



*God's*  
**Doctors**

- 1 Air**
- 2 Water**
- 3 Exercise**
- 4 Nutrition**
- 5 Sunshine**
- 6 Purity**
- 7 Rest**
- 8 Trust**

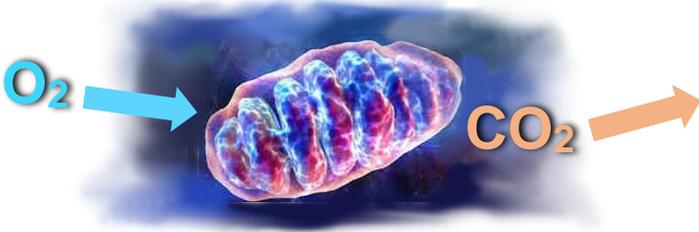
When the Creator first made man and woman after His image, He pronounced His completed work, "Very Good!" And He promises to do that same work again "in you, both to will and to do of His good pleasure." Philippians 2:13.

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706.692.0345  
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## Doctor 1: Pure, Fresh Air

*“God breathed into his nostrils the breath of life” Genesis 2:7*

Air with its life giving oxygen is an absolute necessity. On average we get a fresh supply every 4 to 5 seconds. We can go without water for a few days, and without food for a few weeks. But we need a constant supply of air. Without it we'll die in just a few minutes.



Every cell in our body needs oxygen. Every day 2,000 gallons of blood gets exposed to the air we breathe in our lungs. Fresh air, especially outside air supplies us with valuable negative ions to strengthen our immune system and resist disease. Lack of fresh air, indoor living, closed windows, raises the risk of fevers, colds, and lung disease.



The benefits of fresh air doesn't stop there. It also invigorates our thinking, refreshes the body, improves the appetite, and promotes a sound sleep at night. So, open the windows, air out your house at least once a week, cultivate plenty of house plants to generate your own supply of indoor oxygen!

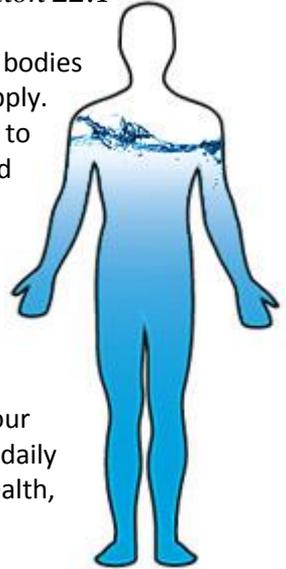
We can also breathe the air of heaven in meditation, in prayer, and the reading of God's Word. *“In the matchless gift of His Son, God has encircled the whole world with an atmosphere of grace as real as the air which circulates around the globe.” Steps to Christ p. 68*

## Doctor 2: Pure, Clean Water

*“A pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.” Revelation 22:1*

Water is the second most critical need for life. Our bodies are about 70% water and it requires a constant supply. The brain is 80% water and is especially vulnerable to dehydration. That headache that you get at the end of the day may not just be from stress, it could be painful results of your “wet computer” drying out.

Water has been called “the universal solvent.” A wide array of organic substances dissolve in water and can be transported in our blood stream. Water is thus immeasurably valuable in cleansing our system of metabolic wastes. Without an adequate daily supply, a toxic state will result in a sense of ill-health, fatigue, muscle aches, joint pains, and irritability.

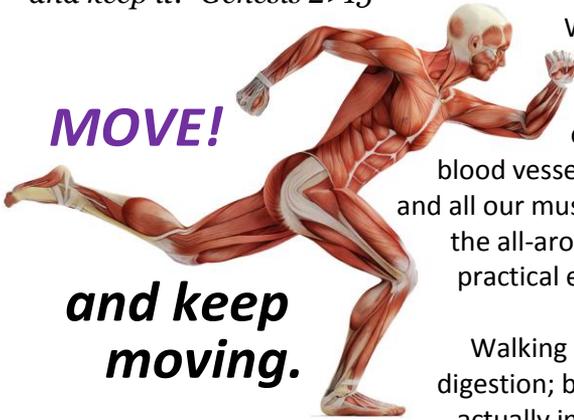


Not only water on the inside, but frequent bathing is a definite health benefit. Warm baths soothe our nerves. Hot showers stimulate perspiration and the excretion of wastes through the pores of our largest organ: the skin. Warm water on the body's surface increases circulation to the kidneys, stimulates peristalsis of the bowels and promotes digestion.

*“Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of the saliva; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again.” Counsels on Health p. 119*

## Doctor 3: Physical Exercise

“The LORD God put the man into the garden of Eden to dress it and keep it.” Genesis 2>15



**MOVE!**

**and keep moving.**

We were deigned to move. Exercise, work, walking and moving increases the circulation, dilates the blood vessels, strengthens the heart and all our muscles. Walking is probably the all-around most effective and practical exercise.

