**Maintaining Healthy Bodies**

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." (***3 John 2***).Our bodies are Christ's purchased possession, and we are not at liberty to do with them as we please. Therefore the question with us is not, "What is the world's practise?" but, "How shall I as an individual treat the habitation that God has given me?" At Basildon Church we totally believe in maintaining healthy bodies, we do it without putting too much effort, we make it so enjoyable that sometimes we don’t even realise we are working out. We also use the NEW START Program which has been proven to cater for most areas of our health and stands for the following:

[**N**utrition](http://www.leavesoflife.org/new-start-eight-natural-remedies.htm#Nutrition): Our bodies are built up from the food we eat. It is a wonderful process that transforms the food into blood, and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue. Those foods should be chosen that best supply the elements needed for building up the body. We cannot safely be guided by the customs of society. The disease and suffering that everywhere prevail are largely due to unpopular errors in regard to diet.

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigour of intellect, that are not afforded by a more complex and stimulating diet.

[**E**xercise](http://www.leavesoflife.org/new-start-eight-natural-remedies.htm#Exercise): Man's employment, as seen in the original design is also worthy of notice. "And the Lord God took the man, and put him in the garden of Eden to dress it and to keep it." (Genesis 2:15). Man was designed for activity in the open light of the sun and the free air of heaven. These conditions were important to the joys of his existence. The subsequent curse upon Adam was not in that he should labour, but that his labours should be attended with difficulties. Exercise is essential for the body. Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguards against colds, coughs, congestion of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases

[**W**ater](http://www.leavesoflife.org/new-start-eight-natural-remedies.htm#Water):  In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or a cool bath is an excellent tonic. Warm baths opens the pores, and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalise the circulation.

[**S**unlight](http://www.leavesoflife.org/new-start-eight-natural-remedies.htm#Sunlight): Human beings, like plants, need adequate sunlight. If the windows were freed from blinds and heavy curtains, and the air and sun permitted to enter the darkened rooms, there would be a change for the better in the mental and physical health. The pure air would have an invigorating influence, and the sun that carries healing in its beams would soothe and cheer, and make one happy, joyous and healthy

[**T**emperance](http://www.leavesoflife.org/new-start-eight-natural-remedies.htm#Temperance): True temperance teaches us to dispense with everything hurtful and to use judiciously that which is healthful.

**A**[ir](http://www.leavesoflife.org/new-start-eight-natural-remedies.htm#Air): Pure air soothes the nerves, circulates the blood healthily through the system, refreshes the body and mind, excites the appetite, renders better digestion and induces sound sleep. However, ill-ventilated rooms weaken the system, depresses circulation and the mind, and may produce colds. It is close confinement indoors that makes many feeble and pale. They breathe the same air over and over, until it becomes laden with poisonous matter thrown off through the lungs and pores; and impurities are thus conveyed back to the blood.

[**R**est](http://www.leavesoflife.org/new-start-eight-natural-remedies.htm#Rest):  Some make themselves sick by overwork. For these, rest, freedom from care, and a spare diet, are essential to restoration of health. To those who are brain weary and nervous because of continual labour and close confinement, a visit to the country, where they can live a simple, carefree life, coming in close contact with the things of nature, will be most helpful. Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery.

**[T](http://www.leavesoflife.org/new-start-eight-natural-remedies.htm%22%20%5Cl%20%22TrustInGod)**[rust In God](http://www.leavesoflife.org/new-start-eight-natural-remedies.htm%22%20%5Cl%20%22TrustInGod) :  The Saviour in His miracles revealed the power that is continually at work in man's behalf, to sustain and to heal him. Through the agencies of nature, God is working, day by day, hour by hour, moment by moment, to keep us alive, to build up and restore us. When any part of the body sustains injury, a healing process is at once begun; nature's agencies are set at work to restore soundness. But the power working through these agencies is the power of God. All life-giving power is from Him. When one recovers from disease, it is God who restores him.