

8 - Eight Keys to Optimum Health

Sermon Title: **8 - Eight Keys to Optimum Health**

Sermon Number: **8201**

Speaker: **James Bronner**

Links to audio sermon – *Windows Media Version is best, MP3 is 2nd best:*

Windows Media Version <http://www.theonlineword.com/s/8201.wma>

MP3 Version <http://www.theonlineword.com/mp3/8201.mp3>

TheOnlineWord.com

and

AirJesus.com

TheOnlineWord.com AirJesus.com

PASTOR JAMES: I told my wife this morning, out of all of the times that I've preached, this may not be a message that will get many shouts; but I told her, I thought from the bottom of my heart that, if applied, this would be the most life-changing and impacting message of all of my messages upon the Body of Christ. So even though some things that I will say today will sound natural and simple, it will change the very length and quality of your life. So, don't take it lightly. Now, C. Elijah said God wants you healthy; but many of you don't know how to be healthy. So He sent his Word and healed us. So I am just going to give you the Word that He has given me to give you this day.

Welcome to Brothers of the Word, because, Brother, you need the Word! I want to welcome you today, whether you are watching by television or joining us online via [The OnLineWord.com](http://TheOnLineWord.com) or VirtualChurch.com. Stay tuned today, because I've got a message from God for you today. This will be an unusual message this morning, one that you've probably have not heard from any pulpit other than this one in the country; but that is the reason for this article that I want to begin with.

I am going to hold this up. Now, this is the cover of *Charisma Magazine*, which is the largest Christian magazine in the world, and the whole front page reads, "Why Is The Church So Fat?" And you will see even on the inside, it's filled with nothing but... I won't call them what they are; but, as I said, they have a little weight on them, and there are Christians smushed into the pews. This article is not talking about this church; but some churches in America are what it's depicting, yeah (laughing). But I don't want you to take this part personally. But this is what the world is seeing. This is going all across the world, the largest Christian magazine in the world, and I just want to read you some excerpts out of this article. God had already given me this message before I saw this magazine, so everything is timed in a godly timing. It says, "Have you noticed that we don't fit the pews anymore? God's people are packing on the pounds, but His Word is clear about how we can reclaim our health. Look around the next time you are in a shopping mall or a church, and you'll notice right away that the excessive body weight has become an epidemic in the United States. Obesity and overeating cause or contribute to more than a dozen illnesses, including heart disease, type 2 diabetes and arthritis. But obesity brings with it more than just sickness. It also brings death. Estimates indicate that more than 400,000 deaths each year are attributable to improper diet and inadequate exercise. If current trends continue, by next year this number will exceed a half a million, making obesity and being overweight the leading causes of preventable death, surpassing tobacco use."

It goes on to say that genetics plays a role, but it's not responsible for this rapid increase, because genes haven't changed that much in only one or two generations. It goes on later to say they took a large survey and did a study about the phenomenon in the country, and this is what they found. Listen to this, now. This is

in a Christian magazine. It said of the people they surveyed, Southern Baptists had the highest average body weight, and Jews and non-Christians had the lowest. So those that didn't even know our Lord and Savior had a lower body weight, had better health, less illness, longer life spans, more healthy look. I don't know about you, but I don't think it should be that way. I don't think we ought to represent our Master as such. And it says, "Unlike other medical conditions that may strike without reason, obesity and being overweight are greatly affected by your own choices of behavior and lifestyle. How is it, then, that Christians are more affected than other groups?" It says, "It seems the opposite should be true, that our willful submission to the Holy Spirit, Who empowers us to make the right decisions, ought to spare us from a condition so heavily influenced by personal choice, but this is not the case. And as a result, when it comes to health and preventable illness, rather than standing out as a peculiar people, we look much like the world and even worse than the world. It seems that the local church has nurtured our souls, but neglected our bodies.

You all heard it for yourself from Christian authorities. This is not a worldly magazine. It's the largest magazine in Christendom, the Protestant Church. You all need to read it, and you see the picture. This is what the world sees when they go by the newsstand, and say, "Let me see what's going on with the church, the people of God, nowadays." They see the pews filled with obesity. Turn to your neighbor and say, "We've got to make some changes."

I'm here today to give you that boost. He sent a Word today to give you some motivation, to give you the knowledge to be able to turn that story around to the opposite. And today I am going to talk about the title "Eight Keys to Optimal Health"; "Eight Keys to Optimal Health." If you are sick, if you are constipated, if you are in pain, if you are worried about disease, if you are overweight, if you have never been given the keys to optimal health or if you just want to live longer, then you need to listen closely to this message today, or if you know somebody who meets any of those criteria, you need to go on TheOnLineWord and search on "Optimal Health" and email them the link to this message or send them a tape.

Let me show you some things, first of all, in Scripture. I have got to get through a lot in the next few minutes, so you won't have time to turn to the Scriptures. But I'll just read them, and you can go back and look them up later. After I show you the Scripture, I am going to spend only about 15 minutes giving you those eight keys to optimal health. So it's going to be a short summary, but it will be the meat of it.

First Scripture is 3rd John, 1 and 2, which say, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." God wants you healthy!

