



## Free Health

What can be done, with no extra monetary cost, to optimize health?

Code Name: Daily Bread

3 John 1:2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

Ephesians 6:2-3

2 Honour thy father and mother; which is the first commandment with promise;  
3 That it may be well with thee, and thou mayest live long on the earth.

Ephesians 6:23-24

23 Peace [be] to the brethren, and love with faith, from God the Father and the Lord Jesus Christ.  
24 Grace [be] with all them that love our Lord Jesus Christ in sincerity. Amen.

We want to bless the brethren by sharing the free health tips that we have learned over the years. Even if you are not one of the brethren, please feel free to read this booklet. You may become one by the time you are done reading.

Does it make sense to use expensive, exotic remedies, when you haven't yet done the healthy lifestyle choices that have zero cost, or less? You started to ask yourself, "How could something cost less than zero?" But then, mid-thought, you realized that some things save you money! After you are consistently doing the free stuff, you may find that you do not need to be wealthy in order to be healthy.

We are making a movie that will be given away for free. We are also giving away this ebooklet for free. The topic of the booklet is: What can be done, with no extra monetary cost, to optimize health? No, we are NOT talking about "free health care" from the government!



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Why are we giving away this booklet? There are five reasons:

- 1) To bless the brethren.
- 2) Health, in its many forms (spiritual, relational, organizational, physical, emotional, mental, societal, financial), is a core value of our ministry, as well as a strategic anchor and a defining purpose.
- 3) This is something we have been studying for several years.
- 4) It somewhat defeats the purpose of a free health booklet by selling it.
- 5) To spread the word about our free movie project.

This booklet is something you can easily share with your connections, since it is free, encouraging, informative and, most importantly, honours God and His Word. The booklet simply contains our blog URL as the only “advertisement,” so if the reader is someone, or knows of someone, who might like to collaborate on this project, then they can decide for themselves.

Some of our health practises might be a good source of ideas for you, since we try to have a low-fad diet, instead of reading the latest best-sellers. We are not going to attempt to prove to you that any of these tips will work. The idea is to provide some concepts that you can research for yourselves. Some of the best motivation for establishing a good habit, is to more thoroughly understand the benefits of the activities and the mechanics of how they work, by studying it from several sources. We are not expecting you to follow any of these ideas just because we said so. On the contrary, it is best for you to be skeptical and find out the truth for yourself. We do not want to give health advice, just share some things that seem helpful. If we seem to be assertive about some of these topics, just take it as enthusiasm. After all these years of studying and applying health practises, we know that there is a great deal of health knowledge about which we are ill informed. Maybe when we are in our nineties, then we will publish another book, with much of the research included. As Mark Twain said, “Be careful about reading health books, you might die from a misprint.”

By following the blog, you will also be notified of any new editions of the booklet. We are anticipating that several of you will know of additional free health tips that you would like to share, so we can add them to the booklet and periodically publish the expanded versions. If you would like to contribute under the same creative commons license, then just send us a note at:

[CodeNameDailyBread@gmail.com](mailto:CodeNameDailyBread@gmail.com)

To check the latest edition date, follow the link in the footer of this document. On that landing page for our blog, there will be a link to the most current revision of these tips, along with the date that it was most recently edited. Plus, we intend to have a list of the changes in an appendix at the end, so those who have already read it can just pick up the new stuff.

### What Is Free?

We do not know how much you are spending on your food. If we suggest some food that would improve your health, and it costs the same as the food you are already eating, then following that suggestion would be free. So, we have chosen to include in this “free health” booklet some foods that



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are not exotic or expensive. Same goes for spices.

### Stop It!

The simplest items, for free health, are the ones where you need to stop doing something. Note: Just because they are simple to understand, that does not mean they are easy to implement. We will save the spurn list tips for the end of the the booklet, since most of them are obvious anyway.

### Pray for Wisdom

Considering all of the information in the world, some of it is useless. In contrast, some information is profoundly valuable. Also, there is a great variance in the reliability of some sources of information compared to others. Some information has very little value, whether it is reliable or not, even though it might be somewhat interesting, also known as trivia. Many news reports contain information that is both useless and questionable, also known as tripe. When you find knowledge that is both highly trustworthy and very valuable, that is called wisdom.

James 1:5 If any of you lack wisdom, let him ask of God, that giveth to all [men] liberally, and upbraideth not; and it shall be given him.

It doesn't seem to be taking this verse out of its proper context to apply this promise to our health. Not only is wisdom helpful in knowing how to care for our health, but it is also a chief ingredient for our motivation to maintain a healthy regimen.

3 John 2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

It may seem silly to ask this question. Does it make sense to pray that God will give you good health, while you are in the process of committing suicide? Absurd? Ridiculous? Of course that make no sense. It seems fitting that God would reject such a request. That is an extreme example, but it illustrates the wisdom of doing our part to be healthy, while asking God to do His part.

Jeremiah 33:2-3

2 Thus saith the LORD the maker thereof, the LORD that formed it, to establish it; the LORD [is] his name;

3 Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not.

As we pray for wisdom, we need to be seeking it out. There are occasions when God will give us some wisdom “out of the blue” even though we were not seeking it out. We can consider that to be an appetiser that will increase our hunger and desire to search for more. I would find it difficult to pray for good health, if my poor health was caused by my own rejection of the wisdom God has already given me about how to stay healthy.



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Luke 11:9-10

9 And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.

10 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

Of all the sources of wisdom in this world, there is not even a close second to the Holy Scriptures. We read the Holy Bible, not because of our merit or virtue, but because of the virtue and merit of the Bible. The Bible is meant to be bread for daily use, not cake for special occasions.

## Peace

John 16:33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

The section after this one is about relationships. Good relationships is the most important factor in good health. We put this section about peace before the relationships section because it is a theme that is woven through many other factors, as you will see.

Proverbs 3:5-6

5 Trust in the LORD with all thine heart; and lean not unto thine own understanding.

6 In all thy ways acknowledge him, and he shall direct thy paths.

Stress in your life can be quite beneficial and it can also be quite detrimental. A significant factor that influences whether the stress will be good or bad, is how we respond, our inner peace.

I learned of the benefits of “running your day by the clock and your life with a vision.” It seems intuitive that having a schedule for the day would hamper our ability to be spontaneous. That is a misperception. If we schedule our day, we are not less able, we are more able to take advantage of unexpected opportunities that arise. If we have our purpose and values clear, then we can prioritize each moment to fit. It is not like we wait for every light to turn green before we leave the driveway. We turn the wheel enough to follow the road and we step on the pedal enough to go the correct speed, adjusting as needed. But, if we have no destination in mind, then our lives will be left to be run by the astrologers.

The number one factor, contributing to good health, is good relationships. This not only helps people be healthier, but it also helps to promote healthier families, and it is even a key to healthy companies. There are several tips for reducing stress and that also help with relationships. There is so much overlap between these topics, that they are almost impossible to discuss separately, so I won't. It is tempting to avoid stating the obvious fact that good relationships will reduce stress.



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## Peace Be To The Brethren

My peace and joy remain intact during the most stressful situations, in the face of the angriest confrontations. To be clear, I will hasten to add that my emotions are not absent. This joy and peace is not a virtue, as it is a gift that has been given to me. There are many benefits that come from having this joy and peace as an anchor to my soul. It is a great aid to health; not only physical health, but also mental and spiritual health. It strengthens the immune system, improves digestion, and helps me get a good night's sleep. I am more able to have good relationships, which is the number one factor in good health.

I have a secret. It is like having a deep rudder in an angry sea. It is like having a foundation set on solid bedrock. It is not a secret because I don't want anyone to know, but because people don't want to hear it. I would be glad to tell you, but do you want to hear it? It works, but are you ready to believe it? I would say it is because I am a Christian, but there are Christians who do not know this secret. There are some parts of this secret that can be apprehended by those who are not saved, but not all of it.

So, faith is part of the secret. It is not the faith itself, but that upon which my faith is based. For example, I could have faith in science, but the doctrines of science keep changing. As we learn of new discoveries, the old ones are discarded or altered. I could have faith in government, but that would fail me as well. There are corruptions in government, and only time will tell if I receive justice. My faith is in the One True God of the Holy Bible. He does not change. He does not lie. He does not fail us.

So, the object of my faith is unshakable, but what if my faith, itself, is weak or falters? I have faith in a Big God, but what if my faith is not big? "I believe; help Thou mine unbelief" (Mark 9:24). "Jesus said unto them ... verily I say unto you If ye have faith as a grain of mustard seed, ye shall say unto this mountain, 'Remove hence to yonder place;' and it shall remove; and nothing shall be impossible unto you." (Matthew 17:20). I call out to God, in my weakness. It does not need to be a long, drawn out, King James prayer, but I acknowledge Him in all my ways (Proverbs 3:5-6). If I have any faith at all, I can call out to God for help, and He will help my faith, so my faith will not fail. Then I can choose to walk in the Spirit so I can have the fruit of the Spirit: love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance.

But, what if I am so distracted, or so crushed, or so overwhelmed, that even that initial beckoning is delayed or absent. Worship is the key to establishing a steadfast link of faith, so that it is readily available. Meditate regularly on the glory of God. Job 37:14 "Hearken unto this, O Job: stand still, and consider the wondrous works of God." Isaiah 26:3-4 "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength." Father in Heaven, I pray that you will reveal the brilliance of Your Glory to me. Please show me the perfection of your Power. There is nothing lacking in Your Strength ... flawless ... complete ... masterful ... eternal. Heal the dimness of my vision, so I can behold the supreme virtue of your Wisdom. Your Regal Judgement is altogether True. The Throne of Your Royal Majesty is the One to whom my allegiance is due. Your Crown is on high, sovereign above every power and nobility. My Lord Jehovah, you are the foundation of all my trust, faith, and hope, for You alone are worthy. Out of the perfection of Your Power and Wisdom, flows your Holiness, the purity of



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Your Love, and Thy Holy Word.

