

The Healing Power of Food

Eight principles for
good health

8 principles for health





for nutrient



1. Nutrients

A well-balanced diet includes healthy fats, protein, and non-starchy vegetables for vitamins and minerals.



for exercise



Cardio exercise – brisk walking twice a day. Walk so that you are not huffing and puffing, but so that you could speak a sentence while walking.

Weight-bearing exercise – up and down stairs, gardening, rowing, swimming



W for water



Drink water according to your body weight. For the average adult, 2 litres a day. Drink on rising and between meals, (not with meals). Herbal tea counts as water but not coffee or sweet drinks.



for sunlight



We need sunlight for Vitamin D. Avoid sun exposure during the middle of the day when sunburn is a risk.

282
355
962

t for toxin free



Have you ever wondered what all those numbers mean on processed foods? You will find them in very fine print. Most of these numbers represent artificial food additives which can be toxic to health. Choose whole foods or make your own foods. Avoid highly processed foods.



for air



Engage in outside leisure activities in the fresh air – the beach, the bush, the forest.

Keep the air in your home healthy by opening your windows.

Avoid pollutants like air fresheners, toxic cleaning products and perfumed personal care products.



for rest

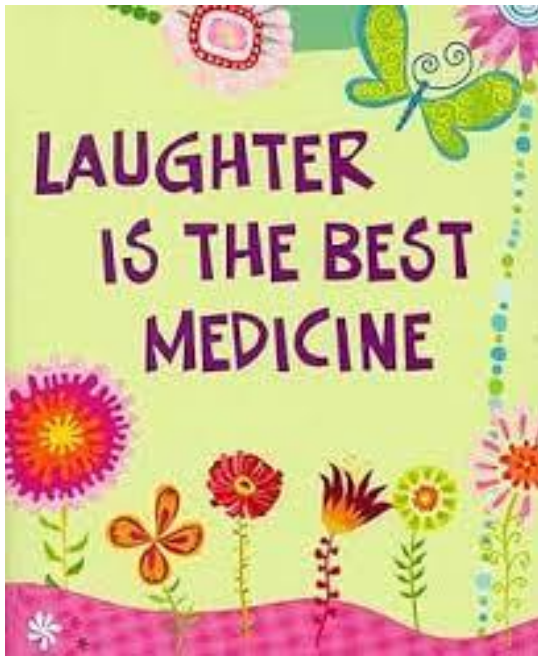


Sleeping during natural hours of darkness is what our bodies are designed to do. Rise early and go to bed early.

Choose to rest from your normal working routine once a week.



for think happy thoughts and trust in God



Laughter releases hormones called endorphins. These hormones can relieve pain, reduce stress and give us feelings of pleasure.

Research shows that people who have a faith experience better health. Mental health affects physical health.