Second Scripture from the NIV Version of the Bible, Deuteronomy, Chapter 30, starting at Verse 17 reads, "But if your heart turns away and you are not obedient, and if you are drawn away to bow down to other Gods and worship them, I declare to you this day that you will certainly be destroyed. You will not live in the land you are crossing the Jordan to enter and possess. This day I call Heaven and Earth as witnesses against you, that I have set before you life and death, blessings and curses. Now, choose life, so that you and your children may live, and that you may love the Lord your God. Listen to His Voice and hold fast to Him. For the Lord is your life, and He will give you many years in the land He swore to give to your Fathers Abraham, Isaac and Jacob." In this passage here, the children of Israel were given a choice: life or death. If they obeyed God, obeyed His Commandments, they'd have long lives in the Promised Land, and if they didn't obey and turned from His Word, they'd have destruction and death and premature death. The instructions that God gave them in the law contained dietary rules, and these instructions promoted optimal health, every single one of them that I have studied. When the early Church released us from the dietary laws and told us that all meat was good to eat and everything -- all of you are familiar with that Scripture -- they were no longer concerned about long life. Most of them died at early ages. And indeed our heavenly life is more important than the few years we spend here on Earth. I don't know about you; but the years that I do spend out here, I want to be healthy. I don't want to be shut up in a hospital bed. I don't want to be taking 20 different medications every day, just to keep going. I want to be healthy during the time that God has given me here.

Another revelation that God showed me in His Word. He said the chosen of Israel in the wilderness, they had perfect health and no disease as long as they ate what God had for them to eat; and they had no free will about what they were going to eat. They didn't wake up and say, you know, "What are we going to eat this morning, pancakes and bacon?" Manna was all they had; Monday, Tuesday, Wednesday, Thursday, manna every day of the week; morning, lunch and dinner, manna, manna, manna. Everything that they needed for their body in the right amount was present in that manna in the right proportions. But we want our own choices; we want to do what we want to do. We want to live like we want to live. And they began murmuring and said, "Look, we don't want to eat this angels' food. We want some good ol' home country meat." And they said, "We want some redeye gravy on that meat." And they began to murmur and complain to God. They wanted choice restored unto them, and God honored that request and gave them free choice and sent them meat; but while that meat was between their very teeth, death met them at the door. They got free choice and God placed before them the choice of life and death and said, "I will give you the choice. You're no longer under this law where you just have to eat manna, I'll give you the choice. But I place before you life and death, and you can choose if you want life." You can choose if you want to go to the hospital and be under the doctor's care or be on medication. You can choose what kind of health that you want to enjoy on this Earth. And today, given freewill still,

God's children, as the article said, are still choosing death and we're still dying by that which is between our teeth. We are digging our own graves with our very teeth, choosing death when life is right there before us.

While researching healing in the Bible, I discovered something that I never heard before. I looked at the healing ministry of Jesus, most powerful Healer in all of history, and every disease that Jesus healed in the Bible, lifestyle changes nor doctors could have cured, that day nor today. Today, most of our diseases could be prevented by lifestyle changes. Lameness, deafness, dumbness, blindness, even the issue of blood that the lady had, no lifestyle change would have gotten rid of any of those things. No doctor could have cured them. The lady even went to every doctor that she could find, and there was no cure in the land. Every single case of what Jesus healed in the Bible, lifestyle would have done nothing, doctors could do nothing. But today, most of the diseases that are killing Christians, choices will make the difference.

And miracles, we're all looking for miracles; but miracles aren't meant for situations that God has given you the means to achieve the desired result in your own power. God will give you a miracle of divine debt cancellation; but not if you are healthy and you just don't want to work and you're just sitting at home praying that God is going to pay your bills. Neither is He going to pay your bills, and you got the money sitting in the bank to pay them. He is not going to send that check off and pay your credit card and your light bill. You will sit up there and it will be dark before long, waiting on Him to pay your light bill when you've got the money sitting in the bank.

Well, what makes you think He is going to take away discomfort and disease if there is something that He has already created in the beginning, healing in the Earth, and placing and giving you the knowledge for your healing? Just to give you a little background before I run through these points, in my 30 years of life, I have read over 31 books on health, and I have attended seminars and the largest health conventions in the world gathering information. I worked in the field of health for over 10 years, and I have applied the principles to my own life and have been a vegetarian since I came out of high school. I can't give you everything today that I have learned, and you wouldn't do it anyway if I tried to. So in ten or fifteen minutes, I am going to summarize eight of the things that I think will be most impactful upon you having optimal health.

Eight is the number of new beginning, and today God is calling you to begin something new with your health. He doesn't want us overweight and sick, and if you will institute these eight keys in your life, it will not only change your life and wellbeing; but it will affect the lives of your generations to come and your family, because kids have a high probability to die of whatever the parent dies of. That's partly because of genetics; but the other part is because they eat what Mama and Daddy eat and they exercise like Mama and Daddy; so they get the same sicknesses

as Mama and Daddy. So your change today will not only affect your health, but your children and your grandchildren's health.

It's no wonder that my family is so concerned about health and preaches health, because my father was a vegetarian, and he took us from an early age all over the world to find the most elite teachers in health. He told us, "Sons, no matter how much money you make in life, you will give it all up to regain your health." He told us, "Don't lose your health trying to get money, because in the end you will spend all of your money trying to get your health back." He said, "You only get one body, so you have to take care of it, and it's your greatest material possession." So, given all of that, on to Key No. 1, I've got to move here; we've got ten minutes.