It is good to worship God, for many reasons. One of these reasons, is that it helps us to have more peace, thus less stress, and better relationships. Building your relationship with God, improves your relationships with others. Having a closer walk with God helps build your faith so you can trust Him more, thus empowering peace in your heart.

One of the biggest reasons we are doing the Job Project (<http://WhenHisVoiceIsHeard.wordpress.com>) is to give glory to God.

The number one factor in stress reduction is salvation. What a huge amount of distress is caused when we don't know what is going to happen when we die. Or, if we know we are going to hell. You can get this settled. It is not something to rush into, but it is also not something to put off. This life is your time and place to choose. The main reason for your time on this Earth, is for you to weigh this decision. The gravity, of this choice, is greater than the totality of everything else in your life. If you don't think you are ready to make this decision, then I challenge you to pray this prayer, "God, if You are real, then reveal Yourself to me." I dare you. What could it hurt? Think about it. If He is real, do you sincerely want to remain separated from the blessings He could give you?

Beyond faith, there are additional principles that help in gaining a sense of peace.

Some of the most powerful approaches to support inner peace good accord with others are forgiveness, gratitude, and honour.

## God's Power Tools

Here are three powerful tools everyone can use to help establish a steady footing in life: Forgiveness, gratitude, and honour. Each of these can be practised, or neglected, independently. Yet they are synergistic when combined. A three-fold cord is not easily broken.

Even though all of these are taught in the Bible, not every Christian has learned them. Wouldn't it be a shame for us to neglect these powerful precepts, while some outside the household of faith have discovered these marvels, and are reaping the benefits?

## Forgiveness

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Forgiveness for every wrong, is so powerful, that this alone will make a huge difference in one's life.

We are not talking about making up excuses for what people have done. We are not talking about letting criminals go without justice. We are not talking about walking up to each person who has wronged you and saying, "I forgive you."



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We are talking about forsaking hatred, bitterness, and anger. This is a daily endeavour. If you forsake these for this moment, they can all come back tomorrow, or sooner.

Anger has its place, when we are confronted with some grave injustice. But, this emotion does not serve us well in combating injustice. Forgiveness allows our efforts to be employed more effectively, since anger is no longer clouding our vision.

Then there is bitterness. This is completely futile. Bitterness is like ingesting rat poison and waiting for the rat to die. Yes, this person messed up your life in the past. Are you now going to let them mess up your future as well, through bitterness? Forgiveness is for your sake, not theirs. You can have your life back, instead of letting them keep it. Bitterness causes illness, physically, mentally, and spiritually. Forgiveness gives you the freedom and liberty you need to progress toward healing.

Hatred is God's domain, not man's. Romans 12:19 "Vengeance is mine; I will repay, saith the LORD." You can omit hatred from your life, and leave that burden on the LORD. It will weigh you down. You cannot carry it, without injury.

Matthew 5:43-44

43 Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy.

44 But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

Galatians 5:16,19-25

16 [This] I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

19 Now the works of the flesh are manifest, which are [these;] Adultery, fornication, ... hatred, ... drunkenness, revellings, and such like: of the which I tell you before, as I have also told [you] in time past, that they which do such things shall not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

23 Meekness, temperance: against such there is no law.

24 And they that are Christ's have crucified the flesh with the affections and lusts.

25 If we live in the Spirit, let us also walk in the Spirit.

When we walk in the Spirit, we can respond in forgiveness, instead of hatred, towards those who have hurt us.

Treat each person with loving kindness. The way you would treat them if you were wanting to draw them to your side. As if you want them to join your team, so the animosity can be put behind us. We will not win anyone over, if all they see is this misplaced wrath, whenever we encounter them. They will feel justified in continuing the strife because, surely, we must be surly, base, and just plain mean; that is all they can see. Meet your enemies, on the battlefield, from higher ground.

Those of us who are Christians, will find it easier to forgive others for every wrong, because we have been forgiven. Even God's final judgment is ordained for the time of death. Who are we to forsake such godly love in condemning any living soul? Our love will result in forgiveness.



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## Gratitude

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Gratitude for your blessings, is so powerful, that this alone will make a huge difference in one's life.

Start looking for all of the good in life, and you will find it. Find something to appreciate about each day and each person. Search for the common ground between you and each person with whom you communicate, whether friend or foe. We have had enough practise in finding faults, errors, evils, and disagreements. We can short circuit the vicious cycle of attack, defensiveness, and retaliation.

Instead of regretting the past, be grateful for lessons instead. Just think, if you did not learn that lesson when you did, then you would have continued longer down the wrong path. You can't learn everything at once. Learning takes time, not only to take in and process the information, but also to prepare your mind to receive the instruction. Sometimes we have a bias that needs to be disassembled first, before we can even see the truth. We said "sometimes," but maybe we should have said "usually."

Gratitude is the source of happiness, and happiness is the source of success.

Those of us who are born again, will find it easier to show gratitude for our blessings, because we know the Giver, and we love Him. Our love will result in gratitude.

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## Honour

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Honour for your fellow man, is so powerful, that this alone will make a huge difference in one's life.

Respect for others, just because they are human, is a strong basis for seeing the value of each person. Humility, instead of arrogance, when working with others, will bring out the best in both of us. When we value the contributions of each member, the team can reach its optimum. There are many differences between individual people, and those differences can contribute to a better outcome, if we can see past our prejudices.

Those of us who drink of the water of life, will find it easier to honour our fellow man, because we know that each person is made in God's image. We know that Christ died for this person. God loves them, so we can love them. Our love will result in honour.

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Another valuable practise is to pray for peace. There is good stress, like a challenge, and there is bad stress, like worry or distress. The only time God wants His children to have bad stress, is when they are living in rebellion to Him. This stress is designed to drive you to learn the truths that will set you free from the turmoil. When we pray for things that are within the will of God, then He will provide them. Pray for peace, because that is what He wants to give. Are you ready for the blessings that come from



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living your life in accord with The Designer's plan? There are some gifts God gives us, only when we ask.

Read the Bible.

Pray for your family and friends.

Scripture meditation is an excellent way to seek, and find, peace. Psalm 23 is my favourite, for this purpose.

Psalm 23 A Psalm of David.

1 The LORD [is] my shepherd; I shall not want.

2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.

3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou [art] with me; thy rod and thy staff they comfort me.

5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

There is also

Philippians 4:4-8

4 Rejoice in the Lord alway: [and] again I say, Rejoice.

5 Let your moderation be known unto all men. The Lord [is] at hand.

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

8 Finally, brethren, whatsoever things are true, whatsoever things [are] honest, whatsoever things [are] just, whatsoever things [are] pure, whatsoever things [are] lovely, whatsoever things [are] of good report; if [there be] any virtue, and if [there be] any praise, think on these things.

1 Peter 5:6-7

6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:

7 Casting all your care upon him; for he careth for you.

The Bible says to cast your cares on Him. Have you ever wondered how to do that? Here is one procedure:

- 1) Problem
- 2) Tempted to worry
- 3) Remind myself that Almighty God has great compassion for me and He said for me to cast my



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cares on Him

- 4) Pray about my problem
- 5) Stop praying about my problem
- 6) Meditate on Psalm 23, instead of meditating on my problem.

Consider the stability of the Rock of Ages, instead of your precarious situation. Focus on the size of your God, instead of the size of your concern. Strengthen your faith by worshipping God.

Job 37:14 Hearken unto this, O Job: stand still, and consider the wondrous works of God.

Isaiah 26:3-4

3 Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee:] because he trusteth in thee.

4 Trust ye in the LORD for ever: for in the LORD JEHOVAH [is] everlasting strength:

Sometimes I notice considerable similarities between our gripes about this life and the fussing of a two year old child. I have some experience with those. Many times, while we are getting him ready to do something he likes to do, he is fussing, because he is not doing it yet. We, as parents, can see what lies ahead, so we can see the foolishness of his fussing. It doesn't seem to help when we try to tell him about the fun thing we are preparing him to do. When we, as God's children, consider the suffering in this life, we want paradise right now. Who knows best; the Papa, or the baby?

Romans 15:13 Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

There are a few tactical considerations that help with reducing stress in our lives. I am sure there are many more, but these are some of the most powerful ones, that I know of. One tactic, to reduce stress, is to omit news reports. Not only do they focus on everything that is going wrong, but they also sensationalize it, to get more audience, to sell more advertising. Not only does this cause problems with stress, it also causes problems with politics. One way to get information, and be able to avoid the slanted disinformation, is to choose magazines and books that have a better focus.

Another tactic, that I really like, is to fill your fuel tank when it is half-full, instead of waiting until it is almost empty. You may think that is a bit extreme, going to the filling station twice as often, but it is not as bad as it seems. For one thing, it is not nearly twice as often. I am in no rush to get to the filling station, when the gauge dips below the halfway mark. The idea is to reduce stress, so I don't stress about it. I just start planning when would be the best time to top up. I may add a few minutes to one of my trips that is already passing by the filling station. Sometimes I will even re-use my commute margin. In other words, if I arrive in Ballincollig just before work, and there was no traffic delay, then I have plenty of time to top up at the station near my work. Keeping your tank full also reduces condensation, so there is less rusting. I never need to make a special trip, like I would if I waited until I could no longer put it off.

Positive, enjoyable music is a well known, and very effective, way to reduce stress.



