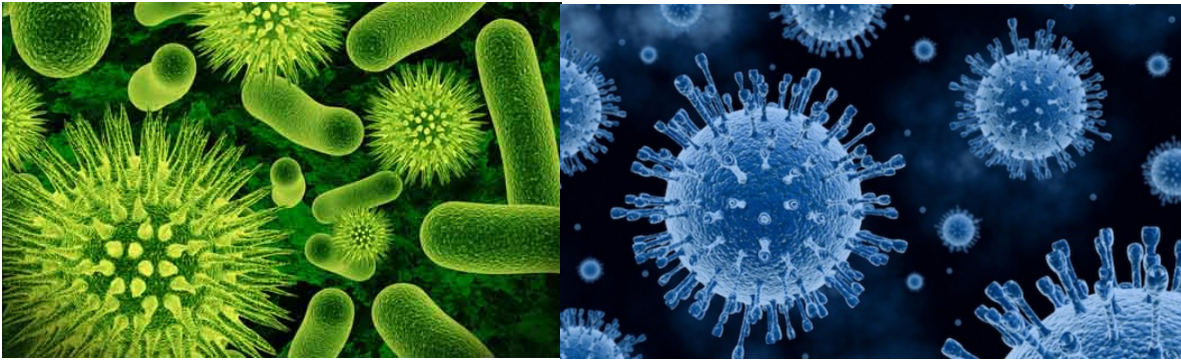


Understanding Disease and Overcoming Dis-Ease

Part 2

What is disease?

(Proverbs 26:2) "...the curse causeless shall not come."



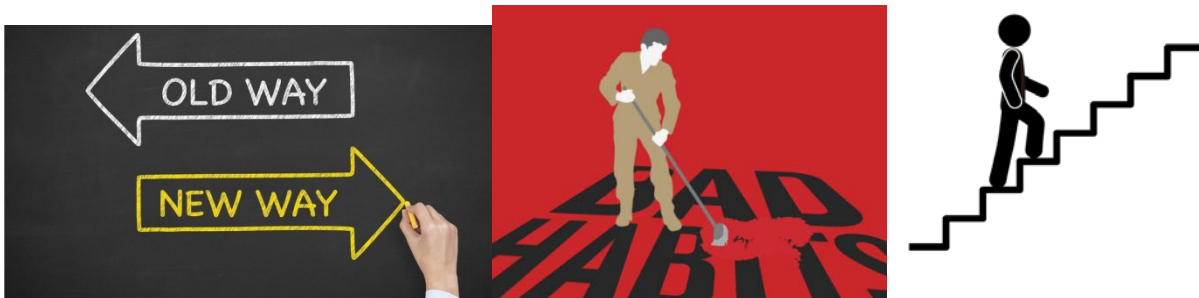
"**Disease** is an effort of nature to free the system from conditions that result from a violation of the laws of health." {The Ministry of Healing, p. 127 }

VIOLATION

Four Steps in Overcoming Disease

(Job 29:16) "...The cause which I knew not I searched out."

- (1) The cause should be ascertained.
- (2) Unhealthful conditions should be changed
- (3) Wrong habits corrected
- (4) Nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.



Laws of Health

(Exodus 15:26) "...If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee."

Godly Trust..... (Genesis 2: 17)

Trusting in God in “Dietary Matters” meant choosing life or death.

Open Air..... (Genesis 1: 6, 7)

God created oxygen to carry life into our blood when we breathe.

Daily Exercise..... (Genesis 2: 15)

God gave man manual labor to quicken the circulation of blood.

Sunshine..... (Genesis 1: 16)

God created the Sun to give life to our blood by its healing rays!

Proper Rest..... (Genesis 2: 3)

God brings rest to man that he may bring forth life completely.

Lots of Water..... (Genesis 2: 10)

God created water to carry life into our blood when we drink.

Always Temperate..... (Genesis 2: 16, 17)

The Creator sets before us life and death: Choose life.

Nutrition..... (Genesis 1: 29)

God gave the original and perfect diet for man to make good blood.

