

Restorative Power in Nature

The whole system needs the invigorating influence of exercise in the open air. A few hours of manual labor each day would tend to renew the bodily vigor and rest and relax the mind, thus promoting general health.

DISCLAIMER: *The staff of H&B Discount Tires & Herb Shop or this website, does not dispense medical advice or prescribe the use or discontinuance of any medication as a form of treatment. All verbal or published tips, encouragement or testimonials are intended for informational purposes only and should not replace sound medical advice from a physician.*

Applications of information described are undertaken at the individual's own risk/discretion and H&B Discount Tires & Herb Shop disclaims all liability whether directly or indirectly arising from such effort.

Get Hydrated and Spend Some Time in Nature Today

Experience the World of Restorative Benefits That Have Been Placed Within Your Reach

The whole system needs the invigorating influence of exercise in the open air. A few hours of manual labor each day would tend to renew the bodily vigor and rest and relax the mind, thus promoting general health.

Encouragement

A LETTER OF ENCOURAGEMENT WRITTEN TO SOMEONE IN DISTRESS

Dear ___:... I have a message from the Lord for you. Hear His voice speaking to you:

[1 Peter 4:12-14, 19 quoted.]

You are in perplexity as to what is the best course for you to pursue. Please consider that the Lord is acquainted with you. He knows every event connected with your life. He knoweth our frame, that we are but dust. Knowing this, He desires to impress us with the conviction that our only hope is in and through the merits of Jesus Christ. Of our own selves we cannot bear the weight of our own sins, nor atone for our mistakes and errors, but the Lord has provided a way of escape, for it is because He saw us sinners, unable to save ourselves, that God's great heart was touched, and He "so loved the world [in their degradation and sin] that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life" (John 3:16).

This promise is to you, my beloved sister. Jesus loves you. You have been purchased by the Lord Jesus Christ. He gave His precious life to redeem you. Through faith, you are a child of promise. In giving Jesus, in that one precious Gift, our heavenly Father gave you all the treasures of heaven. And when you come to God in prayer, bear in mind that He is your Father, and that He regards you as His child. He looks upon you with the most tender pity. He will not forsake you, though you may be the weakest, the very feeblest of His creatures. If you put your trust in Him, He abideth faithful.

You are not to entertain the thought that because you have made mistakes and your life has been darkened with errors, your heavenly Father does not love you and therefore has forsaken you. No, dear sister. I tell you NO! Jesus loves you still. His eye is upon you, and He “will not suffer you to be tempted above that ye are able; but will with the temptation also make a way of escape, that ye may be able to bear it” (1 Cor. 10:13). You may say, I have sinned against God; but if you have, you are just the one who needs the Saviour, for Christ is our Sin-bearer. He says, “I am not come to call the righteous, but sinners to repentance” (Matthew 9:13). When Satan tells you that the Lord has forgotten you and will not regard you with favor, tell him you know in whom you believe; say to him, “Get thee behind me, Satan. Jesus gave His own life for me. He suffered a most cruel death that He might save me from being overcome by your temptations. I believe in Jesus. I know my Saviour loves me, and I love my Jesus. I rest in His love, notwithstanding my imperfections. God has accepted His perfection in my behalf. He is my righteousness, and I trust in His merits. I am His repenting, believing child. He has taken away my sin-stained garments and covered me with the robe of His righteousness. Clothed in this garment I stand before the Father justified. I am of that number who are addressed as the ‘Elect according to the foreknowledge of God the Father, through sanctification of the Spirit.’” And what constitutes them the “elect?” - - “Obedience and sprinkling of the blood of Jesus Christ.” Therefore, He adds, “Grace unto you, and peace, be multiplied” (1 Peter 1:12).

If we were perfect, we would not need a Saviour, a Redeemer to rescue us from the slavery of Satan. But if we have sinned, let us rejoice with Peter when he recovered himself from his fall. [1 Peter 1:3-5 quoted.] Therefore, our Saviour’s voice echoes back from the clouds as He ascended to heaven, “Let not your hearts be troubled: ye believe in God, believe also in Me. In My Father’s house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto Myself that where I am there ye may be also” (John 14:1-3).

