the urge to snack.



Take care of yourself and those around you.

FOR MORE INFORMATION ON ANY
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