Key No. 1, the most important key out of all eight, is to make a decision to care about your health. The men of the church, they come on Saturday to clean up, cut the grass and fix things. They don't want to dishonor God by leaving trash in the aisles. You won't want to dishonor God with this temple, but yet we as Christians are the body of Christ. We will take this temple and pour all types of mess in it. We will eat mess for breakfast, mess for lunch and mess for dinner, the very place that His Spirit dwells. We won't leave a little piece of paper on the floor here, but we will pack all types of saturated fats and salt and soft drinks and cigarettes and drugs all down in this temple that He has given us! Somebody's got to get the priorities straight today. If you don't care about your health, it will show by your acts; and if you do care about it, it will show by your actions. So, Key No. 1 is to care about it! That will make more difference than all the other keys, because even if you don't know, if you care enough, you will find out. You will go read, you will attend seminars. You will make a way if you prioritize and care. And you ought to get to the point of caring that you look at each meal before you eat it and say, "Will this meal lead to my life, or will this meal lead to death?" You can look at a meal and tell. It's something about the vibrations of it. You can look at a plate of salad and dark-green vegetables and tomatoes and onion, you know something about it, that this thing is life-giving. On the other hand, you can look at a breakfast of that good ol' country ham with that redeye gravy on it and sopping it up with a good ol' biscuit and three eggs and cheese on that and grits with cheese in that and pouring salt on it, you can look at that meal, and you may have never read a health book in your life; but something on the inside will tell you that this meal is not leading to life. God has sent me here to tell you today that I place before you life or death! Choose ye this day which ye shall have!

Key No. 2 -- we've got to keep moving -- is to drink life. Every day you need pure, fresh water and fresh, unpasteurized fruit and vegetable juices. I think this will be a good point to stop and get a sip of water. You've got to demonstrate this stuff (laughing)! And the minimum on these two substances vary, depending on your age, your weight, your activity level, your climate, your metabolism and your general health; but the rule of thumb that's been said is eight cups a day of water. You may

need more in the summer and less in the winter and so on and so on, depending on your activity and things. Your body is 85% liquid, and if you don't believe it, look at somebody after they have been cremated and the water has been removed from their body and see how much of them is left. Water forms the stream that flows waste and toxins out of the body. For fresh fruit and vegetable juices, I would recommend at least two cups a day on those. In two cups of fresh juice, you will get the equivalent of two to three pounds of the fruits and vegetables that went into making that juice. It's hard to eat that much at one time, that's why the juice is a more concentrated form, and any juice that has been pasteurized is dead. Make the distinction, now, the juice out of the store that are sitting on the shelf out of the refrigerator section and even 99% of those in the refrigerator section, if they are pasteurized, they are dead. When you heat them to a certain degree, it kills everything living in it; trying to get the bad, it kills the good, too. That's why those things can sit out on the shelf for 90 days, and it still won't spoil. It will taste just as good as the first day. But there is a reason, because they've done a process; you know that's not natural, because if you peel an apple or a banana and sit it out on your counter at home and come back in ten minutes, what will it look like? It will start browning, that's right. That lets you know something is living on the inside of that, and these are enzymes that work in them, and we need these enzymes in our body, because our diet is dead nowadays. And He showed me this revelation of how to look at it: that the vitamins, minerals and aminos that we get in our food and supplements are like the building blocks or bricks that go into a house, but the enzymes are the workers that take those bricks and put them into places. When the walls have holes, they are the ones that place the blocks to fill the holes to repair them and to build up. And if you are not getting those workers, you just have a pile of bricks laying there in life with no structure. You will have holes sitting there with all of the raw materials, all the materials you need on your list; but there will be no workers to put them in to fix the wall. So you need to buy a juicer. If you don't have a juicer, buy a juicer; it's not a huge investment. The one that I have costs less than \$100, and you can stick a whole apple in it at one time without even slicing it. If you can't find the time and discipline to juice, then buy fresh, unpasteurized juice from your health-food store or service in your city. I personally have my juices, because I run so tight on time, delivered to my house, and they deliver it fresh; so it's unpasteurized, fresh-pressed juice, as well as the pastor and my mother. C Elijah does his own juicing. So, whatever floats your boat. So we are in a boat this morning, and whatever floats your boat, do it (laughing).

All right. Key No. 3, eat life. You must eat some living foods every day. You are what you eat. If you want life, you must eat life. If you want to live, you must eat something living. When you look at food, you can tell whether it is living or dead. Dead food, something about it is real heavy; it will make you drowsy, and as soon as you eat it, it's like you have to go take a nap. But if you eat living food where the enzymes are in it, that food will give you energy. You will be ready to go to work, go to work out. It's a difference in the response of the body. Cooking kills the enzymes,

and it breaks down much of the fiber that's in the food. Also, because of the depletion of the soils today, most of you are not getting the required vitamins and minerals, the blocks that you need, either. So you need to add to juices multivitamins and/or superfoods. Superfoods are stuff like spirulina or chlorella, alfalfa, wheatgrass. They are the most nutrient-dense foods on the planet as far as vitamin and mineral and protein contents. Spirulina alone has five times the protein per weight that steak does. A lot of this, we don't know; but these are some things, the elements God has placed in the Earth in different parts of the world that are concentrated means of healing. He said, "I have already provided your healing; you just must know about it." But people are destroyed for their lack of knowledge. So I am giving you the knowledge today to do something with it. Proverbs 18:21 says, "Death and life are in the power of the tongue, and they that love it shall eat the fruit thereof." I looked up the Greek word for the word "tongue", and it was "lashone"; it even sounded like what the "Lord showed" you to even eat with the tongue, even the very phonetics of it; but the definition in Strong's for the word "tongue" is "an instrument of licking, eating or speech". We've already looked at that passage as speech, with the power of the tongue being life and death; but "eating" is one of the functions and meanings of that word, and life or death will even be determined with the tongue. And that's where all of our taste buds are. So this verse is not only talking about what comes out of the mouth, but it's what goes in the mouth. That little tongue, that little rudder that will guard your life, will choose life and death. Power is in it by the things that you taste.

