



COUNTRY LIVING and YOUR HEALTH





IT BEGS SOME QUESTIONS

- What is the purpose of Country living
- Is Country Living a command or a suggestion?
- Is it a solution?
- Is it prophetic?
- Does it really matter where we live?
- Is there a correlation between location and health?
- Why are we admonished to leave the cities and settle in the rural or country areas?



HOW WAS IT IN THE BEGINNING?

- And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so. And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day. Genesis 1:29-31 KJV



AS GOD INTENDED—SO IT WAS

- And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed. And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; ... And a river went out of Eden to water the garden;... And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it. Genesis 2:8-10, 15 KJV



TILLING IS FULFILLING

- And every plant of the field before it was in the earth, and every herb of the field before it grew: for the LORD God had not caused it to rain upon the earth, and there was not a man to •TILL the ground. Genesis 2:5 KJV



GOD'S ORIGINAL INTENT

It was not God's purpose that people should be crowded into cities, huddled together in terraces and tenements. In the beginning He placed our first parents amidst the beautiful sights and sounds He desires us to rejoice in today. The more nearly we come into harmony with God's original plan, the more favorable will be our position to ■secure health of body and mind and soul.² *AH 135.3*



True COUNTRY LIVING = HARMONY WITH GOD'S ORIGINAL PLAN

- True COUNTRY LIVING is the only way to SECURE HEALTH OF BODY, MIND & SOUL.
- In the 3rd to last book of the Bible, God through His Beloved apostle encourages us with these words; *“Beloved, I wish above all things, that thou mayest prosper and be in health, even as thy soul prospereth.” 3John:1vs2.* I believe that this is a reminder that we should go back to basics...back to Eden, back to original intent.

IS COUNTRY LIVING A COMMAND OR A SUGGESTION?

- The same voice that ■warned Lot to leave Sodom bids us, “Come out from among them, and be ye separate, ... and touch not the unclean.” ■Those who obey this warning will find a refuge. Let every man be wide awake for himself, and try to save his family. Let him gird himself for the work. God will reveal from point to point what to do next. *CL 6.7*
- Hear the voice of God through the apostle Paul: “Work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of His good pleasure.” Lot trod the plain with unwilling and tardy steps. He had so long associated with evil workers that he could not see his peril until his wife stood on the plain a pillar of salt forever.—The Review and Herald, December 11, 1900. *CL 7.1*



COUNTRY LIVING IS ABOUT CHARACTER BUILDING FOR ETERNITY

- Keep my commandments, and live; and my law as the apple of thine eye. Proverbs 7:2 KJV
- O that thou hadst hearkened to my commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea: Isaiah 48:18 KJV
- Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil. Ecclesiastes 12:13-14 KJV
- Those who obey are rewarded accordingly... Those who disobey, do so at their peril.



God Will Instruct and Teach Those Who Take Heed

- He who taught Adam and Eve in Eden how to tend the garden would instruct men today. There is wisdom for him who holds the plow and plants and sows the seed. The earth has its concealed treasures, and the Lord would have thousands and tens of thousands working upon the soil who are crowded into the cities to watch for a chance to earn a trifle.... Those who will take their families into the country place them where they have fewer temptations. The children who are with parents that love and fear God are in every way much better situated to learn of the Great Teacher, who is the source and fountain of wisdom. They have a much more favorable opportunity to gain a fitness for the kingdom of heaven.⁸ *AH 143.1*



IS COUNTRY LIVING PROPHETIC?

- There are reasons why we should not build in the cities. On these cities, God's judgments are soon to fall.—Letter 158, 1902. *CL 8.2*
- The time is near when large cities will be swept away, and all should be warned of these coming judgments.—Evangelism, 29 (1910). *CL 8.3*
- O that God's people had a sense of the impending destruction of thousands of cities, now almost given to idolatry.—The Review and Herald, September 10, 1903. *CL 8.4*
- In harmony with the light given me, I am urging people to come out from the great centers of population. Our cities are increasing in wickedness, and it is becoming more and more evident that those who remain in them unnecessarily do so at the peril of their soul's salvation.—Manuscript 115, 1907. *CL 9.4*
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Withdraw to the Freedom of Rural Areas

- The time is fast coming when the controlling power of the labor unions will be very oppressive. Again and again the Lord has instructed that our people are to take their families away from the cities, into the country, where they can raise their own provisions; for in the future the problem of buying and selling will be a very serious one. We should now begin to heed the instruction given us over and over again: Get out of the cities into rural districts, where the houses are not crowded closely together, and where you will be free from the interference of enemies.—Letter 5, 1904. *CL* 9.5



