

GOD'S HEALTH CARE PLAN

(Briefly Explained)

Design - Diet - Exercise

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DESIGN

Our planet with its atmosphere, environment, and nutrient-rich plant life was uniquely and perfectly **designed** to sustain life.

Our bodies were **designed** to be compatible with the nutrient-rich plants we eat.

Our bodies were also **designed** to heal themselves as long as they get proper nutrition and care.

DIET

For our bodies to survive and thrive, we need proper nutrition. Our best source of nutrition is a **wide variety of fresh fruit and vegetables** eaten every day. Fruits and vegetables provide thousands of all-natural vitamins, minerals, anti-oxidants, enzymes, proteins, carbohydrates and other phytonutrients (unlike old-fashioned vitamin & mineral supplements).

Avoid unhealthy habits and foods with artificial sweeteners, preservatives, colors and flavors (these actually harm our bodies).

EXERCISE

The blood vessels throughout our bodies are **designed** to be like a pharmacy within our bodies. They contain many natural chemicals which fight acute and chronic disorders in our bodies. But to release these chemicals into our bloodstream requires fast moving blood, therefore we need to exercise to get our blood moving fast. Also exercise keeps our muscles tone and in shape and our heart healthier.

OUR POLICY PREMIUM

(what we have to do to benefit from this plan)

The first 2 humans were created with perfect defect-free bodies designed to live forever. Today, even though we have accumulated many defects in our bodies through genetic inheritance and by the way we live, we still have bodies which were designed to be healthy and stay healthy. **It is now up to us to determine how healthy a life we will live. It depends on how we eat and exercise.**

Proper nutrition and exercise help to strengthen our bodies (cells, blood vessels, nerves and circulation). The healthier our bodies are, the better able we are to prevent chronic disorders like diabetes, high blood pressure, heart disease, auto-immune diseases, etc. and stop and/or reverse existing disorders. Proper nutrition and exercise can help our prescription medicine work better too.

Learn much more about proper nutrition and exercise at www.BiblicalReliability.com under the "Wellness" tab. See several audio clips, video presentations and articles as "Help Your Body & Help Your Medicine Work Better" (2 pages).