Key No. 4 is -- and this is a big one, as people have a big problem with this -- consume less animal products. This includes meat and dairy. My time is running out, so I am going to give you two things about meat here that should shake you up that many of you don't know. First of all, you all know about cholesterol and how it leads to high blood pressure and heart disease and cancer and all of that. But did you know that all cholesterol -- all -- comes from animal products only? There is no vegetable source of any amount of cholesterol. All cholesterol is coming from the animals. The second thing about it: no animal food contains any fiber at all. No animal food contains any fiber at all. So it's the sole source of cholesterol on the planet, and all of it contains zero fiber. It is no accident that in the beginning, when God told them they were on a vegetarian diet -- that's in Genesis 1:29; God commanded man to have a vegetarian diet there -- and at that time man was living over 900 years; but God later allowed man the choice to eat meat over in Genesis 9:3 after the flood. Two chapters after, He allowed man the choice to eat the meat. Their age dropped from over 900 years to below 200 two chapters later. God has given you the choice today. You all need to go to TheOnLineWord.com and type in "Optimal Health" and listen to this message. You're missing four more keys that are super-important. I am going to give you the products that I use personally on it, and this will bring life unto your life, this will extend your days. You need to send this message; but you need to go and finish, because you only have half of the information. But this half will help you half the way and go to TheOnLineWord,

search on “Optimal Health”, get the last four points, and it will take you the rest of the way to optimal health and long life. God bless you, because, Brother, you need the Word.

Now, you all are here, so you get the benefit of me finishing this message. It may be a little longer than normal, but we have it and you need to hear it. Like I said, this is the most important life-changing message that I’ve preached. If you listen and apply it, it will make more difference in your life than all of the deep things. Once you have your salvation, you can’t even minister if you are sick. How are you going to go out if you’re laid up in a hospital bed? How are you going to go out? Brother Adams is planning a thing in August for us to set up in the community and witness to the neighborhood. How are you going to participate if you are lying in Grady with tubes and IVs going in your arm? All you can do is pray for us. And what kind of testimony is it if your coworkers hear you coughing all the time? If they see you with no energy and they see you lifeless, it’s not going to be appealing; but if they see you vibrant and glowing, they will say, “What is it that has you looking and feeling and talking this way?” And it will be a testimony, so your health will even be a testimony and be a ministry for you.

Continuing on with Key No. 4, eat less animal products. This includes meat and dairy. Over one 1½ million people in America will die this year alone because of fat and cholesterol they consume from eating animals and their products. It will either physically clog their heart’s coronary artery, giving them a heart attack, or clog their cerebral arteries to the brain, giving them a stroke, or clog other important blood-supply lines to other major organs, depriving them of oxygen and nutrients and causing degeneration and disease. Cholesterol increases blood viscosity and blood platelets sticking, or clotting, which kills by causing high blood pressure all the way to causing cancer. Heart disease, stroke, most cancers, even prostate disease and fibroid uterine tumors are now linked to eating animals. I gave you two points about it, about the cholesterol and about the fiber. When you look at the fact that no animal products, either the meat or their products, contain any amount of fiber, there is no wonder that Americans have an average of two to three bowel movements a week. And some of you may say, “That’s pretty good, I think. I don’t even have that many” (laughing). But looking at other countries and health, that number should be the number per day; but it’s per-week average in this country, and that’s only in this country, because of our diet. That is largely due to the consumption of animal products. These two points alone should make enough difference to you to cut back on animal foods. According to *Science News*, farmers fatten up two-thirds of the meat in animals using hormones, either female estrogenic hormones or steroids. The article said that these were the same steroids, that you will go to jail for and you will be suspended for on any major team if any athlete takes it and ingests it; but yet, two-thirds of the animals are given these same steroids, and our kids then start eating these meats that have been artificially fattened with illegal steroids and hormones. It’s no wonder that the kids’ bodies are

