



# BETTER HEALTH MADE SIMPLE<sup>®</sup>

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It's no secret that people living in the Western world are suffering from serious health challenges. Obesity rates are through the roof, diabetes and pre-diabetes are out of control, and diseases such as dementia and heart disease are running amok. But what many people don't know is that they don't have to suffer from these illnesses. Instead of accepting that disease is inevitable, or that "people in my family get" this or that disease, in the vast majority of cases, you can experience better health. And, more often than not, the solutions for better health are simple.

Good health is a good idea. In fact, it is God's idea. It was God who created Adam and Eve in the Garden of Eden 6,000 years ago, and when He did, He provided them with optimal conditions for good health. And given that people routinely lived for almost 1,000 years in those days—Adam lived to be 930; his son, Seth, lived to be 912; Adam's grandson, Enos, marked off 905 birthdays—there was something obviously advantageous about the plan God established for our earliest grandparents.

The Bible says we are "fearfully and wonderfully made" (Psalm 139:14), and after the creation of Adam and Eve, God gave them a plan for long life. They lived in a garden, in a country setting. God

provided them with a diet of fruit, nuts, grains, and vegetables (Genesis 1:29), and after sin entered the world, He gave them physical labor to perform (Genesis 3:19). In the beginning, there was no stress, no pollution, no harsh sunlight; the water was pure, and the food was perfect. There was no alcohol, tobacco, drugs, or other harmful things that we know today shorten life and promote illness.

Millennia later, we live in a very different world. This side of the return of Jesus, no one is going to live for 900 years. But it is possible that we can live longer and healthier, enjoying the more abundant life that Jesus spoke of (John 10:10).

Before I go any further, something should be recognized. There are times—many times—that a person does everything “right” in terms of health and wellness and yet falls prey to dreadful diseases. Apparently healthy people get cancer and die. Conscientious people suffer from a stroke or a heart attack. This, regrettably, does happen. But in so many cases, it need not. While no one can guarantee that they’ll never get sick or suffer from a catastrophic illness, what we can do is limit the likelihood that illness strikes. The Holy Spirit inspired the writing of these words, stating it is God’s will that people

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“prosper in all things and be in health” (3 John 2). And beyond avoiding adverse health events and living longer than you otherwise might, there are more important reasons for taking care of your health.

To truly thrive spiritually, you want to thrive physically—as far as you’re able. In the Bible, “Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank” (Daniel 1:8). When the king’s unclean and unhealthy food and his fermented wine was served, Daniel refused to eat or drink. For Daniel, this wasn’t simply a matter of looking after his health. In a certain sense, it was precisely the opposite.

Being provided with “the king’s delicacies” was a privilege. Daniel was a captive, a slave, and might have been fed with little more than gruel. Nebuchadnezzar, the most powerful man on the planet, was being extraordinarily gracious toward Daniel and the other captives. The immediate physical consequences of not eating the king’s food were almost certainly going to be far more detrimental to Daniel’s health than whatever that food and wine would do to his body in the short term.