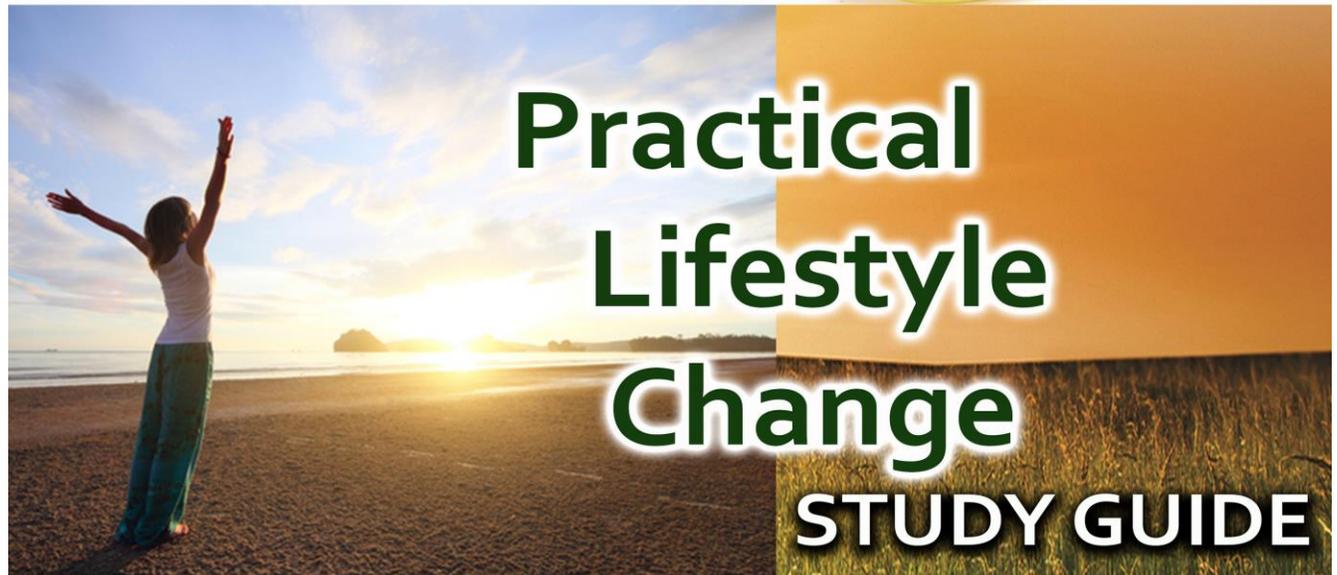
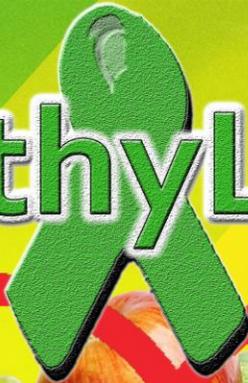


#HealthyLiving



**Practical  
Lifestyle  
Change**

**STUDY GUIDE**

# Introduction

You've heard it all before. Reasons why you should lose weight, quit smoking or drinking, exercise and many other talking points. This is by no means an extension of these. This is as the title suggests, a practical guide. After all you do not need a whip, you need restoration. The key to healthiness, happiness and wholeness lie in your hands. Its your health, your choice!

As we've mentioned already, “*The Vegan Lifestyle*” is just that, a lifestyle. It encompasses more than just what we eat. Optimal health incorporating all eight of the health laws (more on this later). The very first thing you may want to do is to hire/consult a lifestyle coach (see last page for contact information for some good ones).

The next step is to start from scratch, go on a cleansing program, followed by a regular detox program and a rigorous exercise program. The body is an amazing piece of machinery designed to be self-healing, if aided with the proper remedies that nature has provided. Again you need restoration, not a whip, yet it is your health, your choice!

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*Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. {CH 90.1}*

**Disclaimer:** The statements in this document have not been FDA tested or approved. Please consult with your physician before making any changes to your lifestyle, and only after convicted by, The Great Physician.



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

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### ***Section 1: Gradual Change***

#### **Don't rush into anything**

- Gradually eliminate unhealthy foods from diet
- Start walking, use step counter to register progress
- Invest in alkaline/distilling water machine
- For optimal health you need to increase kinetic heart rate and lung capacity. Our blood needs to be oxygen rich to ward off sickness.

#### **Replacements**

- Instantly replace unhealthy foods with good choices
- Invest 5 hours per week to go for a jog
- Instead of sleeping pills try: eliminating alcohol, tobacco, coffee; don't have anything in the system for 3-4 hours before bed-time; exercise; take a therapeutic bath instead of a shower; let go of any lingering anger or resentments of the day; meditate and pray
- Use plenty of juices, rich garden salads, natural berry juices, vegetable juices. Eliminating meat, dairy, alcohol, tobacco has a curative effect on the body as these diminish the flow of blood and oxygen through the body.