Walking after a meal is an aid to digestion; but strenuous work can actually impair digestion as the

demand for blood to supply the muscles of our limbs can rob that available for the internal organs.

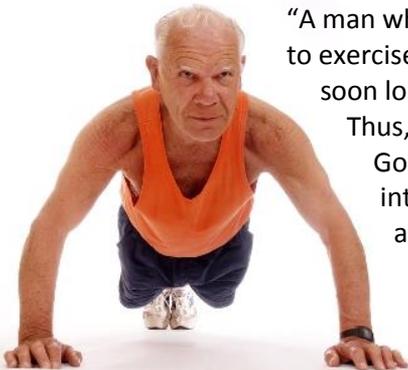
Just as a stagnant river soon becomes overgrown with algae and bacteria, so lack of exercise will encourage infection in our stagnant blood.

“Use it or lose it” is very true.



“A man who would refuse to exercise his limbs would soon lose all power to use them.

Thus, the Christian who will not exercise his God-given powers, not only fails to grow up into Christ, but he loses the strength that he already had.” *Steps to Christ* p. 80



**Circulation is the key to life.**

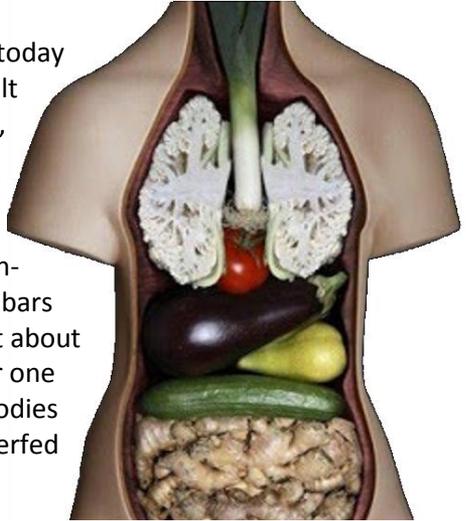
“Brisk, yet not violent, exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalized by the pure air, to the extremities.”

*Counsels on Health* p. 53

## Doctor 4: Nutrition

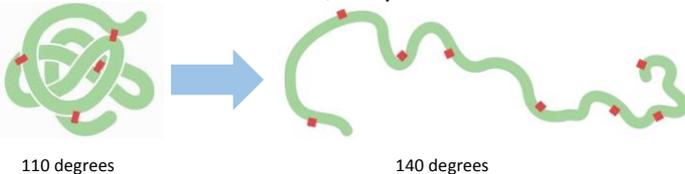
*“Whether you eat or drink...do all to the glory of God.”  
1 Corinthians 10:31*

You are what you eat is more true today than ever before. A big intake of salt increases our intravascular volume, pumps up the tension in our arteries, and raises blood pressure. That thick steak loaded with cholesterol leaves its mark on your coronaries. Cakes, pies, donuts, candy bars and high fructose corn syrup in just about everything now days is the number one source of empty calories and full bodies that are tipping the scales of an overfed and undernourished nation.



The answer, though ancient, is pure and simple. Man’s original menu in the garden is still the best of breed. Fruit, veggies, nuts, and seeds are packed with phytonutrients, enzymes, and minerals perfectly designed for our bodies. Eden Pointe Lifestyle serves the Eden Diet. Fresh, organic, and live. Teaming with live enzymes, live vitamins, live flavonoids, live carotenoids, and live isoflavones.

Enzymes are specialized proteins that digest the carbohydrates, proteins, and fats in our food. Fresh, live food comes pre-packaged with all the enzymes needed for its own digestion. But cooking that same food inactivates the enzymes which are structurally denatured along with all the other proteins, many of which give our food its firmness and texture. When cooked food turns soft, enzymes are toast.



Now our pancreas has to come to the rescue and furnish all the enzymes to digest that limp, over-cooked, de-vitalized meal. Our over-worked pancreases are producing an epidemic of diabetes.

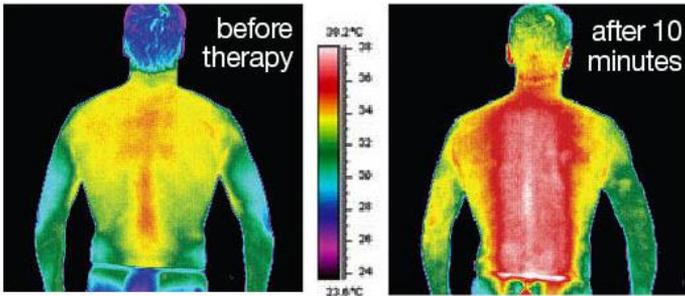
## Doctor 5: Sunshine

*“Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun” Ecclesiastes 11:7*

Being outdoors when the sun is shining is the best way to get your daily dose of Vitamin D. This sunshine vitamin is a marvelous addition to our health in so many ways. Not only important to calcium absorption and the maintenance of strong bones, it also lowers cholesterol, blood pressure, the risk of diabetes, arthritis, a swarm of cancers, and even multiple sclerosis.