changing today like they didn't do 70 years ago. It's no wonder why we have some things, with these female steroids that men and women are getting. It's no wonder why we have some things growing in our society that I won't get into because it will be too controversial (laughing); but there are some things that are going on with our meats that are influencing all of these factors that we are feeding our very children, and don't understand what's wrong with them when they're going crazy and having all types of urges early on and girls now starting menstrual cycles at eight and seven years of age. You all ought to know that's not natural! You don't have to be a scientist and do 50 years of research to know it's not natural for a girl to start her menstrual cycle at seven years old! But what are we doing different now that didn't happen years ago? And I can hear some of you now saying, "Well, if I cut out my meats, where will I get my protein from?" The strongest animals in all of nature are vegetarians, every one of them. Think about this. Are you stronger than a gorilla? Where do they get their protein from? I mean, how many of you have seen a gorilla chowing down on a steak (laughing)? And they will live more than any man in here. With that animal products, milk being a big one of those, you need to learn to drink soy milk, and I even like the taste better now than cow's milk, because these hormones that are in the animal, what do you think is going to happen when the milk comes out? When my wife had five children, she breastfed all of them. If she ate some green stuff, green milk came out (laughing). What truly amazed us was that was not the green milk; but one day my wife ate some... I hate to be telling all her business about that (laughing). This is the same lies! This is the same lies! One day she had two things of corn on the cob, and the baby was on breast milk only, and we could not figure it out. The milk was totally thin, and when the baby had a bowel movement, out came kernels of corn. I said, "What is this?" (laughing). I am a scientist, but I can't explain that one to this day (laughing)! So she said, "It's broccoli" (laughing). So if that happens in a baby and cows are pumped with these hormones and steroids, what do you think will be coming out in the milk? Humans are the only species on Earth that drink milk beyond infancy. We are the only one out of all of nature, and that's not even to mention drinking milk from another species on top of that (laughing). You know, I hear it all the time. It grosses people out when they hear about how some of the Third World countries let some of the women nursemaid or breastfeed other women's babies. They say, "Ooh! That makes me sick!" I say, "If that makes you cringe with another woman breastfeeding your baby, how can you imagine a baby sitting out under a cow, sucking on their nipple?" (laughing) Stop, it's relative! Stop it (laughing). And we don't think about it, because society has said it's what we ought to do. But cow's milk was made -- I don't want to use the word you use for a baby cow, because you might take it out of context; but it was made for baby cows and not adults. Goat's milk was made for baby goats. Human's milk was made for human babies. So if you analyze the milk, it will have the proportions of the nutrients needed by their species.

Let's move on to Key No. 5, to break addictions. This includes drugs smoking cigarettes, caffeine -- drinks, coffee, chocolate. Stepping on some toes now, I can

hear 'em cracking (laughing). That includes salt and sugar. We need to stop adding additional salt and/or sugar to our food. Whatever it is prepared with, leave it at that. Don't go to a place asking them if they've got those little takeout salt packets they have there (laughing). Whatever is on there, don't add to it.

Key No. 6 , exercise. It doesn't really matter what type of exercise, as long as you get your heart rate up and do it at least 3 times a week for at least 20 minutes each time. If you can do it every day, that's even better. You know some forms of exercise are better than others; the key is doing it any time. I don't care if you run, if you walk, skip and jump, I don't care if you swim and play sports, I don't care if you bicycle. I would say the minimum, though, is to at least do what my mother used to do sometimes. Since she didn't have a bicycle, what she would do -- this is the bare minimum now; you might levels -- she would just lay in her bed and bicycle (laughing). So you got the minimums on your water and juice. That's the minimum on your exercise is to bicycle like my mother (laughing). But even if you do that every day for 30 minutes -- you just lay down in that bed and do that for 30 minutes -- it will do your body some good. The problem came in her body because she wasn't even consistent on that (laughing). That's the problem (laughing). And I've also found that one of the keys to exercise to make you do it more regularly is to have fun and fellowship while doing it. It will take your mind off of the time. Let me give you a tip for getting a free personal trainer. Many of you might say, "I don't have the money for a trainer, and I don't know how to exercise and all of this." Here is a tip for a free personal trainer: you take a child between the ages of two and ten, grab them by the hand and go to a park that's free to get into for about 30 minutes. You see my son there running in the aisles now (laughing). For about 30 minutes, you play like you are their age. If they are six, you act like a six-year-old; just run behind them and mimic whatever they do. So that's free. The child won't charge you anything, and they will enjoy it. I do that with my kids, and I get a lot of exercise, I go out and do whatever they want to do. I tell you, I'm like the Michael Jordan of dodgeball (laughing). I go out and play kickball with them. I'm an MVP in kickball out there. Just go out and have fun, whatever they want to do; basketball, baseball, whatever they want to do. And the kids, it will do a lot for them. It will give you fresh air. The other thing I do, I use karate to get my exercise and fellowship with my kids. I try to combine as much as possible in the time that I have allotted in my days. So three times a week we go to a karate class. We take it together; it lasts 45 minutes to an hour, and they really enjoy doing it with their father. So it bonds us, and it keeps me and them in shape. My father used to use golf to do that. He would take me out to play golf several times a week. Now, we weren't renting a cart and just riding around the course; we had to walk all to those holes, and we had to carry our bag. I didn't even have a little pull-cart. So that's a little different level of exercise than just sitting back and just driving that little cart around nine holes, though (laughing). If you have to walk for those six miles carrying that bag on your shoulder, that's exercise. And my mother would get her exercise every day when I was growing up by walking me to school, and she accomplished four things at one

time by doing this. First of all, both of us got our exercise for the day. It made her diligent on her exercise, since she was walking me to school. The second thing it did, she would have us quoting Scripture from memory all the way to school. So it implanted the Word of God down on the inside in me. The third thing it did was, it bonded us together as mother and child, so the relationship grew; any problems I had, we had all that time going to school to discuss them and just talk about life and things. The fourth thing that it did -- and it's last, but not least -- it got me to school (laughing).