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*The stimulating diet and drink of this day are not conducive to the best state of health. Tea (non-herbal), coffee, and tobacco are all stimulating, and contain poisons. They are not only unnecessary, but harmful, and should be discarded if we would add to knowledge temperance. {CD 420.2}*

### **Section 2: Behavioral Changes**

1. Start your morning not with coffee, but with herbal teas. Or if you are looking for a quick immune boost, a hot cup of water with lemon juice...this should be done at least 45 minutes before breakfast...never eat and drink at the same time
2. Have a “king-size” breakfast. This should include alkaline rich fruit or vegetables, the breakfast meal should be enough to fuel the body til lunch-time, thus eliminating the need for a snack break...*too much eating in the day weakens the body as it is constantly working.*
3. Drink plenty of water through the day. Always have with you...*let this be a major part of your behavioral change, as you know the body is mostly composed of water...*when your body is craving...it is usually for this



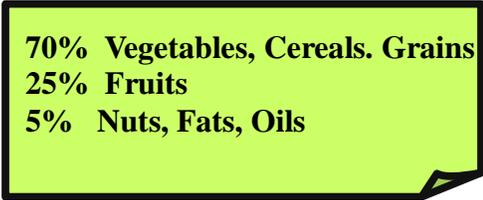
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vital element in its make-up.

4. Go through your pantry and sack all foods you know you can do without. Let more natural light and air in your home, reduce time spend in-active.
5. Do not eat in front of the television. Your mind is distracted from the digestive process going on and is tricked into thinking that you are still hungry. This results in you running to the fridge for a snack during the commercials. Replace this by sitting at your table listening to calming music...this relaxes the mind and aids in digestion
6. Don't eat just before bed-time. The digestive/excretory work should be done 3-4 hours before going to bed. Your body and mind will rest together.
7. If you must snack through the day carry trail-mix, fruit salad or as mentioned above plenty of water, what your body is craving is probably water. However try not to eat too often as the body needs to work for three to five hours to do a complete digestive work

### **8. Buy and use more raw foods and vegetables**

#### **Sample Food Intake Chart (Adjust Based On Level Of Health)**



**70% Vegetables, Cereals. Grains**  
**25% Fruits**  
**5% Nuts, Fats, Oils**

***Only one lease of life is granted us;*** and the inquiry with every one should be, "How can I invest my powers so that

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they may yield the greatest profit? How can I do most for the glory of God and the benefit of my fellow men?" For life is valuable only as it is used for the attainment of these ends. {CD 15.1}

***Our first duty toward God and our fellow beings is that of self-development. Every faculty with which the Creator has endowed us should be cultivated to the highest degree of perfection, that we may be able to do the greatest amount of good of which we are capable. Hence that time is spent to good account which is used in the establishment and preservation of physical and mental health. We cannot afford to dwarf or cripple any function of body or mind. As surely as we do this, we must suffer the consequences.*** {CD 15.2}

### **Section 3: Environmental Changes**

1. Try to stay away from fast-food places, search for vegan place
2. Clean out your house of harmful foods and products
3. Have trees close to your A/C unit to have good air come in
4. Shop at a health-food/whole-food conscience market
5. Instead of the movies, clubs, bars, etc. invest in a gym

In the effort made to restore the sick to health, use is to be made of the beautiful things of the Lord's creation. Seeing the flowers, plucking the ripe fruit, listening to the happy songs of the birds, has a peculiarly exhilarating effect on the nervous system. From outdoor life men, women, and

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children gain a desire to be pure and guileless. By the influence of the quickening, reviving, life-giving properties of nature's great medicinal resources, the functions of the body are strengthened, the intellect awakened, the imagination quickened, the spirits enlivened, and the mind prepared to appreciate the beauty of God's word. {CH 167.2}

Under these influences, combined with the influence of careful treatment and wholesome food, the sick find health. The feeble step recovers its elasticity. The eye regains its brightness. The hopeless become hopeful. The once despondent countenance wears an expression of cheerfulness. The complaining tones of the voice give place to tones of content. The words express the belief, "God is our refuge and strength, a very present help in trouble." Psalm 46:1. The clouded hope of the Christian is brightened. Faith returns. The word is heard, "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." "My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour." "He giveth power to the faint; and to them that have no might He increaseth strength." Psalm 23:4; Luke 1:46, 47; Isaiah 40:29. The acknowledgment of God's goodness in providing these blessings invigorates the mind. God is very near and is pleased to see His gifts appreciated. {CH 167.3}

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### ***Section 4: Emotional Changes***

**Note:** “The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.”  
{MH 241.1}



### ***The key to who you are is in your thinking:***

Proverbs 23:7 “For as he thinketh in his heart, so [is] he:”

Proverbs 4:23 “Keep thy heart with all diligence; for out of it [are] the issues of life.”

