



Winning the War for Your Health

- 1/2 women and 1/3 men will get cancer in their lifetime (British Journal of Cancer). This number was around 5% in the early 1900s.
- More than 30% of all cancer deaths can be linked directly to diet. 5-10% can be attributed to genetic defects.
- Cancer is the number 1 disease children die from most now.
- Over 70% of all Americans are obese or overweight according to the CDC.
- Caloric intake has remained the same since 1999 but obesity has shot up 30%.
- Children with autism has gone from 1/150 in 2000 to 1/44 in 2018. At current rates, 1/3 of all children will be diagnosed on the autism spectrum by 2050.
- Type 2 Diabetes rates have doubled in the past 20 years.
- Heart disease is the #1 killer in America.
- Sperm count is down 50% in last 60 years according to a 1992 study.

Our body is considered to be His temple.

1 Corinthians 3:16-17 (NIV)

Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple.

1 Corinthians 6:9 (NKJV)

Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?

1 Corinthians 10:31 (NKJV)

Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.

Food can't defile us spiritually, but it can destroy us physically.

Proverbs 19:3 (NKJV)

A person's own folly leads to their ruin, yet their heart rages against the Lord.

Our food has changed drastically since around the 1950s.



We went from whole foods grown in the earth in normal conditions, to processed foods with all sorts of new chemicals, preservatives, additives, and toxins that have limited human safety testing.

Proverbs 12:10 (NLT)

The godly care for their animals, but the wicked are always cruel.

Matthew 6:24 (NKJV)

No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.

1 Timothy 5:23 (NKJV)

"No longer drink only water, but use a little wine for your stomach's sake and your frequent infirmities."

3 John 1:2 (NLT)

Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.

God wants His temples to be clean physically, to be used spiritually.

1- Start learning about true health.

The entire human body has completely new cells every 7 years. Physically you're practically a new person every 7 years.

Epigenetically, our decisions are passed on through generations. Certain genes will turn on and off depending on our dietary choices.

2- Eat whole foods. Cut down massively on fast food.

3- Limit white flour and sugar intake.

4- Eat more fruit and start juicing fresh fruits and vegetables.

5- Start walking or jogging regularly.

Health is great, but godliness is greatest.

1 Timothy 4:8 (NKJV)

For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

Matthew 6:33 (NKJV)

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But seek first the kingdom of God and His righteousness, and all these things will be added unto you.

Mark 8:36 (NKJV)

For what will it profit a man if he gains the whole world, and loses his own soul?

Don't let your focus on physical health supersede the focus on the health of your soul which lasts forever.

2 Corinthians 5:1 (NIV)

For we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands.

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