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Another, much less common, way is to have a goals program. I am not talking about a to-do list, though that helps also.

Goals are great too, but a goals program is when you have a statement of purpose and core values, long range plans aligned with the core, medium range plans that are actionable, as well as the short range to-do list goals check list. Now you have a basis to prioritize each new factor that comes into play. You know you can't do everything, so it is good to know you are living by your priorities, so you are doing the most important things. This direction in life not only reduces the bad kind of stress, but also strengthens you to withstand stress better.

Comedy is such a commanding force that it has the potential to cure chronic, and even terminal, illnesses. Films, comedians, jokes, and comics, in regular doses, are like nutritional supplements for your mind. There are many other opportunities for humour in our days, rather than just comedy. It helps to have a good sense of humour. It is wise to use discretion regarding certain times when it is not appropriate to laugh. Even then, there are tasteful and sensitive ways to lighten things up with a chuckle.

Charity, as in 1 Corinthians 13, cannot be overlooked as a means to, and even an outcome of, our plans to build rapport with those whom we meet. Some of the “one another” verses seem to be especially relevant to this topic. Have peace one with another (Mark 9:50). Love one another (John 13:34). Be kindly affectioned one to another with brotherly love; in honour preferring one another (Romans 12:10). Be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. (Ephesians 4:32). Be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous: (1 Peter 3:8).

It is important to emphasise that propriety be exercised when using physical touch. We need to be careful not to offend anyone, or overstep any bounds. Within these boundaries, there are many benefits and opportunities to touch, hug, cuddle, give massages, etc., to show our affection and care.

Giving to those in need, giving to our friends and loved ones, is a very rewarding way of life. No, not that they will give back to you. In fact, it is more rewarding when they cannot give back. That is the way God made it to work. We are blessed by being a blessing.

There are some whose idea of a “positive attitude,” is this naïve notion that “everything is possible.” How quaint. There is a much more valuable form of positive attitude. That is when we know that we can do everything better with a positive attitude than we can with a negative attitude. We are looking for the good, and pointing it out. We are encouraging others, and ourselves, whether things go according to plans or not. This builds bonds and diffuses worry.

Smiling is a potent ingredient in the recipe for a positive attitude. When you smile at someone, they have a deeply rooted, positive response, whether it shows or not. Take every opportunity to smile at people, even over the phone. Yes, even when there is no video. Really, it works.

There are magic words that are quite powerful in their ability to enhance our lives: please, I was wrong,



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thank you, I'm sorry, help (as a request), and using a person's name.

## Good Relationships

If you want to invest some time and effort into building good relationships, that is a very good investment to make. One way to do this is to consider how you can change your criticisms into to encouragement that you can give to people. It is like a home-made gift. It does take some work. Like many other endeavours, the more you practise, the more skill you will gain and it will become easier. The more consistent you are in applying this discipline, it will eventually become a habit and you will have upgraded yourself. You may have had some software upgrades that did not go so well, but I am telling you that this is one upgrade that has received a rating of five out of five stars from the many thousands of people who have tried it.

Isolation and loneliness are seriously harmful in many ways, including physical health.

In order to have good health, good relationships are vital. This is the number one most important factor affecting healthiness.

The number one most important relationship, more important than the total of all your earthly relationships, is your relationship with God. No, we are not talking about just any god. No, not some god of myth that is allowed for the benefit of society and culture; not a convenient lie. This is the one True God of all creation. He is the Creator, the Almighty, the everlasting Father. This is the One who came in the flesh, suffered and died for our sins, was buried in a grave, and rose again the third day, victorious over death.

You can build good relationships. This is one kind of building for which you cannot buy insurance. There are two reasons for this. 1) No one can build one for you. 2) These buildings are so valuable, so much more than any jewels, that no one could afford the cost of the insurance.

Proverbs 16:24 Pleasant words [are as] an honeycomb, sweet to the soul, and health to the bones.

Having meals together, as a family, is an effective way to build bonds among us. Somehow, God made it so that eating with another person means more than just the time spent would mean.

During our meal, we usually have a short discussion. Either some topic will come along naturally. Or we will pick a topic from our list. Sometimes we have thought of some more thoughts to discuss about a topic we already started during a previous family discussion. Whenever we think of a topic that seems good for the whole family to discuss, then we put it on our list that we keep for this purpose. So, we usually have no lack of discussion topics for breakfast.

Charity: Doing something for the benefit of another without them earning this favour, and without expecting anything in return; also known as, love. This quality is not only beneficial to promote good relationships, it is also the most rewarding and satisfying way to live.



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1 Corinthians 12:25-13:13

25 That there should be no schism in the body; but [that] the members should have the same care one for another.

26 And whether one member suffer, all the members suffer with it; or one member be honoured, all the members rejoice with it.

27 Now ye are the body of Christ, and members in particular.

28 And God hath set some in the church, first apostles, secondarily prophets, thirdly teachers, after that miracles, then gifts of healings, helps, governments, diversities of tongues.

29 [Are] all apostles? [are] all prophets? [are] all teachers? [are] all workers of miracles?

30 Have all the gifts of healing? do all speak with tongues? do all interpret?

31 But covet earnestly the best gifts: and yet show I unto you a more excellent way.

1 Corinthians 13

1 Though I speak with the tongues of men and of angels, and have not charity, I am become [as] sounding brass, or a tinkling cymbal.

2 And though I have [the gift of] prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.

3 And though I bestow all my goods to feed [the poor,] and though I give my body to be burned, and have not charity, it profiteth me nothing.

4 Charity suffereth long, [and] is kind; charity envieth not; charity vaunteth not itself, is not puffed up,

5 Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

6 Rejoiceth not in iniquity, but rejoiceth in the truth;

7 Beareth all things, believeth all things, hopeth all things, endureth all things.

8 Charity never faileth: but whether [there be] prophecies, they shall fail; whether [there be] tongues, they shall cease; whether [there be] knowledge, it shall vanish away.

9 For we know in part, and we prophesy in part.

10 But when that which is perfect is come, then that which is in part shall be done away.

11 When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.

12 For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.

13 And now abideth faith, hope, charity, these three; but the greatest of these [is] charity.

## Reconciling And Preventing Damage In Relationships

### Healthy relationships

John 13:34 A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.

Any good relationship that we have is quite a blessing in our life. This is especially true among Christian Brothers. We can thank God for any healthy relationships that we have and we can do our



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part in building and maintaining such ties.

Romans 12:18 If it be possible, as much as lieth in you, live peaceably with all men.

There are many things that are outside our control. That would include people. We can do our part in maintaining our end of each relationship we have, and we can pray about the other end, leaving it in God's hands. If you read through the “one another” verses in the Bible, it becomes clear that God intends for Christian brothers to have good relationships with each other. If we have such a relationship that has been broken, how can we take steps toward reconciliation? Pray for wisdom.

Mark 9:50 Salt [is] good: but if the salt have lost his saltness, wherewith will ye season it? Have salt in yourselves, and have peace one with another.

A good measure of healthy relationships will give us better results.

### Building trust

It may help to start our journey towards reconciliation by facing the fact that trust has been broken. We feel betrayed. The trust level will stay low, or get worse, unless we work towards building trust anew. All of the below steps, individually and collectively, will help this edification process as we proceed with sincerity and integrity. May God help us.

A good measure of trust building will give us better results.

### Prayer

It seems hopeless to have any lasting and significant reconciliation without God's help. Pray without ceasing. There is no step or point or outcome in this process that will not be helped by prayer. God wants us to succeed in reconciling, so we are praying within God's will.

A good measure of prayer will give us better results.

### Love

1 Peter 4:8 And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins.

John 13:35 By this shall all men know that ye are my disciples, if ye have love one to another.

God is love. Pray that God's love will flow through you to the other person. In the case of a broken relationship, this love will not come naturally. That is OK, since what we really want is super-natural



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love. Natural love has its place, but it is insufficient for the abundant life.

A good measure of love will give us better results.

## Forgiveness

Bitterness has only liabilities, no benefits. Anger is sometimes justified, and even godly. Though anger can get our attention, and provoke us to action, anger is only a hindrance in carrying out that action.

“Bitterness is like drinking rat poison and waiting for the rat to die.” — John Ortberg

There are some key points about forgiveness that are helpful to learn and keep in mind:

1. Some forgiveness is not possible without God's help. It may even take a miracle. This is one miracle that you can be sure God will perform, when we ask in faith.
2. A person does not need to request forgiveness in order for us to give it.
3. A person does not need to admit they were wrong in order for us to forgive them.
4. We do not need to say “I forgive you” in order to forgive someone. Sometimes that is needed. It is usually not needed. Often it is counter productive.
5. Forgiveness is a life-long enterprise. We are not done just by doing it once. We will be tempted to return to our bitterness and anger, and we must keep resisting such temptations, calling out to God for His help.
6. We are commanded by God to remain faithful to forgiveness.
7. Forgiveness does not mean that we must forgo due process of law and punishment for criminals. The instructions for this are in Matthew 18 and 1 Corinthians 6. There is good reason that we do not get to be the judge, or on the jury, or the executioner in cases where we are the one who is the plaintiff.

Colossians 3:13 Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also [do] ye.

Matthew 5:43-44

43 Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy.

44 But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

Ephesians 4:32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Those of us who are Christians, will find it easier to forgive others for every wrong, because we have been forgiven. Even God's final judgment is ordained for the time of death. Who are we to forsake such godly love in condemning any living soul? Our love will result in forgiveness.

A good measure of forgiveness will give us better results.



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## Humility

Philippians 2:3 in lowliness of mind let each esteem other better than themselves.