When Christ rose from the dead, He proclaimed in triumph over Joseph’s sepulcher, rent by the power of God, “I am the resurrection and the life.” Jesus died to prove that

He loves you, and He has risen again and ascended on high. And now He stands before His Father as your advocate. He pleads your case before the throne of God, and you may say, "I have sinned over my task, but I will trust in Jesus Christ for pardon." As a little child believes in and trusts in its loving parents, even so do I hope in Thee, oh, my Saviour.

My dear sister, you are the Lord's purchased possession. We have a merciful and faithful High Priest. [Hebrews 2:17, quoted.]

My dear sister in Christ Jesus, you cannot keep yourself one moment. You are kept by the power of God through faith. Let your faith rest in His merits, rely upon His mercy, trust in the sufficiency of His grace to keep you every moment. Never allow the enemy to obtain an advantage over you because you do not think you are good enough to be called a child of God. By faith you are constantly to repose in the righteousness which God has provided you through His Substitute, Jesus Christ the Righteous. He forgiveth sins and pardoneth iniquities and transgressions. He takes away our sin, and in its place imputes His own righteousness. What a blessing this is for us! It is only as you take God at His word, and accept Jesus Christ as your Redeemer that you preserve the honor of God and show that you are "kept by the power of God through faith unto salvation ready to be revealed in the last time" (1 Peter 1:5).

Why this revelation of the power of faith in the last time? Why is it to be revealed in the very close of this world's history? Because iniquity abounds, and the love of many waxes cold through the deceptive workings of the satanic agencies, who especially oppose the commandment-keeping people of God at this time and bring trial and sorrow upon them. In these closing days of probation, days of great trial of faith, you cannot keep yourself. You are kept by the power of God alone, which is revealed in a special manner to offset the working of Satan through the children of disobedience. He would grieve and hurt the soul of everyone who would be loyal and true, who would keep the way of the Lord, and do His commandments. manifold temptations will come to all who believe in Jesus. Satan will seek to discourage those who manifest their love for God by keeping His commandments.

The warfare against God's law commenced in heaven. Satan was determined to bring God to his ideas, his way, to force Him to change the law of His government. This was the cause of the war in heaven. Satan worked upon the sympathies of the angelic host by his deceptive attitude, but he was expelled from heaven, and now he is determined to carry out on this earth the plans [he] instituted in heaven. If he can persuade man to be disloyal to the law of God, he will feel that he is revenged upon God. He strives to

instill into the minds of men his masterly deceptions, thus perverting judgment and justice, trampling down the law of God. This work--the conflict between truth and error--lies at the foundation of the trials and tribulations that the children of God will experience. This is the "trial of their faith."

By pressing upon the soul the idea that God is displeased with us, Satan tries to torture us into unbelief. But we are to "rejoice in the Lord always" [1 Peter 1:6-9 quoted]. The Lord Jesus is our only hope. He is your hope, and I am commissioned in His name to ask you to put your entire trust in Him [Isaiah 57:15, quoted.]

Although God is so high and holy, and though His glory and majesty fills the heavens, yet He looks with pitying tenderness upon all that tremble at His word. These are the contrite ones. They may feel that they can scarcely hope in His mercy, yet they are the special objects of His care and love. [Isaiah 57:18; 54:3-5, quoted.] My sister, this is the word of God to you. Look to your precious Saviour and live. Let your faith take hold of the hope He presents to you in His Word.

As you ask the Lord to help you, honor your Saviour by believing that you do receive His blessing. Mutual love between you and your Saviour will enable you to do His will against every opposing element. When you have a plain "Thus saith the Lord" for your course of action, He will sustain you. Cherish a spirit of kindness and affection for your children, but in your love for them do not lose sight of the requirements of God. Do not evade His claims.

The efficiency of the Lord's work upon the earth depends upon those whom He has made stewards of His means. We cannot afford to practice robbery toward God. If we are true to Him, we may be assured of His help. There must be harmonious action among those who are members of the body of Christ. My sister, God has entrusted to you the work of blessing and comforting those of like precious faith. Look up and believe in Jesus, and by your example, be a light to others. He has given His precious life to save you, and He wants you to respond to His love with cheerful service.