Key No. 7, winding it down, is, give the body, mind and spirit rest. There is no substitute for rest. My father used to say that the only thing you can do right when you are tired is rest. By getting eight hours of sleep a night, taking regular vacations, trusting God and stop worrying about all this stuff yourself and forgiving those who have wronged you, these things all involve rest. And if any one of those three are not at peace or rest, it will cause all three to be on you; and when your spirit is troubled, like you get in a bad relationship and stuff is not going right and the other persons talking about they want to break up or just want to spend a little time finding themselves, you won't to sleep all night long, I don't care how many hours you've got; you'll be up all night, I don't care what you eat, you want hardly be able to eat. It will mess up everything. It's the same way if your body is not at rest. That's why half the people go to sleep in church: if you don't get your physical rest, it's going to mess up your spirit. Some of you might have missed some keys today, because you might have been snoring (laughing). They correlate. So if you mess up and miss your rest in any one of those three areas; if that mind is not rested, it won't be able to focus and concentrate, and it will mess up those others. How many of you have had a lot going on at work and you just didn't finish, and you laid down to get your sleep at night and your mind is just going? You're thinking about how you are going to solve this problem. You are thinking about how you are going to fix this and what you are going to do about this with your mind. So you could lay there 10 hours, but you will wake up and feel like you only got about 15 minutes of sleep, because you have been tossing and turning all night long. The mind has to be at rest. You need to learn some breathing exercises. Learn how to meditate on His Word to calm the mind and still the mind, to focus on one thought, to keep all of the distraction out of the mind, and it will do your body good. And I have mastered that art of calming my mind, and actually I've mastered it so well that you can take a blood-pressure machine and put it on at me, and I will begin to sit there and meditate and focus on that one thing, and my blood pressure will drop within 60 seconds. You will be surprised on how the mind even affects the body. That's why when people go to the doctor's office, they call it the white-coat syndrome; it raises the blood pressure, because they are nervous. Somebody will say, "Oh, Lord, my blood pressure is high. They are going to put me on this medication, and it's going to mess up things around my house." So it raises your blood pressure, just thinking about raising the blood pressure. It's a catch-22.

Finally, Key No. 8, there is a lot of stuff in this one; that's why I saved it for last. All of the things that I have mentioned here, they are on this sheet in the back. And Key No. 8 is to cleanse your environment. There are a lot of things involved here, and I'm not giving you any sales pitches. I'm going to tell you some things that I use personally, because I am the type of person, my wife will tell you, anything I buy, I do tons of research on it. I subscribe to *Consumer Reports*. I mean, to buy a vacuum cleaner, I probably spent about two-and-a-half hours to see what was the best one. I mean, everything I buy, from the smallest thing, I do a lot of research. So I'm going to tell you about the things that I use personally from all of my knowledge, all of my research and exposure. It was the best that I have found. It may not exactly even be the purest; but some of the things, you are not going to eat if it tastes nasty; you are not going to do it if it's too uncomfortable. So it will be the best balance of things for the products, so I'm going to give you all of the things that I use. We only sell one of those things, and that's the multivitamin; but everything else, I have no connection with at all; so it's not a sales pitch. You will go to your store and get it; you won't buy it from me. So the sheet lists all the items, it tells you where to get them, and it tells you the website that will give you more information about them on the sheet, everything that I mention here. So I know people hearing this will come up and ask me, "How can I get this or that?" So I put all the eight points that I have mentioned today, as well as all of the products that I will mention here. First thing in cleansing your environment is, you must cleanse your water. I don't recommend drinking tap water; it has too much industrialized waste in it, and it's so easy to clean the water. I recommend you drink any type of filtered water, I don't care if it's spring water or just bottled, filtered water or distilled water; it doesn't matter the type, as long as it is not unfiltered tap water. As far as filters, I use one from GE; it's called SmartWater water filters. The best one is either the under-the-sink kind or the one that's built in the refrigerator. So next time you have to buy a refrigerator, get one which is already built in, so you don't have to worry about it; you have everything with your ice and water already filtered. But it gives a good taste to the water, has it at the right temperature, and it's a one-time purchase; you don't have to buy the bottles of water every time you go to the store. So just a regular carbon filter will do it, so it's not that expensive. Information is on this sheet. The second thing, you need to cleanse your air that you breathe. A lot of things are necessary for human life. We have to eat, we have to sleep, we need some shelter, and all of these things - - you need love -- but, you know, you can go without food. Some people have been two months without anything to eat, and they survived. Now, you can go without water for a while; you can maybe make it a week without water. But how long do you think you can make it without air (laughing)? So air is the most important nutrient that the body needs. You can make it less than five minutes without air, so you're breathing and ingesting all of this air every day, doesn't it make sense to make sure you're breathing good stuff? Because our homes today are so tightly shut for energy conservation, it doesn't filter a lot of the things that just re-circulate and build up in our homes. So there are several ways to filter this: putting plants around your house, plants filter air. They breathe in carbon dioxide and breathe out

