

SIMPLE

R.E.M.E.D.I.E.S.

R - Rest Mark 6:31

E - Exercise Ecclesiastes 5:12

M - Moderation Proverbs 23:2

E - Eat Right Genesis 1:29

D - Drink Water Ezekiel 4:11

I - Inhale Fresh Air Isaiah 42:5

E - Everlasting God Nahum 1:7

S - Sunshine Ecclesiastes 11:7

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HEAVEN'S PHARMACY



For physical, mental and spiritual healing confess your faults one to another and pray one for another, that he may be healed. James 5:16

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REST: Mark 6:31, Matthew 11:28-29, John 14:27 **Spiritual Rest:** Hebrews 4:4 **Fasting** Exodus 4:28 Elijah (1Kings 19:8) Ezra 8:21,23 Nehemiah 1:4, Ester 4:16, Daniel 9:3, Matthew 4:1-2, Acts 13:2-3, 2Cor 11:27



EXERCISE: Ecc 5:12, Isaiah 40:29-31, Genesis 2:15, Obeying natural laws increases physical vigor, strengthens mental power, strengthens moral power



MODERATION: Prov, 23:2, Ecc 10:17, 1Tim 2:9, Ecc 12:12. It is an easy matter to lose health, but its difficult to regain it. We cannot afford to dwarf or cripple a single function of the mind or body by over work or abuse of any part of the living mechanism. E.G. White: My Life Today



EAT RIGHT: Gen 1:29, Gen 3:18, Gen 9:4, Lev 3:17, Acts 15:20, Dan 1:8-20, Disease is contracted by use of meat. In a short time it will not be safe to use anything that comes from the animal creation. E.G. White: Counsels on Diet and Food p411



DRINK WATER: Ezekiel 4:11, John 7:37, In health and in sickness pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provides to quench the thirst of animals and man. Drink freely. It helps to supply the necessities of the system and assist nature to resist disease. E.G. White: Ministry of Healing



INHALE FRESH AIR: Isaiah 42:5, Job 33:4 Man might live 5 to 6 weeks without food or a few days without water, but only a few minutes without air! Fresh air has an invigorating influence on both body and mind. The body benefits more from outdoors than from indoor exercise. Pure fresh air benefits the body and mind.



EVERLASTING GOD: Nahum 1:7, 1John 3:1, 1Cor 6:19-20, Psalm 40:8, John 6:38, John 14:15, Psalm 119:73, 1John 5:4 In order to have perfect health, our heart must be filled with love and hope and joy in the Lord. E.G. White, My Life Today



SUNSHINE: Ecc 11:7, Malahi 4:2, Sunshine enhances the mental outlook and sense of well being. It helps prevent or overcome mental depression. Adequate Vitamin D and be obtained by exposing the face to the sun for a few minutes each midday.