Christ has sent you His invitation: "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For My yoke is easy, and My burden is light" (Matthew 11:28-30). Then if Christ has not placed upon you a galling yoke, do not take one that any human being has made. Cooperating with Jesus Christ makes His yoke easy for you, and your daily burdens will be lightened by communion

with Him. Let no earthly ties, however dear, obstruct the course of duty which He has made plain, but let no human agents frame duties for you.

Do not let depression or discouragement mar your representation of Christ [1 Peter 2:9, quoted.] Then let your light be seen. Educate your heart and lips to speak the praises of God for His matchless love to you. If you will educate your soul to be hopeful and to see the light shining from the cross of Calvary, you will not walk in the shadow, but in the glorious rays of His righteousness. You will see His salvation brought near, and rejoice in the hope of a glorious immortality. As you contemplate the cross, you will realize that God so loved the world that He gave His only begotten Son that you should not perish, but have everlasting life. This theme will ever be as fresh manna from heaven. It is indeed sacred and yet is brought so near to us that we can by faith bring it into our practical life. When we have done this, we shall indeed realize that we are "laborers together with God," and in giving all diligence to make our calling and election sure, we are doing our Master's work, for the more consecrated we are, the better we can work to save the souls of those for whom He has given His life.--Letter 24, 1895, pp. 1-9. (To___, May 19, 1895.) {12MR 33.1-39.1}

TIPS

Seek to Understand Nature's Remedies

Sunlight

Abstemiousness

Rest

Exercise

Proper diet

The use of water

Trust in divine power

THESE ARE THE TRUE REMEDIES

Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge. The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those

who persevere in obedience to her laws will reap the reward in health of body and health of mind.

{CG 366}

Benefits of Thorough Chewing

In order to secure healthy digestion, food should be eaten slowly. Those who wish to avoid dyspepsia, and those who realize their obligation to keep all their powers in a condition which will enable them to render the best service to God, will do well to remember this. If your time to eat is limited, do not bolt your food, but eat less, and masticate slowly. The benefit derived from food does not depend so much on the quantity eaten, as on its thorough digestion; nor the gratification of taste so much on the amount of food swallowed, as on the length of time it remains in the mouth. Those who are excited, anxious, or in a hurry, would do well not to eat until they have found rest or relief; for the vital powers, already severely taxed, cannot supply the necessary digestive fluids. When traveling, some are almost constantly nibbling, if there is anything within their reach. This is a most pernicious practice. If travelers would eat regularly of the simplest and most nutritious kinds of food, they would not experience so great weariness, nor suffer so much from sickness. {CTBH 51.4}

The following article by Dr. Mercola

The last time you had something to eat, did you give any thought to how long you chewed? Most likely not, as chewing is done, for most people, almost as a habit or unconscious reflex. As soon as a piece of food enters your mouth, you chew and swallow, probably far too quickly (especially if you're in a hurry or eating on the run). The chewing process, also known as mastication, is actually extremely important, however, and serves as the first step in your digestive process. The way you chew, including how long you chew, can significantly impact your health in ways you likely never knew...

7 Reasons to Chew Your Food Properly

1. Absorb More Nutrients and Energy From Your Food

Chewing breaks your food down from large particles into smaller particles that are more easily digested. This also makes it easier for your intestines to absorb nutrients from the food particles as they pass through. This also prevents improperly digested food from entering your blood and causing a wide range of adverse effects to your health. Recent research presented at the 2013 Institute of Food Technologists Annual Meeting and Food Expo in Chicago showed, in fact, that when participants chewed almonds longer, the smaller particles were better and more quickly absorbed by the body. In those who chewed less, the larger particles were passed through the body, while also providing

opportunistic bacteria and fungi with a source of fuel during their transit. Purdue University professor Dr. Richard Mattes explained:¹ “Particle size [affects the] bioaccessibility of the energy of the food that is being consumed. The more you chew, the less is lost and more is retained in the body.”

