

Anti-Aging
Secrets
of
the **Bible**



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with John Bradshaw

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Introduction

In 2018, the British national newspaper *The Times* published a story under the headline, “Lazy Lifestyles to Cause Surge in Serious Illness.” The story carried the stark warning that, within twenty years, two million Britons will have at least four serious illnesses “because of the increase in obesity and lazy lifestyles.” The article states that those who are currently middle-aged are so unhealthy that an increasing amount of people are becoming increasingly ill, and seriously so. For example, *The Times* reports that by 2035 there will be a 179 percent increase in the number of people aged sixty-five and over with cancer.¹

What is especially jarring about this—while at the same time offering hope—is that the reason for this explosion of poor health is readily identifiable. A professor of epidemiology of aging from England’s Newcastle University said, “It is primarily the lifestyle factors that are driving these diseases.

Obesity and physical activity are the main ones. We are much more sedentary than we were before.”¹

Not only does this development predict significant health challenges for people, but health care systems are also being seriously stressed and costs are rising dramatically. And, lest it be thought that reports from the United Kingdom reflect challenges peculiar to just one part of the world, the truth of the matter is that the developed world as a whole is facing the same set of challenges—unhealthy lifestyles, a corresponding increase in very serious disease, and increasing pressure on health care in terms of cost and capacity. To make matters worse, as developing nations increase in prosperity, they also increase in bad health and disease.

What can be done? From a purely human standpoint, the answer would appear to be “absolutely nothing.” In spite of the best technology in history, the best education we have ever known, the best research that has ever been conducted, and the most money ever allocated to medicine, the world just keeps getting sicker. We know it, and we know why. We are killing ourselves.

Thankfully, there is a solution to humanity’s dire situation. While more and more people are getting sicker and sicker, God sees a way forward for the

world in terms of good health. In fact, seeing our situation before it arose, God placed in the Bible the very best medical advice available, knowing that, if we took that counsel seriously, we could live happy, healthy lives.

Pastor John Bradshaw