Ephesians 4:2-3

2 With all lowliness and meekness, with longsuffering, forbearing one another in love;

3 Endeavouring to keep the unity of the Spirit in the bond of peace.

Colossians 3:12-15

12 Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;

13 Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.

14 And above all these things put on charity, which is the bond of perfectness.

15 And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

James 4:10-12

10 Humble yourselves in the sight of the Lord, and He shall lift you up.

11 Speak not evil one of another, brethren. He that speaketh evil of his brother, and judgeth his brother, speaketh evil of the law, and judgeth the law: but if thou judge the law, thou art not a doer of the law, but a judge.

12 There is one Lawgiver, who is able to save and to destroy: who art thou that judgest another?

1 Peter 5:5-6

5 Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble.

6 Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time.

A good measure of humility will give us better results.

## Liberty

1 Peter 4:8 And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins.

There are many things that are good to do. But not all good things are necessary. We need to prioritize and choose which good things we will do, since we cannot do every good thing that is available to do. This is especially true when we are evaluating another person's life. We have our priorities and they have their priorities. It is tempting to apply our priorities to others. That is not the way God has designed it to work. We each have our own distinct calling of God and we have each been given



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different gifts and strengths. All of these drive our priorities and we must allow others to live by their own priorities. That is what the Bible calls liberty. We need to strip away all of the unnecessary demands we have of others.

There are some requirements that God places on all of us. But who am I to police my brother? There are times we must hold people accountable to godly standards, but not all of the time. Can you even be certain that you are applying the standard correctly; absolutely certain? Are you sure that you are the one whom God has appointed to exact this standard; dead sure? Is that brotherly love? Is that fervent charity? If it was fervent charity, then it would cover a multitude of sins. Is that preferring your brother above yourself? If so, then the grace that you are showing to your brother is the maximum measure of grace that you would want applied to yourself by others.

A good measure of liberty will give us better results.

## Honour

1 Timothy 6:1 says that we are risking the blasphemy of the Word of God unless a Christian slave gives honour to his master. It seems clear that there must be an even higher standard of honour between Christian brothers.

Romans 12:10 Be kindly affectioned one to another with brotherly love; in honour preferring one another.

Respect for others, just because they are human, is a strong basis for seeing the value of each person. Humility, instead of arrogance, when working with others, will bring out the best in both of us. When we value the contributions of each member, the team can reach its optimum. There are many differences between individual people, and those differences can contribute to a better outcome, if we can see past our prejudices.

Those of us who drink of the water of life, will find it easier to honour our fellow man, because we know that each person is made in God's image. We know that Christ died for this person. God loves them, so we can love them. Our love will result in honour.

A good measure of honour will give us better results.

## Hope

It is God's will that Christian brothers get along with each other, so God is on our side in our endeavour to reconcile and maintain good relationships. This gives us great hope. We also have a great deal of common hope in the advance of His Kingdom. Let's be allies. We hope together since we will also dwell together in the house of the Lord forever. This will be perfect harmony. That is God's will. Rejoicing in hope.



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A good measure of hope will give us better results.

### Clear communication

Malachi 3:16 Then they that feared the Lord spake often one to another: and the Lord hearkened, and heard it, and a book of remembrance was written before him for them that feared the Lord, and that thought upon His Name.

It is a mark of true believers when we have talks with each other. That is, when those talks give honour to God. Just imagine this: When we have such talks, God is taking notes! So what is He writing in those notes?

Malachi 3:17 And they shall be mine, saith the Lord of hosts, in that day when I make up my jewels; and I will spare them, as a man spareth his own son that serveth him.

Wow! What more could we ask?! It may be somewhat of an inconvenience, and sometimes difficult, to have these conversations, but it really is well worth it. We are investing earthly time and effort for eternal rewards.

Clear communication does not usually happen on the first try. Keep the dialogue open until clarity is reached, then you can be happy to move forward to build more understanding. Everyone has heard about good listening skills, such as avoiding bias and saying back the message in your own words to confirm understanding. This is the time to apply those lessons and really hone those skills.

It is highly likely that misunderstandings are a great deal of the reason for a broken relationship in the first place.

A good measure of clear communication will give us better results.

### Solid common ground

Between brothers in Christ, there will be much common ground. We also have a common enemy in Satan and those who do his work. With all of that, it seems that we should be able to have a clear and potent rallying cry to call us to action, and keep us motivated, until we have achieved the objective. Is there not a cause?! The battle is the Lords!

It would delight Satan for us to focus on our differences. During the early stages of reconciliation it would be good to focus on where we agree. Here is a simple idea to get started. Each of us can present a concise statement of faith and doctrine that lists our core biblical beliefs. When the others read such a list, just ignore the differences and semantics, and focus on those statements that can be taken as agreement. Read out loud the others' statements that are agreed and say that you agree with them. No,



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we are not going to go over the concerns regarding wording and differences! There is no one on the planet with whom you agree on every point. We are looking for common ground.

A good measure of solid common ground will give us better results.

## Gratitude

Start looking for all of the good in life, and you will find it. Find something to appreciate about each day and each person. Search for the common ground between you and each person with whom you communicate, whether friend or foe. We have had enough practise in finding faults, errors, evils, and disagreements. We can short circuit the vicious cycle of attack, defensiveness, and retaliation.

Instead of regretting the past, be grateful for lessons instead. Just think, if you did not learn that lesson when you did, then you would have continued longer down the wrong path. You can't learn everything at once. Learning takes time, not only to take in and process the information, but also to prepare your mind to receive the instruction. Sometimes we have a bias that needs to be disassembled first, before we can even see the truth. We said "sometimes," but maybe we should have said "usually."

Gratitude is the source of happiness, and happiness is the source of success.

Those of us who are born again, will find it easier to show gratitude for our blessings, because we know the Giver, and we love Him. Our love will result in gratitude.

A good measure of gratitude will give us better results.

## Kindness

Romans 12:10 [Be] kindly affectioned one to another with brotherly love; in honour preferring one another.

It takes a mature person to get along with an immature person.

I am not talking about maturity as in "old age." I am talking about maturity from the perspective of personal growth and responsible behaviour. In other words, being considerate of others rather than self-centred.

As John Maxwell says, "Maturity does not always come with age, sometimes age comes alone."

When someone is not behaving reasonably, you be the adult.

1 Peter 3:8 Finally, [be ye] all of one mind, having compassion one of another, love as brethren, [be] pitiful, [be] courteous:



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There is no excuse to be unkind. Our love will result in kindness.

A good measure of kindness will give us better results.

## Sleep

Peace: Don't get stressed out about getting enough sleep! Stress is worse for your health than insomnia.

Psalm 4:8 I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

One of the biggest benefits of memorizing Scripture is so we can meditate on those passages when it is not convenient to read, like when one is lying in bed with one's eyes closed.

There is a very high correlation between those with good health and those who generally get between 7 hours and 9 hours of sleep each night, other factors being equal.

One of the benefits of maintaining glycemic balance is to avoid waking hungry in the middle of the night. The quality of your sleep is improved.

Another way to improve the quality of your sleep is for the room to be dark.

In addition to significant health benefits, there are also many other huge advantages to getting to sleep earlier in the evening, rather than later. It seems that the optimum is 9pm, though there are some reports of added benefits as early as 8pm.

Stop eating about 2 hours before sleep – 3 or more for intermittent fasting. Snacking actually helps keep you awake, and the digestion process reduces the quality of sleep.

The effect of stimulants can last more than 24 hours. So, using stimulants to wake up could be contributing to the poor sleep which makes it hard to wake up; a vicious cycle.

Many times in the past, when I have been trying to fall asleep, some of my muscles would have a very uncomfortable feeling. It could be described as nervous or tense. It was like I was compelled to move, instead of staying relaxed and still. This does not happen to me any more. I have a routine of light exercises and stretching that I do each evening before bed. This leaves the muscles able to fully relax in comfort.

We try to get as much bright light as we can during the day, rather than keeping things dim. The body's melatonin supply comes from light striking our retina, so it is much healthier to get as much bright light as we can, when we are awake. The more light there is, the more melatonin is made. Outdoor light far exceeds indoor light. This results in better sleep and better mental health.



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We also try to keep the house a little colder at night, for better sleeping.

I mostly sleep on my back, to promote good posture. Years ago, I did not sleep on my back, but I was studying some health books and became convinced that this would be best. I found it uncomfortable, at first, since I was not accustomed to it. So, what I did to adjust and transition, is start off sleeping on my back and if I did not fall asleep quickly, say five or ten minutes, then I would lay on my side. Eventually, I was falling asleep on my back more and more often.

Even before I started sleeping on my back, I had stopped sleeping facing down. There have been times when I have woken up, but I could not breathe. I am not sure why, but I also could not move at first. Needless to say that this was quite disturbing. After a short time, which seemed much longer, I could move and get into a position where I could breathe again. Eventually, I noticed that this only ever happened when I was sleeping facing down, i.e., chest down.

We try to drink water a half-hour before dinner. The intention is that this the last of all the water we will need for the day. We get another small drink when taking our nutritional supplements, during dinner, but getting our water done a good deal before bed gives us time to get all caught up with our wash room trips before bed, so we have more comfortable sleep.

### Drink Enough Water

Peace: Don't get stressed out about getting enough water! Stress is worse for your health than dehydration.

Each day, drink a minimum one half ounce of water per pound that you weigh. You will need to drink more to supply extra needs, such as:

- sweating
- cold weather (dry air)
- illness
- watery stool
- fasting – you are not getting the water from your food – your body needs more water to dilute and eliminate the toxins
- pregnancy
- diuretics - coffee, fizzy drinks (soda pop), excessive salt

When you drink a cup of water, on an empty stomach, it almost immediately passes from the stomach to the duodenum and is absorbed into the bloodstream. About 30 minutes later, the stomach lining has been fully hydrated in preparation for a meal. I recommend the book “Your Body's Many Cries for Water” by Dr. Batman. He explains this type of helpful information about drinking water. Knowing a book-full of information, about the benefits of keeping hydrated, is very helpful in keeping this a high priority. When you know enough good reasons to do something, then you will do it.