Conflicts Between Trade Confederacies and Labor Unions

- **The trades unions will be one of the agencies that will bring upon this earth a time of trouble such as has not been since the world began.—Letter 200, 1903. *CL 10.2***
- The work of the people of God is to prepare for the events of the future, which will soon come upon them with blinding force. In the world gigantic monopolies will be formed. Men will bind themselves together in unions that will wrap them in the folds of the enemy. A few men will combine to grasp all the means to be obtained in certain lines of business. Trades unions will be formed, and those who refuse to join these unions will be marked men.—Letter 26, 1903. *CL 10.3*



DOES IT MATTER WHERE WE LIVE?—Keep the Children From Hotbeds of Iniquity

- **Let no temporal advantages tempt parents to neglect the training of their children. Whenever possible, it is the duty of parents to make homes in the country for their children. The children and youth should be carefully guarded. They should be kept away from the hotbeds of iniquity that are to be found in our cities. Let them be surrounded by the influences of a true Christian home—a home where Christ abides.— Letter 268, 1906. *CL 12.2***



LEAVE BEFORE IT'S TOO LATE

- **Before the overflowing scourge shall come upon the dwellers of the earth, the Lord calls upon all who are Israelites indeed to prepare for that event. To parents He sends the warning cry, Gather your children into your own houses; gather them away from those who are disregarding the commandments of God, who are teaching and practicing evil. Get out of the large cities as fast as possible. Establish church schools. Give your children the Word of God as the foundation of all their education.—Testimonies for the Church 6:195. *CL 12.3***



Christian Qualities Better Gained in Retired Locations

There is not one family in a hundred who will be improved physically, mentally, or spiritually, by residing in the city. Faith, hope, love, happiness, can far better be gained in retired places, where there are fields and hills and trees. Take your children away from the sights and sounds of the city, away from the rattle and din of streetcars and teams, and their minds will become more healthy. It will be found easier to bring home to their hearts the truth of the Word of God.—
Manuscript 76, 1905. *CL 13.1*

- Send the children to schools located in the city, where every phase of temptation is waiting to attract and demoralize them, and the work of character building is tenfold harder for both parents and children.—
Fundamentals of Christian Education, 326 (1894). *CL 13.2*

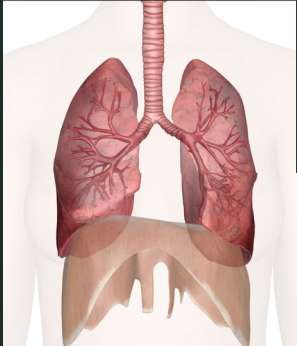
COUNTRY LIVING IS CONDUCIVE TO THE LAWS OF





PURE AIR — TREES

- Trees are some of the most effective oxygen producers in our environment. Of course, some trees are better contributors than others; such as, the Bamboo family, the Birch Family, the Oak, Beech and Maple.



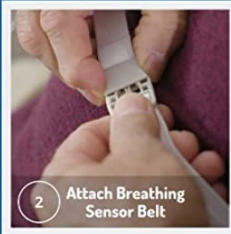
PURE AIR — LUNGS

- In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood. They impart to it a bright color and send it, a life-giving current, to every part of the body good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep. (MH p.177)
- "The stomach, liver, lungs and brain are suffering for want of deep, full inspirations of air which would electrify the blood and impart to it a bright, lively color, and which alone can keep it pure, and give tone and vigor to every part of the living machinery." (TVol. 2, pp. 67-68)

RESPeRATE® Lowers Blood Pressure Naturally!



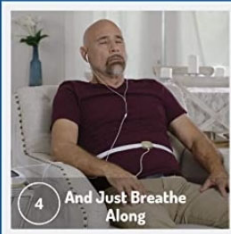
Start Your
RESPeRATE®



Attach Breathing
Sensor Belt



Listen To The
Guiding Tones



And Just Breathe
Along

DID YOU KNOW?

- If someone has High Blood Pressure, they can regulate the pressure just from proper breathing? The industry knows this so well that they invented a machine called “Resperate” to regulate breathing and you can lower your blood pressure just from breathing techniques.