oxygen. Especially in the places that you sleep, get some plants; in the kids' room, get from plants. Your furnace filters, make sure you change those every 90 days. Put a reminder, because people forget. There's people who haven't changed their furnace filter in two years. When I got into the house we moved in, it literally had over a half an inch of dust on all of the furnace filters; it looked, like they had never changed them. So that filter that's filtering all the air in your house, it cannot do its job; it's just going to blow dust, and you're just recirculating dust. It's a cheap filter, and these are simple things that you can do that will not cause you a lot of lifestyle change; but they'll make significant differences in your health. The other thing, if you're not allergic to the pollen and stuff or grass, you can open windows. That airs out and cleanses a lot of the things out of our house. And the other thing that we have in major rooms in our homes, we have a in-room air filter, because not everything gets sucked through the vents. Some of the stuff comes off the clothes, the carpet and the bed; so in all our bedrooms and the den, Whirlpool makes a Whispure filter, which was the top consumer-rated air filter, and it recirculates the air in that entire room six times per hour, getting out mold, pollen and whatever is in the air, bacteria, and it will make a difference. When I installed those filters in my kids' room -- they have a lot of allergy problems -- instantly they started getting respiratory sicknesses less. Filter your air. Next thing in cleansing your environment is concerning the things that you cook well. As far as cooking oil, the best oil and the only one I am recommending to you is cold-pressed olive oil. Don't ask me about any other kind, whether they are all right; that's my recommendation. So like I said, you do what you want to do (laughing). I know there's a lot of them out there (laughing). From all of the experts, every book I read, that's number one; so I am not even going to tell you about number two or three. That's number one (laughing). For butter or margarine, I use one called Smart Balance. It's in your grocery store. Its called Smart Balance buttery spread. It tastes just like real butter, it contains one-third of the saturated fat in that butter. You heard about how a lot of the margarines were more unhealthy than real butter after they started with all of these chemicals in them. Well, this one contains no trans-fatty acids, no hydrogenated nor partially hydrogenated oils whatsoever; it contains no cholesterol, zero cholesterol. What it does contains is 400 mg of omega 3 fatty acids, which is a vital nutrient for heart and cardiovascular health. It has been patented; they have a blend in it that was patented at a university to help raise your good cholesterol and lower your bad cholesterol. Next time, if you are going to eat eggs, what I recommend, again, is Egglard's Best. We talked about all of the hormones and steroids and things. They only use natural vegetarian feed, no hormones in the chickens; they actually feed the chickens supplements that come through in the eggs to promote heart health. Again, these Omega 3s and other things, they actually feed these to the chicken, so they will get in your bloodstream. So they are actually supplements in these eggs. Next thing is, a lot of you may not admit it; but every now and then, you'll see a bug around your house there. You'll pull out some Raid or whatever, Hot Shot or whatever you think will knock it down. Think about this for a minute, now. What is it that's in this stuff, if you take a roach that has

been on the Earth for millions of years, that is going to, when it breathes it and gets in its nervous system, causes it to go to convulsing on the ground like this (laughing)? And this is your air that you're breathing all day. You are breathing in the same thing. Even though you may have more body mass, it is going to get in your nervous system and it's a toxin. It's just a lesser amount because of your body mass; but if you had half a cup full of this stuff, you'd be looking just like that roach (laughing). So I don't choose to even take a little bit of that poison. I see what it does to those bugs, those living organisms. So you ask, "Well, what do I do with my bug?" I got a solution for you again. There is a natural insecticide that is only made from natural plant oil; but it affects insect's bodies with a part of their anatomy that humans don't have, so it won't affect humans. It is all-natural. I went outside and sprayed the bugs, the pests out there, and it worked. It's odorless and it's safe around food and stuff, and that's on the sheet. It's called EcoPCO. It's a the natural insecticide. On the same note, let me see the hands of those who get their house sprayed for bugs monthly by pest control. Don't be ashamed. I see some of the people looking around like, "What are you going to say about that?" (laughing) All right. Again, they are spraying this stuff that is causing these bugs to kick over. None of it is natural. You may have children that may be walking around or crawling around these areas, and this stuff is going to get into the air, even minute amounts. There is a company here in Atlanta and probably a few other cities -- there are several companies that do it; but what we have done is, they come in and put bait and they put all the stuff inside the walls. They take off the light plates, the electrical sockets, and they put stuff inside of the wall; so there is no exposure whatsoever in your house. The stuff lasts a year. They only have to come in the house once a year. So you don't have to worry about cleaning up every month, because the bug man is coming and you don't want them to see all this stuff (laughing). And they spray some stuff on the outside of the house, around the outside of the frame, to keep the bugs from even entering, and it's effective as any service we have had with the regular spraying, and that's on the sheet. The next thing, it's going to sound a little strange to you because it's so common; but, again, if you want to have something different than the average American, you are going to have to do something different. It is to switch to a natural deodorant, because regular antiperspirants clog the pores under the arm, which were designed to release toxins from the body. When you clog these pores under there, you have lymph nodes behind there, and those toxins that those lymph nodes were planning on releasing through the underarm are stuck in the lymph nodes. And you wonder why people get affected lymph nodes under there that are swollen tender. The lymph nodes connect to the organs of the breast, and they have research right now that shows that it is a cause of breast cancer, because women shave under their arms, which exposes it and allows this. There are also two ingredients in all of those store-bought deodorants; one is aluminum chlorohydrate, and the other is aluminum zirconium. It allows these toxic ingredients to go through the pores, and they are sitting under your arms all day and all night; it goes in and leads to one of the causes of breast cancer. They say that one reason why the left breast has a