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I like to get most of my water for the day drank before breakfast. This has three benefits. One) It is much easier to get in enough water each day. Two) It has a cleansing effect, as the early morning biorhythm is flushing toxins from the body. Three) Drinking this much water, greater than 750 ml in less than 15 minutes, signals to the body's control systems that there is no drought and that no water rationing is needed.

The focus of this booklet is about the free things that can be done for better health, so we will not mention water filtration, since it is not free, though water purity is important. There is one thing that can be done for free to improve water purity. Chlorine is a toxin. That is why they put it into the water, because it sterilizes the water by killing the harmful micro-organisms. Chlorine is also poisonous to most all living organisms, including humans. There is one simple trick that can be done, without cost, to significantly reduce the amount of chlorine in the water. If the water is stored in an open container for at least two hours, the chlorine will dissipate into the air. It is preferable to use a glass or metal pitcher as some plastics will add more toxins.

### Safety

Peace: Stress, panic, and worry are sure to be harmful, rather than just a risk. Safety is about risk management. So, don't stress out about safety, but rather exercise due diligence to put measures in place that both reduce the risk of harm as well as reducing the impact when there is harm.

One of the biggest contributors to lessened longevity in third-world countries is the lack of sanitation to separate the human waste from the humans. Take care not to overdo hygiene, since we have a critical health need for good bacteria

Put your toy airplanes away so people don't step on them and stab their foot

### Fitness and Vitality

Peace: Don't get stressed about missing your exercise appointment. Stress is worse for your health than being sedentary.

My reason for exercising is not because I feel guilty when I skip it. Guilt has nothing to do with my motivation. I like exercising. I like the challenge. I like the progress. I like the health benefits. I like the fitness benefits. I like the healthy energy and vibrant vitality.

It really does not take any time to do my exercises. Really. I get so much more done, and so much more out of life, because of the exercise, that my immediate return on the time investment is well over 200%. The long-term ROI is even higher. I don't want to overdo it though, so I only exercise on the days of the week that end in the letter "y."

Yes, there are many ways to spend loads of money on fitness. However, there are also many ways to



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contribute to your fitness and vitality without any financial investment needed:

- use the exercise equipment you already have, maybe even the stairs
- rolling down grassy hills
- minimize sitting or standing too long in one spot by going for a short walk every hour
- callisthenics
- gymnastics
- stretching
- grounding

The Kegel is not a muscle, but an exercise of a specific muscle array called the pelvic floor or the pubococcygeus (PC) muscle. There are some good reasons, even besides incontinence, that we would want to keep this muscle toned with periodic Kegel exercises.

In the torso, the lymph and vein systems are driven by the motion of your breathing. In your limbs, there is no such automatic system to drive these fluids back to the heart. It is arm and leg movement that drives this return system. The alternating flexing and relaxing of the muscles draws the fluids past the one-way valves, then squeezes them on to the next chamber in the pipeline. You must move, throughout the day, to be fully healthy. A sedentary life cannot achieve the full potential of vitality.

Those of us who have desk jobs are susceptible to lower back pain, and even injury. That does not seem intuitive, since we are not lifting anything. There are three things that I would love to tell everyone with a desk job, to help reduce, or eliminate lower back problems.

- 1) Reduce and counteract the effects of prolonged sitting,
- 2) Hydration, and
- 3) Toned abdominal muscles.

One of the effects of sitting for hours, is that the muscles shorten to their new length. Both the hip flexors and the hamstrings are not at their full length, when sitting, so they take up the slack, if they stay in that position for two hours or more. Do you remember a time when you were trying to stand, but your lower back refused to position itself for comfortable standing? Maybe that was too recently. That feeling is the result of the short hamstrings and short hip flexors. Is it too obvious to mention that sitting for shorter periods will reduce this effect? As you can imagine, standing up for three seconds, then sitting right back down will do very little to address this. To reset your muscle length, go for a walk.

Your joints do not use an oil-based lubricant, like your car, but a water-base lubricant. If your body is not getting enough water, then it starts rationing. Your joints get less lubricant during rationing. Getting enough water is near the top of the list of important factors for good health in general. So, hydration will not only help your joints in your lower back feel better, but greatly improve your over-all health. There are several things you can do to make things worse, i.e., reduce your hydration. Coffee, fizzy drinks (soda pop), excessive salt, alcohol, and dry air will all drain the water out of you, so you will need extra. You also need more water when you are fasting, sweating, pregnant, and also due to illness.



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Building your abdominal strength helps build the support you need for your lower torso to keep a good posture. Warning: lying on your back and doing straight leg raises actually risks injury to your back, so that is only for professional athletes, so they can do impressive-looking workouts. Also, push ups are a good exercise only after you have toned up your abdominal muscles, so don't start with those.

At my work, most everyone takes coffee breaks, or for tea. Many take smoke breaks. Our team sits right next to the table tennis room, so they often spend a good deal of their break time in there. There is also a video game room that people use for a break. There are some who are even on Facebook and YouTube, or watching sports or films. I don't do any of those things for breaks, so I go for walks.

Walking is excellent exercise! Do not let anyone discourage you from walking, thinking it is of no use, since it is not strenuous enough. Nothing could be farther from the truth. Walking adds life to your days and days to your life.

One topic we have periodically discussed in our family is about preparing so that we can be healthy when we are elderly. We emphasised that not everyone, who requires assistance in a nursing home, is infirmed because of their own irresponsible behaviour or unhealthy life-style. There are many tragedies that can happen to people to cause their health and fitness to fail, such as injuries, disease, poisons, etc. The older you are, the more time there has been for such things to happen to you, and the less likely it is for your parents to be around to help you. So, we don't want to become contemptuous towards those needing assisted living, although we are attempting to avoid needing such care.

Some people are concerned about spending the latter years of their life as an invalid in a nursing home. There are many influences, which are out of your control, that could cause such an outcome. That is part of living in a fallen world. There are some influences that are within your control. To do your part in reducing the length of your need for assisted living, you have two choices: live a healthy life, or die young.

There was a young lady walking down the path, next to the road in her estate (neighbourhood). She saw a very elderly man, sitting on his rocking chair on the porch. She asked him what his secret was for living a long life. He said, "I smoke two packs of cigarettes, and drink one bottle of whiskey a day, in addition to eating as much bacon as I can stomach." She was astonished and asked how old he was. He said, "42."

If I ever find myself in need of nursing care, I would rather it not be my own fault. Going for frequent walks is one way to make great strides in maintaining, and improving, my health.

One of the reasons I started doing the Peak 8 was to gain some lean mass. There are many things that can be done to prepare for health and fitness in our elderly years. I had heard, from more than one reliable source, that lean body mass is the number one physical statistic that correlates to fitness as we age.

I had been doing the Peak 8, once a week, for several months, with no gains in weight. I was getting more toned and fit, but the scale was not changing for the better. It now has started to work, but I must



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admit I do not know why. The reason I don't know is because I changed two things before the improvement started, and I don't know which one, or was it both, that helped. I started eating eggs in conjunction with my workouts, and I started doing body building exercises.

By the way, though body mass helps most, from the perspective of physical statistics, good relationships help most of all. In other words, love one another.

After doing these Peak 8 exercises for years, I finally made a set of one 30-second and one 90-second, motivational, music tracks to use for timing exercise. This is much nicer to have the music do the timing, since I can think about other things while I am exercising.

In regard to exercise, I have found that it is very important for the work out to not be intimidating. That is one of the nice things about the Peak 8. Yes, I am going all out, but only for 30 seconds at a time. I have never found myself dreading my Peak 8 work out. There are so many reasons to be tempted to neglect our exercises, it doesn't help for them to be scary. When illness and injury come, or schedules change, and we need to re-establish the work outs in our week, it helps to gradually introduce the work load. If we dive into the full depth of our highest level of effort, then we may get discouraged by the difficulty, or get injured. Even worse, we may be fully thwarted in our intent to renew the journey to our fitness goals.

I have heard of many people that have seriously injured themselves doing body building, or with strength training exercises. It is a safety hazard to use huge weights. There are many cautions and tactics that the professionals use to minimize the risks of this hazard. Then there is the risk of injury, because the muscles are being strained to the limit. It is very difficult to adjust the amount of strain while you are lifting a heavy weight. So, what I have done instead is to use isometrics. The way I do isometrics is to use my opposing muscles to provide the resistance. This is ideal, since exercising opposing muscles also reduces muscle soreness. Plus, it is hard to imagine, for example, a way to exercise the opposing muscles for a squat, any other way.

### Good Posture

Peace: Stress will kink up your body, hindering a neutral posture.

Apparently, there is some controversy regarding what is to be considered good, healthy posture. However, I think everyone agrees that slouching is bad for you.

When you are doing something with your arms that requires either intense concentration, or great effort, then you might find yourself pulling your shoulders up from the tension. This not only makes it harder to maintain good posture, it also can cause headaches. Remind yourself to pull your shoulders down.

