

Take Good Care of Your Health

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It's easier to retain than it is to regain health. When God created man, He created him to live forever; and had there been no sin, the human body would have been capable of living forever.

The average body consists of 100 trillion cells, and cell life is about 120 days. Each cell has an RNA and DNA which is, in essence, a blueprint so that each cell can reproduce itself as it dies. But, of course, the body cannot reproduce healthy cells without quality material. That would be like having the blueprints to a nice home but having poor quality material to build it. It just couldn't be done. Therefore, diet is important.

Learn about nutrition, and eat properly. Your cells are about 75% to 85% water. Therefore, drink plenty of good, clean, pure water—about two quarts a day. Don't make your body have to get its water from colas, coffee and tea.

Exercise is also important to good health. One should do enough physical exercise every day to get the blood pumping well. Not exercising is like loading the trucks with good material to go to the building site but never moving the trucks. When you eat properly and drink plenty of water, you are loading the trucks; but if you do

not exercise, the trucks do not get to the building site.

When you exercise, breathe deeply through your nose and exhale through your mouth. Get plenty of fresh air. Take long walks outside, and breathe deeply as you walk. If you don't take good care of your health, you'll bear the physical consequences. First Corinthians 3:16,17 says, "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

In essence, these verses are simply saying that, if one does not take care of his body, he'll be destroyed physically. It's a matter of cause and effect.

It's a sad fact that most people take better care of their automobiles and their animals than they do their own bodies.