SUNLIGHT — VITAMIN D

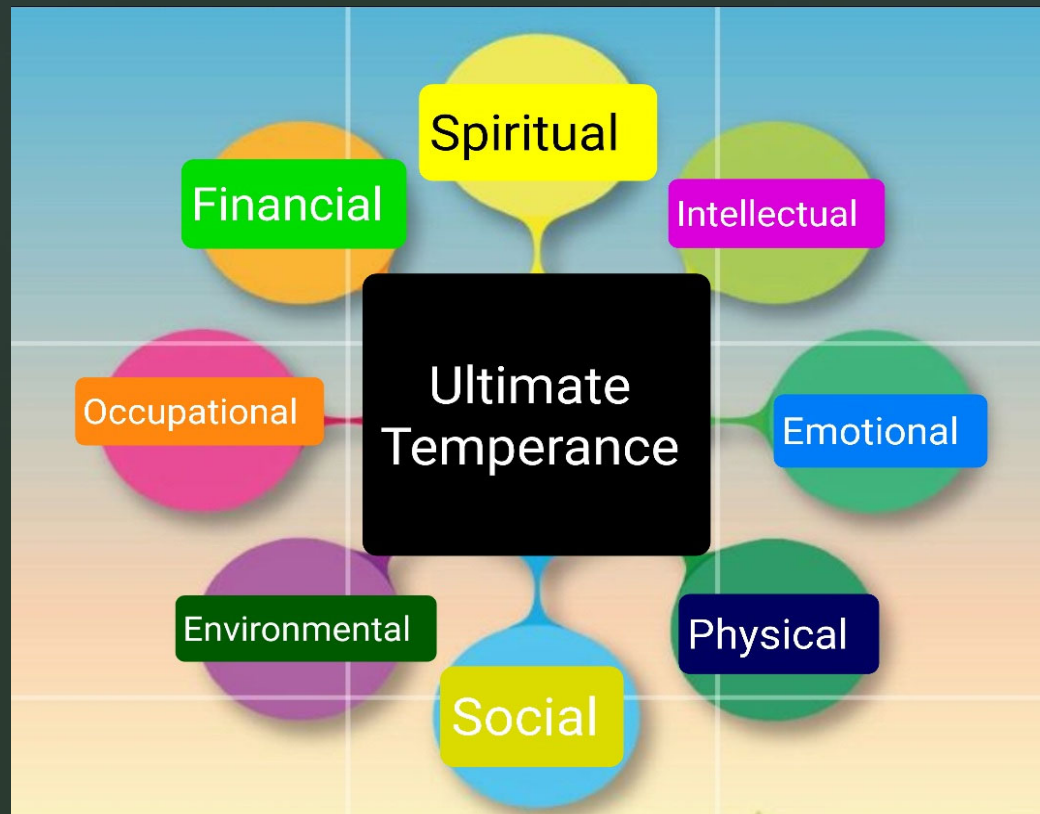
- The day is thine, the night also is thine: thou hast prepared the light and the sun. PSALM 74:16 KJV
- Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun: Ecclesiastes 11:7 KJV



SUNLIGHT

- There is a receptor for vitamin D in every cell in the human body, from your brain to your bones. When the sun hits the skin, it converts cholesterol under the skin into a prehormone.
- Pre-vitamin D from the diet, or from skin synthesis, is biologically inactive. It is activated by two protein enzyme hydroxylation steps, first, it is carried to the liver and undergo a process of hydrolyzation. Secondly, it goes to the kidneys and activates into a substance to form the active vitamin D which is 1-25 Dihydroxy vitamin D. If one has liver problems or kidney failure, vitamin D cannot be produced in the body and supplementation will be necessary.

TEMPERANCE





REST

- And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made. Genesis 2:2-3
- It is in resting in God that we find physical rest. My presence shall go [with thee,] and I will give thee rest. Exodus 33:14



REST

REST

- Find rest of spirit in the beauty and quietude and peace of nature. Let the eye rest on the green fields, the groves, and the hills. (MH p.242)
- Those who make great exertions to accomplish just so much work in a given time, and continue to labor when their judgment tells them they should rest, are never gainers. They are living on borrowed capital. They are expending the vital force which they will need at a future time. And when the energy they have so recklessly used, is demanded, they fail for want of it. I have been shown that those who do this often lose much more than they gain, for their energies are exhausted, and they labor on nervous excitement. They may not realize any immediate injury, but they are surely undermining their constitution. (HL p47)

REST

LACK OF REST

WHAT HAPPENS WHEN YOU DON'T SLEEP

Reduced brain function.

Headaches. Irritability.
~Brain removes waste & plaque during sleep.

Higher Anxiety Levels:

Raises brain's anticipatory reactions & reduces stress response.

Weight Gain: Sleep balances hormones that make you feel hungry or full. Elevates hunger hormone ghrelin.

Weakened Immunity:

Weakens body's immune response.

Mood Imbalances.

Lack of sleep disrupts neurotransmitters to brain that regulate mood.