Proper hip alignment contributes to good posture. Depending on local regulations, your chiropractor can adjust your hips. Of course, going to the chiropractor is not free. I do my own hip adjustments. This



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can be done either standing or sitting. I pull one knee up to my chest and hold it there with my hands, so that it does not move. Then I push as if I were going to move my knee away from my chest, but I keep it still with my hands. I push fairly hard, but not so I strain anything. This will properly position the ball in the socket, if it was not already correct. I only push for a couple of seconds. Then I switch to the other leg. It is possible to tell if your hip needs adjustment. If you stretch one hamstring at a time, the one that is less flexible may need adjusting, if they are normally equal.

## Digestion

Peace: Stress will shut down your digestion.

You may have heard about a method to improve digestion called “food combining.” There are many competing views regarding this. We have found some of it to be valid. Another thing we have found is that if you need to buy a book about it, then the topic has been made overly complicated for sake of selling books.

You know it is good to be skeptical about those who have health advice and they also have something to sell you that will resolve the problems they are describing, e.g., watch out for snake oil salesmen.

At first, we were thinking that would not be a concern when the advice is not coming from someone with anything to sell, such as those teaching about food combining. However, we later realised that some food combining programs were quite complicated. So, some skepticism is still warranted, because, instead of selling snake oil, they were selling books to explain the complicated system.

So, after reviewing and trying more complicated plans, here is our simplified food combining and scheduling method that we have been using. It makes sense, if you can get added benefit from your food just by the combinations and schedules, etc., that this would be worth consideration, since it is free.

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Food is digested in stages. Fruit digests much more quickly than other foods. So, if we eat a full meal, then eat some fruit, then the fruit is delayed in the stomach from moving on to the next stage.

Within the stomach, while it is digesting a meal, there is a certain level of fluids that would be optimum for the best digestion. If there is extra fluids, then the stomach allows some of the excess to pass along to the duodenum. If we keep adding more fluids, while it is digesting, then the digestive juices get diluted and passed on, so the stomach needs to make more.

Strenuous exercises will demand blood to be sent to the muscles, leaving less blood supply available for digestion. Walking, and other light exercise, is not a concern.

If we only eat fruit, with nothing else at that meal, depending on what fruit it is, then the glycemic response may be too high.



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So, basically, what we do is drink most of our water for the day before breakfast. Then eat fruit and nuts for breakfast. During the rest of the day we only have our fruit, water, and exercise only after a meal has digested (before meals).

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Eat relaxing at the table. Of course, there will be times when it is not feasible to stop and have a meal that is not rushed. If haste is common, then it can become harmful to our digestion and our health.

Getting enough fibre in the diet helps keep the digestive system healthy. See the section regarding “Whole Foods” also.

Not only does fresh, ripe, raw fruits and veggies provide good fibre for digestion, but also the enzymes that are critical for the healthy breakdown of your food.

For better digestion, drink one cup of water one half hour before each meal. See the above section “Drink Enough Water” also.

From time to time (not several times per meal, more like a few times per year), I remind the family to chew their food thoroughly. It is much easier to do this if you take small bites, so I point that out as well. This is the critical initial step in digestion. It give the digestive juices access to break down the particles that would otherwise be trapped inside unchewed pieces of food. It also releases the enzymes that are in the food so they can provide their aid in digestion.

Not only does thorough chewing greatly benefit your digestion, it also aids in enjoying your food. It is interesting to consider also, that enjoying your food aids in more thorough chewing. They go together. If you are unthinkingly stuffing your face, just to get done, that will satisfy your appetite for the mere calories needed. Actually, you will probably get far more than you needed. You have other appetites. God made food to be enjoyed. The aroma, the taste, the texture, the fellowship, the comfort, the refreshment. We really enjoy our food!

There is even adventure to be enjoyed. Occasionally, we remind our children to have a sense of expedition when eating vittles that they haven't tried before. We point out that their favourite foods were once new to them and some day they will find a meal that they like better than they have ever tested before. We don't bother sampling unhealthy fare, of course, since there are plenty of those that are addictive. It is a trap we are wary to avoid.

There is great variation in the volume of food that can be eaten, and still survive. The studies that have been done in this regard would apply to people in general, though the application of this research would need to be tailored to suit each individual. What they found is that, if the volume of food we eat is based on our appetite, then we are eating too much. Even if this extra food does not result in weight gain, we can eat less and it will result in better overall health, such as longer life span with fewer ailments.



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## Probiotics

Probiotics are highly beneficial and critical to good health. They are not free, but neither is food. One tactic for improving health without additional cost is to choose different foods. So, we will talk here about foods that not only provide probiotics, but do the job better than capsules.

Also see the section regarding “Whole Foods” as it discusses pre-biotics.

Water kefir is a probiotic food. This helps establish, and sustain, a health colony of good bacteria in the gut. We grow kefir in water and drink it. There are always left over kefir grains, so we use them in our smoothie. There are still some left over, so we leave them out to dehydrate. These tiny dehydrated kefir grains we just swallow, with some water, as a nutritional supplement. The sugar, we use to feed the kefir, is organic coconut sugar, with a good brown colour. We have heard that white sugar will work, but the kefir does not stay healthy when white sugar is used. By the time we drink the kefir, the sugar has been all consumed by the kefir, so it is not sweet. We add organic lemon juice, just before we drink it. This is our favourite flavour we have tried, so far.

I try to remember to swallow some kefir grains with my morning mug of water. I leave a small plastic cup in the bowl of dehydrated kefir grains, to make it easier to aim some in my mouth. They were sticking to my hand, making it hard to dump them in. It would be highly undesirable to have a kefir grain growing in my beard.

I can tell if my colony is getting weak, when my cuticles start to fray. Another sign that I need probiotics is that my little toe gets a crack in the skin underneath. Before we started using pro-biotic foods, I would get a bottle of acidophilus whenever I noticed either of these signals. Now I haven't needed to buy any for years.

Some other probiotic foods we eat are sauerkraut, shoyu soy sauce, fermented carrots, and fermented lemons.

Besides our normal dose of water, the other drinking we try to remember to do before dinner is our beet kvass. We don't have kvass every day, but this is the time we have some. Kvass is another probiotic food. We are planning to learn about some additional probiotic foods to add to our diet, so we have more variety of both the enjoyment of the food and the type of culture used. For both our kefir and kvass, we time the fermentation process so that there is not any alcohol content.

## Reduce Toxins

Peace: Don't stress out about toxins, the stress is worse than poison

Your body has a limited capacity for removing toxins. It is not possible to completely avoid toxins, especially since normal metabolism creates toxins, but there are many opportunities to improve our



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health by reducing the amount of toxins. You can also increase your body's capacity for removing toxins, which is addressed in the "Cleansing" section of this booklet.

Drinking alcohol is toxic and has no health benefits. Please note: The study that showed alcohol consumption reduced death by stroke was quite misleading because they failed mention that the people did not live any longer, they just died from something other than stroke before they got old enough to have the higher risk of stroke.

- Reduce your exposure to tobacco smoke.
- Reduce consumption of unclean meats.
- Reduce the use of petroleum skin moisturisers. Petroleum is toxic. There are plenty of other moisturisers that are quite healthy.
- Reduce your exposure to petroleum (paraffin) candles or wicks with lead.
- Drugs are toxic

### Glycemic Balance

Peace: Don't stress out about blood sugar imbalance, the stress is worse than the insulin resistance.

There are some benefits to eating dessert before dinner. One unhealthy tendency, that we want to avoid, is eating way too much sweets. Overindulgence is a huge contributor to poor health. So, we want to measure, thus limit, our consumption of foods with high sugar content, even though we only use the more healthy sugars. When dessert is eaten after dinner, it is more likely that we will want to keep eating dessert until we are full. It is also more likely that we will eat more, in total, since the sweets tend to drive more appetite. Eating less food is one way to improve your health, even if you don't need to lose weight.

### Motivation

Peace: When we are talking about motivation, we are not talking about panic, distress, or even stimulation.

Effective motivation comes when you are true to your purpose or calling, and when your life resonates with your core values.

Do you know your calling? This is worth investing a good deal of thought.

Your core values are the top three values that define you. No, not values you wish you had. No, not a long list of values that everyone agrees are good to have. Yes, it is good to aspire to attain better accord with values that you admire, but need to strengthen. Yes, you need to abide by the common values, yet there are three of those which are especially strong in your being. What are they?



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As you are moving towards living your life in accord with your personal core values and purpose, there are many things that can help give you inspiration in your progress:

- music that is uplifting
- inspirational books, stories
- exhorting speeches, sermons
- tasteful performances of dance or drama
- encouraging coaches, mentors

Motivation to become healthy, and maintain that health, come mainly from two sources:

1. A proper understanding of the optimal function of the human body in accord with the astounding design by God our Creator.
2. A proper view of your own value as a human soul.

“Familiarity Breeds Contempt” – Aesop

Mark 6:4 Jesus said unto them, A prophet is not without honour, but in his own country, and among his own kin, and in his own house.

In Aesop’s fable, it was proper for the fox to be in awe when seeing the lion. People can seem to become commonplace, even our own soul, and the temptation can grow to lose our appreciation and honour due to each human.

How much value does God place on one person? At conception, a precious human life begins. So precious, that it will never end. It is eternal, as ordained by God.

The more we learn about the masterful details of design in creation, the more awe inspiring this pursuit of study becomes. Yet, at the same time, it is easy to see that paradise has been lost, cursed, marred by sin. We can still appreciate those scenes of breathtaking beauty. And amazing designs remain to challenge our comprehension and discovery.

Each human soul bears the image of God. The astounding design of each person, the elegant complexity of the alloyed spirit, mind, and body, is exceptional. Yet ...

All we like sheep have gone astray; we have turned every one to his own way; ... (Isaiah 53:6)

A lost coin does not lose its value because it is lost. It is that intact value that motivates us to search for the coin. The higher the value, the more diligent and persevering the search. So, now read the whole verse.

