

# Disease Prevention

## Promotion of Better Digestion



“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

**3 John 2**

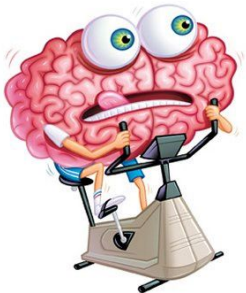
### Overeating

“Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it .” -Proverbs 25:16



In order to better understand how to help promote digestion, we need to better understand the process of normal digestion within our bodies. Overeating injures the stomach and weakens the digestive organs. Disease is thus brought on. Too much vital power is being expended in trying to digest so much food. The immediate effect may be headache, indigestion, pain, or temporary stoppage of digestion. Eat sparingly of the best food. Allow nothing to pass your lips that in any way might weaken your health and life. Constantly study from cause to effect, as you go from meal to meal, day by day.

Overeating has a worse effect on the body than overworking. The excess food only clogs the system and burdens the life; and if continued, leads to disease. Too much food, even of the right quality, is harmful.



### Overworking the Mind and Body

Do not study, do no heavy work, and do no violent exercise immediately after a meal. As soon as it is concluded, both the blood and brain power are needed in aiding in its digestion. When the meal is completed, go outside and take a short walk, with your head erect and your shoulders back. This light exercise will g

reatly help your digestion. Your mind is thus diverted from yourself to the things of nature about you. And that is another benefit of the after-meal walk.



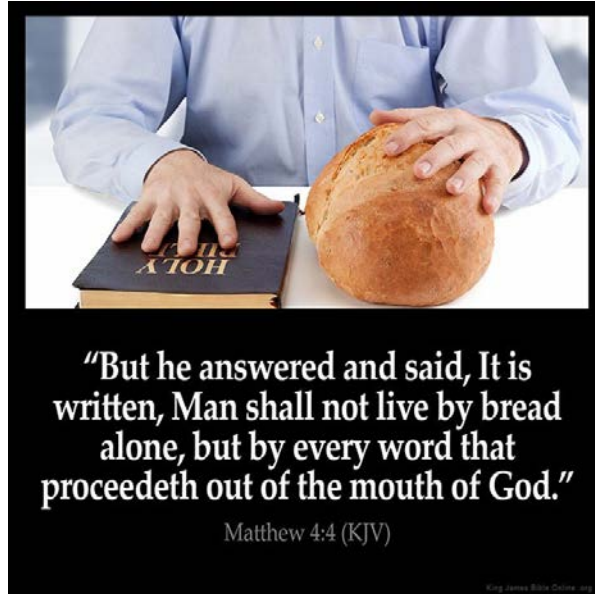
## Breathing and Digestion

Pure, fresh air, breathed in through lungs unhindered by tight clothing or belts or lacing, will greatly help your digestion. This is no unimportant detail. It is better to suspend your clothing from the shoulders instead of using belts. Avoid cramping or compressing your lungs or your abdomen.

## More Spiritual Bread

That which we need more of is spiritual food, the study of God's Word, for that will give us overcoming power in controlling our selection and intake of physical food.

"But he answered and said, it is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." - **Matthew 4:4**



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Matthew 4:4 (KJV)

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