Increase Heart Disease

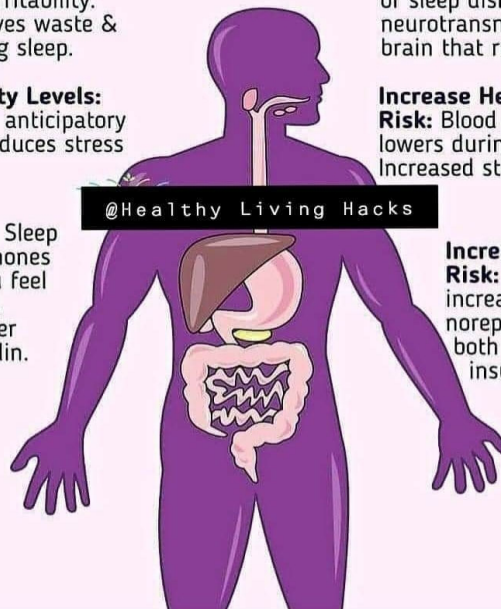
Risk: Blood pressure lowers during sleep. Increased stress raises BP.

Increased Diabetes

Risk: Lack of sleep increases cortisol & norepinephrine - both associated with insulin resistance.

Poor coordination:

Reduces balance & increases risk of accidents.





WE MUST EXERCISE OUR LIMBS, MUSCLES, MIND & INTELLECT otherwise WE WILL LOSE THEM!

- **And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed. And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; ... And a river went out of Eden to water the garden;... And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it. Genesis 2:8-10, 15 KJV**



EXERCISE CAN AID IN:

- 1. Burn calories
- 2. Increase strength and endurance
- 3. Feel better and have more energy
- 4. Optimize heart health
- 5. Live a longer happier life
- 6. Lower blood pressure and resting heart rate.
- 7. Lower LDL cholesterol levels in the blood and raise HDL cholesterol. 8. Strengthen bones by retaining calcium.

BENEFITS OF EXERCISE

- 8. Strengthen bones by retaining calcium.
- 9. Lift depression. (Exercise in the open air)
- 10. Relieve anxiety and stress.
- 11. Increase overall energy and efficiency in all areas of our lives.
- 12. Maintain desirable weight levels.
- 13. Improve circulation.
- **Lack of Exercise:** The blood is not enabled to expel the impurities as it would if active circulation were induced by exercise. (CH p.52)

MORE BENEFITS OF EXERCISE

- **Judicious exercise would induce the blood to the surface and thus relieve the internal organs. Brisk, yet not violent, exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalized by the pure air, to the extremities. (CH p.53)**



NUTRITION/PROPER DIET

- Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition. When properly prepared, they constitute the diet that best promotes both physical and mental strength." TEd 123.1
- Proper nutrition supplies the nutrients that the cells need.
- One way to know that you have a healthy diet is to be able to see a variety of colors on your plate.

COMPONENTS & CONSTITUENTS OF FOODS

- There are three major constituents in foods? All foods contain:
 - Protein • Carbohydrates • Fats
- There are five basic components of food are:
 - Proteins • Carbohydrates • Fats • Vitamins • Minerals



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WATER and OUR BODIES

- **Did you know that every cell in the body needs water.**
- **Water makes up a total of 70% of our total body weight.**
- **The brain is approximately 80% water.**



WATER FOR HEALTH

- In health and in sickness, pure water provides one of heaven's choicest blessings. It's 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. MH p.153



Regulation of Water Balance

- Hormonal effects – Antidiuretic hormone (ADH) – Aldosterone -Thirst - Substances that affect water balance – Alcohol, caffeine, and diuretic medications Every cell in the body needs water.
- 90% water in the plasma.
- • Keeps body temperature within a normal range.
- • The evaporation of the water on the surface of skin helps bring the temperature down.
- • Produces fluid that constantly moisten the eyes.
- • Needed to lubricate and cushion the bones and joints.
- • Necessary for the production of saliva and digestive juices.
- • Relieves mental and physical fatigue.



TRUST IN DIVINE POWER

- **"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:5-6 KJV**
- **Spread every plan before God with fasting, and with the humbling of the soul before the Lord Jesus, and commit thy ways unto the Lord. The sure promise is, He will direct thy paths. He is infinite in resources. The Holy One of Israel, who calls the host of heaven by name, and holds the stars of heaven in position, has you individually in His keeping....
2 Selected Messages p. 364**



THE 6th DAY/ PREPARATION DAY— GET READY!

- And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth. And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day. Genesis 1:26-29, 31 KJV