Isaiah 53:6 All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on him the iniquity of us all.

The stunning price paid; for each one; for you.



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Hebrews 12:2 Looking unto Jesus the author and finisher of [our] faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

What joy was set before him?

You.

You are worth it ... to Him ... your salvation ... your reconciliation to Him ... your fellowship with Him ... is His joy!

By no means does this say that you deserve God's grace. The very definition of grace indicates that it is not deserved. God knows we don't deserve to be pardoned, yet He also reckons that it is worth it. How much value does God place on one person? God did not value you any less than what He paid.

Yours is a unique life. You are rare; special. The creator of matter says that you matter. Regardless of how close to God you are, or how far from God you are right now, He still holds out His hand to offer a closer relationship with Him.

If you feel angry, then you are angry. If you feel worthless, that does NOT mean you are worthless! If you feel sad, then you are sad. If you feel irrelevant, then that feeling is a LIE! Yes, you are having that emotion, but that does not indicate that you are expendable. Do you see the distinction? Grasping this concept is vital. Feelings and emotions tell you about your state of mind, not your value.

By God's majestic grace and decree, each soul is due honour, as a human, bearing the image of the Creator.

### Cleansing

Peace: Stress damages and inhibits many of the cleansing processes in the body.

It is not difficult to imagine sticky sludge accumulating until it impedes the flow in the pipes. It requires a good amount of fibre in the diet to keep the pipes clear, allow the optimum absorption of nutrients through lining. Low fibre foods are: meat, eggs, dairy, and processed foods where the bran has been removed.

When you take a break from eating cooked food, for a few days, weeks, or months, then it presents an opportunity for your body to do some cleaning a repair that it would not have done otherwise. It is the only cure I know of for tinnitus.

A very enjoyable way to cleanse the system is to drink lemon in your water first thing in the morning.



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Fasting is not only cleansing, but also reduces blood pressure. The blood pressure is immediately reduced during the fast and does not go back up all the way when the fast is ended. Repeated periodic fasting accumulates a long-term reduction in blood pressure as it closes in on a healthy level.

### Limit X-ray Exposure

‘Nuff said.

### Eye Exercises

Peace: Stress harms your eye sight.

One free eyesight therapy is called “palming” because you simply cover your eyes with the palms of your hands. Just close your eyes and gently cover you eyes with your hands, without pressing on your eyes, so that it is completely dark. Use the blackness as biofeedback to practise relaxing your eyes. The more completely black it becomes, the more completely relaxed yours eyes have become. This is healing for the eyes and improves your eyesight.

This next eyesight health practise needs a careful explanation. I don’t want you to think that you want to stare directly at the sun! No, but indoor lighting is completely insufficient for optimum health. Being outdoors during daylight, even when it is cloudy, is not only more healthy for your eyesight, it is also greatly beneficial for your overall health.

I also do some vision therapy by putting an eye patch on my left eye. This helps me to get clear feedback on the focus for my right eye, which does not have quite as good vision. When using both eyes, it is very difficult to calibrate my focus, since my left eye fills in any missing details. When my right is on its own, then it gets trained to focus properly. For more details, we recommend the book “Improve Your Vision” from the American Vision Institute.

### Whole Foods

Peace: Don’t get stressed out about eating unhealthy food! Stress is worse for you than junk food.

I love my food! There is no food, that I know of, on this planet that I would rather eat than my standard monthly menu. My family makes my food for me. If they wanted me to get my own food, then I would do it. They want to make my food, so they can show their love for me. So, almost every bite of food I eat, or have eaten for the last couple of decades, is not only a blessing to my health and a gift from God, but also love from my family. I am truly a blessed man.

I suppose the ultimate form of whole foods is sprouted seeds and sprouted grains, because you are eating the whole plant!



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Whenever we eat apples, we check and see if the seeds are any good. One way to tell if the apple was really ripened is if the seeds are brown instead of green. That way we can learn about the different apple types and sources, and what they look like, on the shelf, when they are ripe.

If the seeds are not flat, but have some good nut flesh inside, then we eat the seeds with the apples. These seeds are a good source of Vitamin B17. A deficiency in B17 can lead to cancer. You may have been told that apple seeds are poisonous, since they have cyanide in them. That is like saying water is flammable, since it has hydrogen in it. When your body is doing any repairs, or building, it creates stem cells that can become any needed cell. In each person, many thousands of these stem cells are created every day. Once the construction is complete, then there are some surplus stem cells. The Vitamin B17 is now needed to clean these up. When it gets close to a stem cell, B17 separates so that the cyanide binds to the stem cell. This prevents the stem cells from continuing to divide. Before the B17 was close to the stem cell, it was not poisonous. After it binds with the stem cell, it is not poisonous, except to the stem cell. If you don't have enough B17, then this clean up is incomplete and the stem cells can divide without the control, resulting in cancer. We also eat apricot kernels with the fruit, for the same reason.

Coconut oil (coconut butter) is really good for you. There was a fad, several years back, that taught to avoid all saturated fats. This was quite unfortunate. Coconut oil is 87% saturated fat, so many people unwittingly caused themselves problems by avoiding this healthy oil. For some, it was the only source in their diets for certain nutrients. I know of cases where this caused a form of senility, or dementia. They were able to turn around the symptoms by introducing coconut oil back into their diets. This oil also helps fight against parasites. The caprylic acid in the coconut oil is also helpful in combating, and preventing, yeast (candida) overgrowth in your system. If that isn't enough, coconut butter is also quite healing for the digestive tract, which is key to establishing a good foundation for health. I could actually go on and on about more benefits of eating coconut, but this should be good enough get your attention.

Pineapples have proteolytic enzymes, for digesting protein, that are good for fighting inflammation. So, this is a tasty therapy for cleaning up after any damage or illness, throughout the body. This clean up is helpful to counteract the stresses and injuries of living in a fallen world, so we have some weekly.

Asparagus has a fibre called fructo-oligo-saccharide (FOS). This fibre is not broken down by digestion, so it makes its way to the large intestine. Here it acts as nourishment for the good bacteria in the gut, so it is called a pre-biotic. It also has a sweet flavour. We add FOS powder in our smoothies. Please see the "Reduce Excessive Inflammation" section below for a list of foods that also provide pre-biotic nutrients. Asparagus is also on the "safe list" for getting veggies that don't need to be organic. This is really a good thing, since asparagus is so good for you and it is hard for us to find any that is organically grown. We eat it regularly.

If the sense of smell is diminished, then it could be a sign that more zinc is needed in the diet.

The bread, for my peanut butter and honey sandwich, is home made. We buy organic whole spelt grain in 25kg bags. Three of the children take turns making the bread. They freshly grind the grain into flour



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for the bread, using our VitaMix. The baking bread sure does make the house smell nice.

We eat a lot of high-fibre foods. Getting enough fibre in the diet is very important for good health. Beans, fruits, nuts and seeds, vegetables, and whole grains are good sources of fibre. Meat, eggs, and dairy have zero fibre, and we eat little to none of those. There have been a few times, over the years, when we looked into getting a juicer. I am glad we never did. Juicers remove the fibre from the food. Why would we want to do that? OK, I know that if you eat nothing but fruit juice and vegetable juice, then it is like a form of fasting that can deeply cleanse toxins from your body. So, if someone is gravely ill, then this therapy can help pull them back from the edge. Other than that extreme situation, it seems better to eat the whole food. We have read some health books by Norman Walker. He recommends colon irrigation and juicing. We have a colon irrigation board, and use it for the excellent health benefits. However, it seems that you would need this less, if you did not remove fibre from your fruits and vegetables.

Our ranch salad dressing is made from raw cashews. We also include fresh ground organic linseed (flax) in our dressing. The omega three fatty acids in linseed go rancid quite quickly, once they have been ground. We don't want to buy any linseed that has already been ground, since it would be rancid before we bought it. We used to get linseed oil from a company that processed and packaged it so that it would not go bad so fast. But, we decided that the lignan fibre was so good for us that we did not want that removed anyway. We make our ranch dressing in small batches, and eat it up rapidly, so this is a good way to get the benefits of the lignans and fatty acids from linseed in our diet.

### Organic Food (Free?)

Yes, we admit it. Eating organic food usually costs more. The point of having this note here is that is not always the case. In fact, we have found some organic foods that cost less. Also, there is the consideration of the nutrient value. We have found that some organic foods are more filling, due to the greater nutrient content, so we eat less. This is similar to the trade off between purchasing the nutrients as supplements or getting them from your food. Which way is cheaper? For the most part, we would rather get our nutrition from our food, when we can, even if it cost a little more, but it doesn't always add any cost.

### Reduce Excessive Inflammation

Some of the chronic symptoms that can be associated with food sensitivities, aka, food allergies:

- Eczema
- Acne (If you are under 30 years old, and you have acne, then it is probably due to a zinc deficiency. If you are over 30 years old, then it can also be caused by digestive problems.)
- Dark circles around eyes
- Indigestion
- Daily need for blowing the nose



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There are many other reasons that one could have any of the above symptoms. So, this is no diagnosis, but just a hint that you might want to look into this further.

Some of the causes of food sensitivities can also cause cancer, and other serious diseases. So, even if you are willing to live with these symptoms that are not so serious, it is still worth the investment to improve your health.

If you do not fully digest your food, either because you did not thoroughly chew, insufficient hydration, or due to low levels of HCL or enzymes, then undigested food will enter the colon. This presence can cause the body to develop a sensitivity to that food. This sensitivity can start to cause inflammation of the digestive tract when that food is eaten. The inflammation can allow phenolic compounds that are naturally in the food to seep out of the digestive tract into other tissues of the body, where they do not belong. The body must clean up the phenolics, as foreign invaders, which further triggers sensitivities to the phenolics. This is now a cycle that causes itself.