Concern over ultraviolet radiation and the fear of skin cancers has boosted the sale of “sun blockers” and turned would-be sun bathers into indoor hermits. While fair skin certainly increases the likelihood of sun burn, getting your solar bath during the morning or late afternoon hours, and minimizing the fat in your diet practically eliminates the specter of the dreaded C word.



Far-infrared at the other end of the solar spectrum has been shown to penetrate soft tissues up to 2 inches to speed wound healing, improve immunity, and stimulate circulation by dilating vessels and reducing blood viscosity, inflammation, muscle cramping, and edema.

“Pure air, good water, sunshine, the beautiful surroundings of nature—these are His means for restoring the sick to health in natural ways. To the sick it is worth more than silver or gold to lie in the sunshine”  
*Counsels on Health* p. 166

## Doctor 6: Pure and Pollution Free

*“You are the temple of God, and the Spirit of God dwells in you. If any man defile the temple of God, him shall God destroy”*  
1 Corinthians 3:16,17

Wow! Those are strong words. Amazing that God can dwell in us! Sobering thought that defiling our temple bodies warrants destruction. And we see it every day in the masses who abuse themselves by turning their own bodies into toxic waste dumps.



Tobacco tars and carcinogenic distillates oozing down their lungs; guzzling alcoholic embalming fluids and washing down pieces of dead carcasses, pharmaceutical mystery chemicals, and lifeless concoctions of fat, sugar, and salt with gallons of carbonated, caffeinated, artificially sweetened, artificially flavored and artificially colored “soft” drinks that are **hard** on the body.



True health is freedom. Drug-free. Aspartame-free. Nicotine-free. Alcohol-free. Caffeine-free. 100% YOU!



“Men professing godliness offer their bodies upon Satan's altar, and burn the incense of tobacco to his satanic majesty.

Does this statement seem severe?

The offering must be presented to some deity.

As God is pure and holy, and will accept nothing defiling in its character, He refuses this expensive, filthy, and unholy sacrifice”

*Counsels on Health p. 83*

## Doctor 7: Rest

*“Come unto me all who labor and are heavy laden and I will give you rest.” Matthew 11:28*

Nothing helps you sleep better than a day of hard work. Naturally tired. Naturally sleepy. That’s the way it’s supposed to work.



Us moderns like to think we can cheat on exercise, skip meals, then run on adrenalin all day, celebrate with a bedtime banquet and wonder why we toss and turn all night. Whoa, Nelly. Consult Doctors 1 through 6 and you’ll really enjoy Doctor 7!

The Bible tells us that “six days you shall labor and do all your work.”

That’s in Exodus 20:9. It also recommends taking a whole day off from work every week, a vacation, a palace in time, a time to remember Who made you, and why.



Oh, but we have two days off for the week end. And what do we do? Shop ‘till we drop, turn into party animals, and drain every last drop of energy out of us so that we can enjoy our Monday morning blues with a hang-over and a trip to the medicine cabinet for relief with side effects.

“Those who are always busy, and go cheerfully about the performance of their daily tasks, are the most happy and healthy. The rest and composure of night brings to their wearied frames unbroken slumber”

*Counsels on Health p. 53*



**Take time to recharge.**



## Doctor 8: Trust in Divine Power

*“If you will listen to the voice of the LORD your God... I will not send any of these diseases upon you...for I am the LORD that heals you.”  
Exodus 15:26*

What a promise.

No diseases! If we will only listen to

His voice. It's the voice that made us and the only One who can heal us. All healing comes from the Great Healer. He is the Life. In Him is life. The return to total health begins by accepting that Life into your life.

There is no alternative. There is no substitute.

**It may be that pre-existing disease has already produced irreversible damage to vital structures and has resulted in irreparable loss of critical functions. But even that is not beyond the reach of the One who made you. It is undoubtedly beyond our reach. Yet, you need not despair. Where there is Life there is most certainly hope.**

A positive mental attitude is a critical factor in life and absolutely imperative to good health. It's a style of life that encourages a broad mind and a narrow waist instead of seeing them change places as can so often happen. And setting our frame of mind in the right direction can mean all the difference between whether we reach our goal of optimum health.

So then, with an open mind, let's set our mental compass in the direction of success, backed by fierce determination, and a confident expectation of experiencing exactly what our Creator intends for us.

“Beloved, I wish above all things that you may prosper and be in health, even as your soul prospers.” 3 John 2.

That's both a wish and a promise.



# **8 Doctors**

**Always available.**

**All Natural.**

**All Free.**

**Here's a prescription  
for health that will  
cost you nothing, but  
reward you abundantly.**