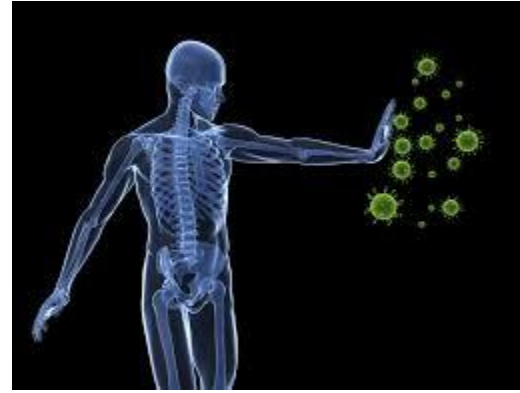


# Foundation for Good Health

Ps. 11:3

Without the **right foundation**, a house cannot last. New homeowners often focus on the surface of things when building a home and may not be aware of the importance of the home's foundation. The structural integrity of a home requires a foundation built to last. The **foundation carries the weight of the entire house on its shoulders**, offers a level base for wall construction and separates the wood framing of the house from termites on the ground. **Without a strong foundation, the walls of the home will be insecure.** The foundation must be built to carry the weight and load of all the other building elements used in the home.



# Foundation

- 1 Cor. 3:10- As a wise masterbuilder I have laid the foundation
- Luke 6:48-49- He who hears and does what Christ says is like a man who built an house on foundation of rock, he who hears and does not follow what Christ says is a man who has no foundation but built his house on earth.
- Hag. 2:13- The foundation of the Lord's temple
- John 2:21- The temple of his body
- 1 Cor. 3:16-17- Don't know you know that you are the temple of, if any man corrupts the temple of God-his body. God will have to destroy him. For the temple of God is holy and you are that temple.

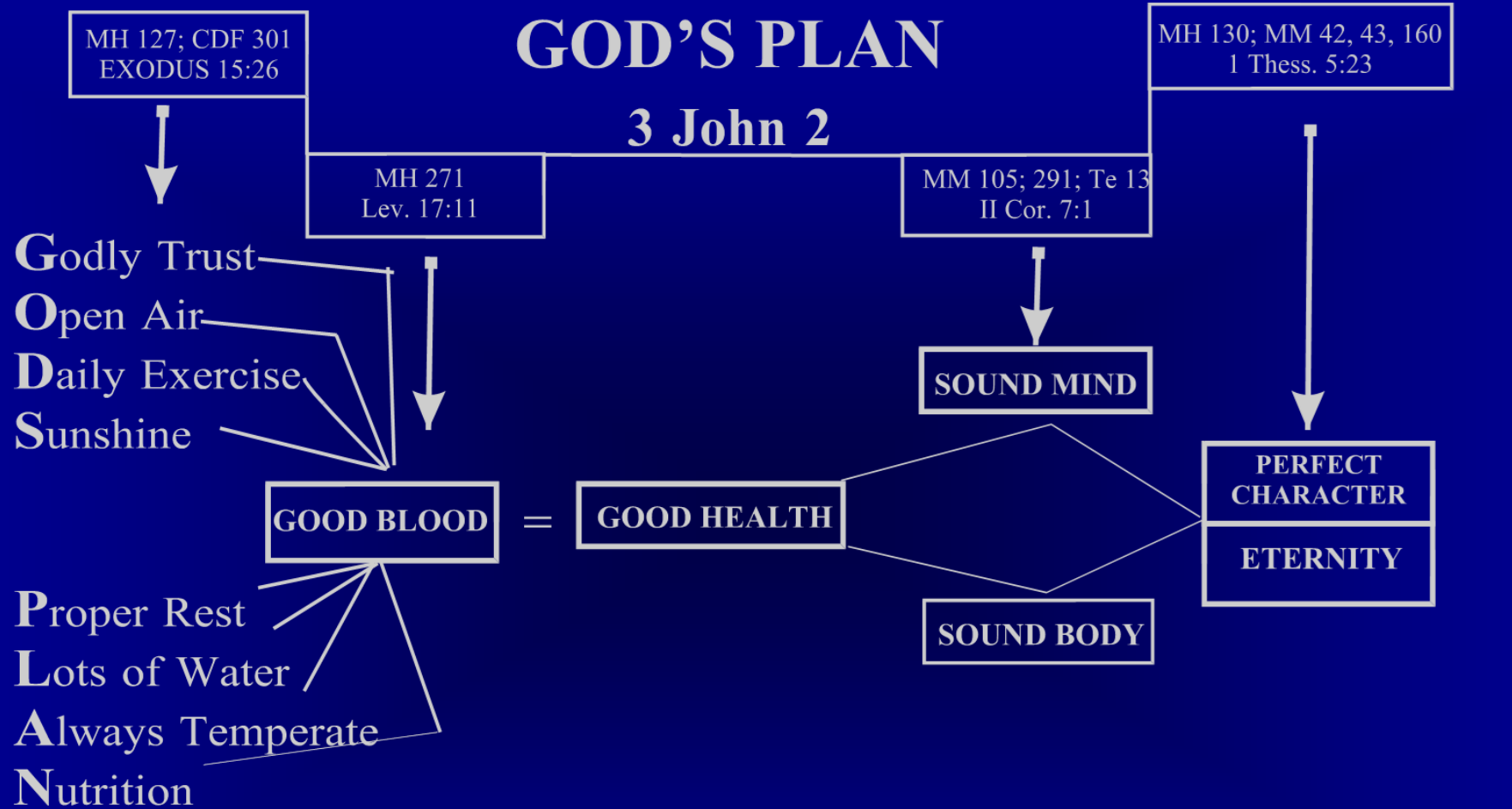
**For The Brain To Be Healthy The Blood Must Be Pure**