higher ratio in women is because most women are right-handed, so they apply more deodorant. Their right arm is stronger; they apply more deodorant on that left arm. So for toxin purposes, as well as these, it's going to keep the toxins that are in your body from getting up. The second thing is, you're putting a mask of toxins on the skin to soak in through a spot on your body that you just got through shaving. That's exposing. So that's the reasoning behind that. And I know you are thinking, "I don't want to smell. I don't want to have to worry about that." Again, I have tried about ten of the natural deodorants. I've listed the one that I found that is most effective that doesn't block those pores, nor does it cause any toxins to go into the body. Those aluminum derivatives, they also have studies right now proving that because of the buildup in the body of these products from deodorant, it causes Alzheimer's. What queued them to this, when they began autopsying Alzheimer's patients, they noticed a super-high level of aluminum in them; so they began to look at human society to see what had changed in all these rising Alzheimer rates. They analyzed it and said it's got all this aluminum, and they said, "Where are people getting aluminum?" You are putting masks like mud masks of aluminum on your arms day and night and don't even know it. So you see why I say people are destroyed for the lack of knowledge? If you don't know, you are going to rub it on there day and night, rubbing toxins in and keeping the toxins in there from getting out.

The skin is the largest organ of the body. The next thing relating to the skin is to stay away from antibacterial soaps, for several reasons. First of all, they found that they are designed to kill bad bacteria; but they are not intelligent enough to know the difference, so they kill good and bad. What they found happens is, when you're washing your body with this every day, the weaker bacteria will be killed off day after day, and it will cause a mutation to happen that the stronger bacteria will be the only thing that survives. You may get a little here, and the next day, it's strong. So it's almost an evolutionary process that evolves to mutate bacteria on your skin that can survive this antibacterial soap. So it begins killing off the weaker, which allows only the strong to survive, and over time that's what will happen. So the soap that I recommend there for the health of the skin is Dove white bar, and that's the number one. Dermatologists represent it won't clog your pores and allows the skin to breath and this and that. A lot of people's skins are even sensitive to those harsh soaps, so your body is trying to tell you something.

The last two things, one is television. That's part of cleansing your environment. When you all sit down after your meal and flip on the TV, most people, first thing they turn on is the news. The news, those 30 minutes, those cameras and news people go out all through society all over the world to see what messes they can find that are the most sensational. They want to know who has been shot, who has been stabbed, who has been robbed, who has been unfaithful, who has been cheating, who has been stealing, whatever is sensational. And that's what they are going to condense into this 30 minutes. It's like you are getting a condensed 30 minutes of

pure mess. I mean, it's like watching the Jerry Springer Show (laughing). And that is inputting through your eye gate. We are supposed to guard our gates, and you are feeding yourself that while you are digesting your dinner, and it becomes part of your mental digestion. Wonder why we've got so much depression when we are looking at so much condensed violence on the news every day. I just read the headlines on the internet or whatever, but I am not going to sit and just watch all that. I am going to choose what I am going to read. It's very rare you will hear about some positive news. To give you an example, we were out at Holyfield's House yesterday -- he had a thing for youth there -- and I really hadn't heard that on the news last year; but this year it was on the news because a boy almost drowned out there. I bet you, it probably wouldn't have been on that prime-time news if nobody would have almost drowned. But because they had to helicopter the boy out of there, guess what the people want to hear? They don't want to hear about he is out there with thousands of youth helping them, bringing them from the projects, giving them some fine entertainment, listening to gospel music, feeding them some healthy food and showing them a positive example, showing them what they can aspire to if they put their minds to it. You're not going out hear all that on there. Even though he has been doing it year after year, how many years have you heard that whole story? Well, you would have seen it yesterday because a boy almost drowned. And that's like a funnel in your mouth, just feeding you just the negative stuff by your eye and ear gates. That's why the Lord told the pastor, even, to have that television fast, and all of you have seen how much more time you have and what it has done for you. That's no accident.

The last thing in cleansing your environment, a big part of your environment is your own words. Everything that you say, if you study biology, you know that words work by the vibration of air. So if there is no air, you can't hear anything; so your vocal cords vibrate, and it causes air to vibrate accordingly, and the eardrum picks it up when it vibrates, so that is your environment. The things that you say, they still vibrate. Every word I am speaking now is vibrating through the air. That's how the tape recording can pick me up because of the frequencies that are vibrating upon the air. So your environment is that which is around you, so you should watch your words. A lot of us are depressed, because we are talking about depressing stuff. If you listen to a depressed person, they are not going to say anything uplifting, anything pithy. They are going to talk about how nobody loves them and they don't have anybody, their bills are piled up. If you listen to an inspiring person that has things on the ball, their words are inspiring. So watch your environment; watch the friends you even hang around, cursing and just negative, talking and gossiping about people. Watch the environment of your words, and you will see it will begin to transform your mind.

So all of the things, the eight points I have listed, all of these products that I've mentioned, are on that sheet in the back. It gives you even the service that delivers the juice and tells you where you can get it here. Everything I mentioned is on

there, so it's on the alter. Take a sheet before you leave. And this message will be life to your flesh. And make sure that anybody you know that's sick or hasn't been taught and you see them going down the wrong path, if you love them, give them this message. I doubt if I'll preach this message again out here, so this is the first time I've ever preached on health. But I've given you all of the important stuff in one shot. It was a lot of stuff to absorb; but some of you may not be here next Sunday, so I had to get it all in while I had your attention.

God bless you, and on that note, I'm going to take another drink of water.