2. Maintain a Healthy Weight

The longer you chew, the more time it will take you to finish a meal, and research shows that eating slowly can help you to eat less and, ultimately, to avoid weight gain or even lose weight. For example, chewing your food twice as long as you normally would will instantly help you control your portion sizes, which naturally decreases calorie consumption. It takes time (generally about 20 minutes) for your brain to signal to your stomach that you're full, and this may explain why one study found people reported feeling fuller when they ate slowly. They also ended up consuming about 10 percent fewer calories when they ate at a slow pace, and presumably chewed slower, as opposed to when they were rushing.

3. Your Food Gets More Exposure to Your Saliva

Saliva contains digestive enzymes, so the longer you chew, the more time these enzymes have to start breaking down your food, making digestion easier on your stomach and small intestine. One of these enzymes is lingual lipase, an enzyme that helps break down fats, for example. Saliva also helps to lubricate your food so it's easier on your esophagus.

4. Easier Digestion

The chewing process predigests your food into small pieces and partially liquefies it, making it easier to digest. Digestion is actually a very demanding task for your body, requiring a great deal of energy, especially if forced to digest improperly chewed food. Chewing properly allows your stomach to work more efficiently and break down your food faster.

5. It's Good for Your Teeth

The bones holding your teeth get a 'workout' when you chew, helping to keep them strong. The saliva produced while chewing is also beneficial, helping to clear food particles from your mouth and wash away bacteria so there may be less plaque buildup and tooth decay.

6. Less Excess Bacteria Linger in Your Intestines

When large particles of improperly chewed food enter your stomach, it may remain undigested when it enters your intestines. There, bacteria will begin to break it down, or in other words it will start to putrefy, potentially leading to gas and bloating, diarrhea, constipation, abdominal pain, cramping and other digestive problems.

7. Enjoy and Taste Your Food

If you rush through your meal with hardly any chewing, you're also not really tasting or enjoying the food. When you take the time to properly chew your food, it forces you to slow down, savor each morsel and really enjoy all the flavors your food has to offer.

How to Chew Your Food Properly

The way you chew is unique to you and is probably deeply ingrained by this point in your life. In other words, you'll likely need to make a conscious effort to change the way you chew, but the good news is you can start with your next meal. There are many theories about how many times you should, ideally, chew each piece of food. The Times of India recently highlighted Horace Fletcher, a late-1800s health food guru (also known as "The Great Masticator") who was famous for chewing each bite 100 times before swallowing (and to this he attributed his good health, strength and endurance).³ You needn't be this strict, however, as the amount of chewing a food requires will obviously vary depending on its type and texture. Here's a guide to ensure that you're chewing in a way that will support your health. Generally speaking, you'll want to eat in a relaxed, non-distracted environment; eating on the run or while you're working or watching TV is not conducive to proper chewing.

- Take smaller bites of food to begin with (it's easier to chew smaller morsels)
- Chew slowly and steadily
- Chew until your mouthful of food is liquefied or lost all of its texture
- Finish chewing and swallowing completely before taking another bite of food
- Wait to drink fluids until you've swallowed

The Dangers of Chewing for No Reason...

While chewing is essential when you eat, chewing without eating food can be counterproductive. When you chew gum, for instance, you send your body physical signals that food is about to enter your body. The enzymes and acids that are activated when you chew gum are therefore released, but without the food they're intended to digest. This can cause bloating, an overproduction of stomach acid, and can compromise your ability to produce sufficient digestive secretions when you actually do eat food. Besides this, chewing gum can cause jaw muscle imbalances (if you chew on one side more than the other) and even TMJ or temporomandibular joint disorder in your jaw, which can be a painful chronic condition. I generally recommend avoiding gum chewing, but if you do chew gum, do so only occasionally or right before a meal when the acid and enzyme stimulation may actually be beneficial.

Reading Food Labels

Did you know that the first ingredient listed on a food label represents the highest volume of the items listed? This remains true as the list descends. Thus, the last listed ingredient represents the lowest volume among the listed items.

Restorative Power in Nature

DISEASE is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness:

1. The cause should be ascertained
2. Unhealthful conditions should be changed
3. wrong habits corrected
4. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. {CH 90.1}