**The Brain Is The House  
For The Mind And  
Controls The Whole  
Body**



# GOD'S PLAN

## 3 John 2



1. **Godly Trust** \_\_\_\_ (Genesis 2:17)

2. **Open Air** \_\_\_\_ (Genesis 1:6,7)

3. **Daily Exercise** \_\_\_\_ (Genesis 2:15)

4. **Sunshine** \_\_\_\_ (Genesis 1:16)

5. **Proper Rest** \_\_\_\_ (Genesis 2:3)

6. **Lots of Water** (Genesis 2:10)

7. **Always Temperate** \_ (Genesis 2:16,17)

8. **Nutrition** \_\_\_\_ (Genesis 1:29)

# Godly Trust

- Gives peace of mind.
- Strengthens the immune system.
- Reduces Stress
- Increases Circulation.
- Encourages a good nights sleep.

# Open Air

- Purifies the blood.
- Supplies our 100 trillion cells with needed oxygen
- Produces internal environment in which cancer and AIDS cannot survive.
- Negative ions resist infection



# Daily Exercise

- Strengthens heart, blood vessels and muscles.
- Increases efficiency of lung and the number of blood cells.
- Builds the immune system.
- Promotes sound sleep.

# Sunshine

- Lowers resting heart rate and blood pressure. Increases oxygen content of the blood
- Decreases blood cholesterol.
- Increases white blood cells
- Vitamin D is produced by the Sun

# Proper Rest

- Decreases muscle tension
- Increases natural hormones which act as a tranquilizer
- The body is repaired and revitalized
- Wastes are taken to organs of elimination.

# Lots of Water

- Cleanses tissues
- Aids circulatory system
- Transport nutrients and waste
- Increases elimination of the mucous membrane of intestinal tract
- Cleanses blood; Aids waste and repair

# Always Temperance

- Keeps the entire system in balance
- Promotes a positive attitude and disposition Increases patience and self-control
- Builds good blood
- Keeps immune system strong

# Nutrition

- Provides the 100 Trillion cell with nutrients
- Builds good blood
- Vitamins and minerals keep vital processes and chemical functions in balance
- Soluble and insoluble fibers help eliminate toxins from the system