To break this cycle, we can use a combination of methods to reduce the sensitivities, methods to reduce the inflammation, and methods to repair the damage.

For the short-term, it may seem helpful to avoid foods that trigger the problems. However, it is the phenolics in the food, and each phenolic compound is in many foods. So, if as few as two or three phenolics are causing the problems, then there may be very few foods left to eat. Maybe one could choose a particular phenolic that is causing the most disruption, and avoid foods that have large amounts of that one, just until the therapies have a chance to reduce the reaction for that one, then start working on a different one instead.

Hormonal balance is also adversely affected by excess inflammation, because the adrenal glands suffer.

Anti-inflammatory:

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- Sufficient hydration
- Sufficient sleep
- Bone broth: heals leaky gut and improves skin
- Coconut oil: heals leaky gut
- Ketogenic diet, fasting, intermittent fasting
- All species of fish and shellfish have strong anti-inflammatory properties. Oily fish like salmon, mackerel, sardines and herring are even better.
- Cabbage
- Celery
- Fresh, green, leafy vegetables
- Kale
- Spinach



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- Turnip greens
- Sweet potatoes
- Black rice
- Onions
- Garlic
- Lemon
- Orange (both the juice and oil)
- Grapefruit (both the juice and oil)
- Red beet root
- Red cherries
- Cranberries
- Raspberries
- Resveratrol - red grapes
- Brazil nuts
- Macadamia nuts
- Vitamin D
- Dandelion root tea
- Cayenne
- Chilli pepper
- Black pepper
- Salt
- Turmeric: To very greatly multiply the beneficial effects of turmeric it can be cooked and combined with coconut oil and black pepper. Another powerful combination is turmeric with lemon. We have also noticed that organic turmeric is noticeably more effective.
- Rutin
- Sage
- Rosemary
- Thyme
- Mint
- Cloves
- Basil
- Marjoram
- Cilantro
- Green tea

Having enough enzymes helps reduce inflammation.

What can be done to encourage enzyme production?

- Apple cider vinegar: Take a teaspoon of apple cider vinegar 15-20 minutes before you eat. This gets your natural enzyme production going.



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- Thoroughly chewing food
- Raw beet root
- Cilantro
- Use bitters. Natural bitter herbs have been used for millennia to stimulate and improve digestion. Again, use these 15-20 minutes before a meal. Just the same, this has also been the traditional function of the pre-dinner salad, which used to contain a variety of greens, many of which were bitter (today's salads, filled with sweet baby greens or iceberg lettuce, are not nearly as healthy, and do not perform this function; so add some bitter greens to your salad for a healthier, more therapeutic salad). These greens were eaten before the main meal to stimulate digestion.
- Eat ginger. Ginger increases the activity of lipase and other digestive enzymes. Gingerols are the source of ginger's hot and spicy flavor. They stimulate bile flow. They are also responsible for ginger's anti-inflammatory, anti-nausea, and antioxidant properties. Ginger contains a protein-digesting enzyme called zingibain which is one of the most powerful protein digesting enzymes known, every bit the rival of the great papaya enzyme, papain. One of the essential oils in ginger, zingiberene, works in conjunction with gingerols to protect the lining of the stomach. The aromatic oils in ginger are useful for aiding digestion and reducing gas.
- Eat more fermented foods. Fermented foods have been used to improve digestion for millennia. Fermented vegetables, for example, are rich in healthy bacteria (bonus!), are high in vitamins (especially vitamin C and B vitamins), and are loaded with helpful enzymes. The bacteria also predigest the vegetables, making them easier to break down in the body.

#### Enzyme rich foods:

- Sprouts
- Ginger
- Pineapple
- Papaya
- Mango
- Kiwi
- Grape
- Avocado
- Raw honey
- Extra virgin olive oil
- Coconut oil

#### Rich sources of Omega-3 EFAs help reduce inflammation:

- Brussels sprouts, cauliflower, broccoli, bok choy, and winter squash
- Spinach, kale, leafy greens, romaine lettuce, and fresh basil
- Flax seeds
- Walnuts
- Fatty fish such as sardines, herring, salmon, shrimp, cod, and tuna



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- Grass fed butter and ghee
- Grass fed lean beef and bison

Healthy gut flora helps reduce inflammation:

#### Probiotic foods

- Fermented pickles
- Sauerkraut
- Kefir
- Beet kvass
- Kombucha
- Apples cider vinegar with the mother
- Shoyu soy sauce

#### Pre-biotic foods

- Asparagus
- Jerusalem artichokes
- Artichokes
- Chicory
- Garlic
- Onions, leeks, shallots
- Beet root
- Sweet potatoes
- Cold potatoes
- Granny smith apples
- Dandelion greens
- Fennel
- Peas
- Cabbage
- Nuts and seeds
- Bananas
- Whole grain wheat

Foods that have a high glycemic index create an environment that promotes fungal overgrowth, thus inflammation.

#### Anti-fungal:

- Garlic
- Coconut butter



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- Resveratrol - red grapes

People who feel lonely or depressed have less immunity and more inflammation than people who aren't.

Reduce pro-inflammatory substances such as dairy, MSG, sodium benzoate, sucralose, artificial sweeteners, processed foods, gluten from hybridized wheat, soy, and alcohol. A low-sodium diet also promotes inflammation.

## Cancer

There is also some free stuff here:

<https://thetruthaboutcancer.com/how-to-beat-cancer-shoestring-budget/>

## Stop It!

It seems reasonable that the simplest way to improve your health, without added cost, is to stop doing unhealthy things. Simple is not always easy!

DON'T - let the sun go down on you wrath (Ephesians 4:26).

This does not mean that you are to stay awake as long as you are angry. The sun is not going to stop its descent, just because you are staying awake. This deadline won't slip! It seems that God's Word is strongly implying that ending anger is a choice.

DON'T - regret the past.

Be grateful for lessons instead. Just think, if you hadn't learned that lesson now, then you would have continued down the wrong path longer. You can't learn everything at once. Learning takes time, not only to process the information, but also to prepare your mind to receive the instruction. Sometimes we have a bias that needs to be disassembled first, then we can see the truth.

DON'T - eat white, processed stuff: sugar, flour, oil, McDonald's.

See section on whole foods.

DON'T - eat dairy, hydrogenated oils, or GMOs.

DON'T - take junk nutritional supplements (there are some good ones).

We actually don't recommend taking nutritional supplements. That seems odd, since we take several ourselves. One reason we don't recommend them is that most of them are junk. Either they are a useless



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waste of money, or worse. Some of them are actually bad for you. For example, try this. If you have some tablets you are taking, put one in a cup with water. Does it ever dissolve? What happens when you swallow that? For some, you are better off if they don't dissolve, since the ingredients do more harm than good. It is best for you to find out for yourself if there are any dietary supplements that would be helpful for you to take, and whether they are worth the expense. That is one of the reasons we mostly eat organic food. We have found that some organic foods are more filling, due to the greater nutrient content, so we eat less. This is similar to the trade off between purchasing the nutrients as supplements or getting them from your food. Which way is cheaper? For the most part, we would rather get our nutrition from our food, when we can, even if it costs us a little more, but it doesn't always add any cost.

You can save a lot of money by quitting those vitamins, etc., that are ineffective or worse. Just because some product is in the “healthy” section of the shop, does not mean that it is helpful. While there are many products that are truly beneficial, doing some of the free stuff will greatly reduce your need for therapeutic doses of nutrients, etc.

During the right time of the year, the best way to get Vitamin D is to get skin exposure to direct sun. You can tell if the sun is high enough in the sky, so those rays are not reflecting off the atmosphere, if the shadows are shorter than the height of the object. If the shadows are long, you are not getting any Vitamin D. If the light is not bright enough to make shadows, the clouds are blocking too much of those rays for us to get any Vitamin D. Whenever the weather is nice, we make it a high priority to get some sun. We get outdoors other times as well, since Vitamin D is only one of many benefits of getting outside.

DON'T - eat out too often, or too much meat/soy.

You already know this. It is a rare restaurant that has the kind of foods we would have found in the Garden of Eden.

DON'T - watch TV or other secular media.

We decided not to watch television, or consume other secular media. This is disinformation overload! The stress and vexation from listening to a bunch of humanists is enough to send you to an early grave, slowly and painfully. If you avoid drinking from this cesspool, then you will have more productive years in your ministry and career, reducing the time spent in a nursing home.

Also, television has been proven to be an income suppressant. Really. There is a significantly strong correlation between income and television watching. The more you watch, the less you earn. So, this is another example of a health tip that cost less than nothing.

DON'T - eat late (2 hours before bed), especially high glycemic foods.

DON'T - put books on the stairs.



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See section on safety.

DON'T - poison yourself.

Smoking tobacco, and drinking alcohol, also consume large amounts of time that we don't have to spare. That is not the only reason we don't participate in these activities. Beside the obvious huge expense, thus waste of money, they are also highly toxic. Paying money to waste time poisoning myself does not seem like the best stewardship of my resources. Whatever amount of health I have, it is a gift from God. James 1:17 "Every good gift and every perfect gift is from above, and cometh down from the Father of lights ..." How can I show such contempt for this gift? If Jesus physically walked up to me and gave me some food from Heaven, that normally is only available to angels, and it would give me a measurably significant increase in my health, what would I do? Would I throw that food on the ground and step on it? Would I break it in pieces and throw it at Jesus? The answer seems obvious. Every bit of health that I have is like that food. I can choose to keep it, or discard it. I can keep it pure, or I can soil it.



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