1. Understand that what you think about has a major effect upon your physiology (see note above)-therefore if this is true, banish negative thinking from your life. Just as others aren't suppose to say anything negative about you, it holds true for yourself also.

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2. Don't let circumstances (death of a loved one, loss of a relationship, financial hardship) determine your situation. Far too often people turn to food for comfort or consolation at these times... “my gallon of ice-cream won't judge me”...However there is always the power to cope (see next section). If we continue to dwell on the negatives in life, we will be driven to binge on food, alcohol, tobacco and other health and mind destroying practices.
3. Support: Just like AA has sponsors you may need a lifestyle coach/consultant to hold you accountable...a “brother's-keeper” as it were. This is a person who will love you enough to let you know if you are going over the edge.
4. Change your choice of music and television habits- especially if they dwell heavily on the negative things you are trying to avoid. For instance if you listen to a love song it may remind you of the one you lost (death, divorce, broke-up) and the evening news (especially the “If it bleeds it leads” opening section on some stations). These will drive you back to depression and thus indulge in negative habits and therefore destroy all the progress you've made
5. Remind yourself: **Failure is not an option!**
6. Feed The Mind The Good Things: Good, Food, Good Thoughts

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### **Section 5: Spiritual Changes**

“A large proportion of all the infirmities that afflict the human family, are the results of their own wrong habits, because of their willing ignorance, or of their disregard of the light which God has given in relation to the laws of their being. It is not possible for us to glorify God while living in violation of the laws of life. The heart cannot possibly maintain consecration to God while lustful appetite is indulged. A diseased body and disordered intellect, because of continual indulgence in hurtful lust, make sanctification of the body and spirit impossible. The apostle understood the importance of the healthful conditions of the body for the successful perfection of Christian character. He says, "I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." He mentions the fruit of the Spirit, among which is temperance. "They that are Christ's have crucified the flesh with the affections and lusts."  
{CD 44.2}

1. Though this Study Guide is not advocating primarily for religion it is true (scientific studies confirm), that some form of spiritual belief system has a great deal to play in our physical, mental and social welfare. Prayer has now been shown to work immense good on the psyche of a terminal patient
2. Meditate more in an out-door setting, preferably a park away from the city or out in the country...think of the good things of God's creation....consider His love for you

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3. Read spiritual/inspiration books, articles or listen on CD/Mp3...especially do this before you go to bed
4. Pray: All the problems that we have that lead us to destroy our health stem from some deep-seated thought, fall on your knees and give them all to God...you will see that your head feels clearer after a few days of this
5. Attend Church/Bible-studies: chances are there are people in these settings who are going through practical lifestyle change as well. This could serve as your support group

### ***Section 6: Temperate In All Things***

**Note:** Temperance is: eliminating all that is harmful and moderate use of all that is good.

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,--*these are the true remedies*. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge. {CD 301.3}

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in

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health of body and health of mind. {CD 301.4}

### The 8 Natural Remedies are these:-

- **Nutrition:** Plenty of fruits and veggies, and grains
- **Exercise:** A brisk daily for 1 hour is recommended Water: 9-11 glasses per day, drink alkaline/distilled water
- **Sunlight:** Get enough daily between: 6-9A/ 5-8 PM
- **Temperance:** Be moderate in all that you do
- **Air:** Pure air produces pure blood, practice breathing
- **Rest:** 8-9 hours per night/24 hours mentally (no stress)
- **Trust:** That God is able to keep you well, or heal you

### Section 7: Resources

- Lifestyle Coach: [www.mericiaanglade.com](http://www.mericiaanglade.com)
- Health Products/Services/Books: [www.lifetreewellness.com](http://www.lifetreewellness.com)

### Summary

As is apparent this Study Guide is by no means complete. The goal is to get the ball rolling. The next steps are up to you:

“We have special duties resting upon us. We should be acquainted with our

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physical structure and the laws controlling natural life. While Greek and Latin, which are seldom of any advantage, are made a study by many, physiology and hygiene are barely touched upon. The study to which to give thought is that which concerns natural life, a knowledge of oneself. . . . It is the house in which we live that we need to preserve, that we may do honor to God who has redeemed us. We need to know how to preserve the living machinery, that our soul, body, and spirit may be consecrated to his service. As rational beings we are deplorably ignorant of the body and its requirements. While the schools we have established have taken up the study of physiology, they have not taken hold with the decided energy they should. They have not practised intelligently that which they have received in knowledge, and do not realize that unless it is practised, the body will decay. . . This living machinery should be understood. Every part of its wonderful mechanism should be carefully studied.” {HL 13.5} ☀

**Remember:Its Your Health! Its Your Choice!**

### **Key To Abbreviations:**

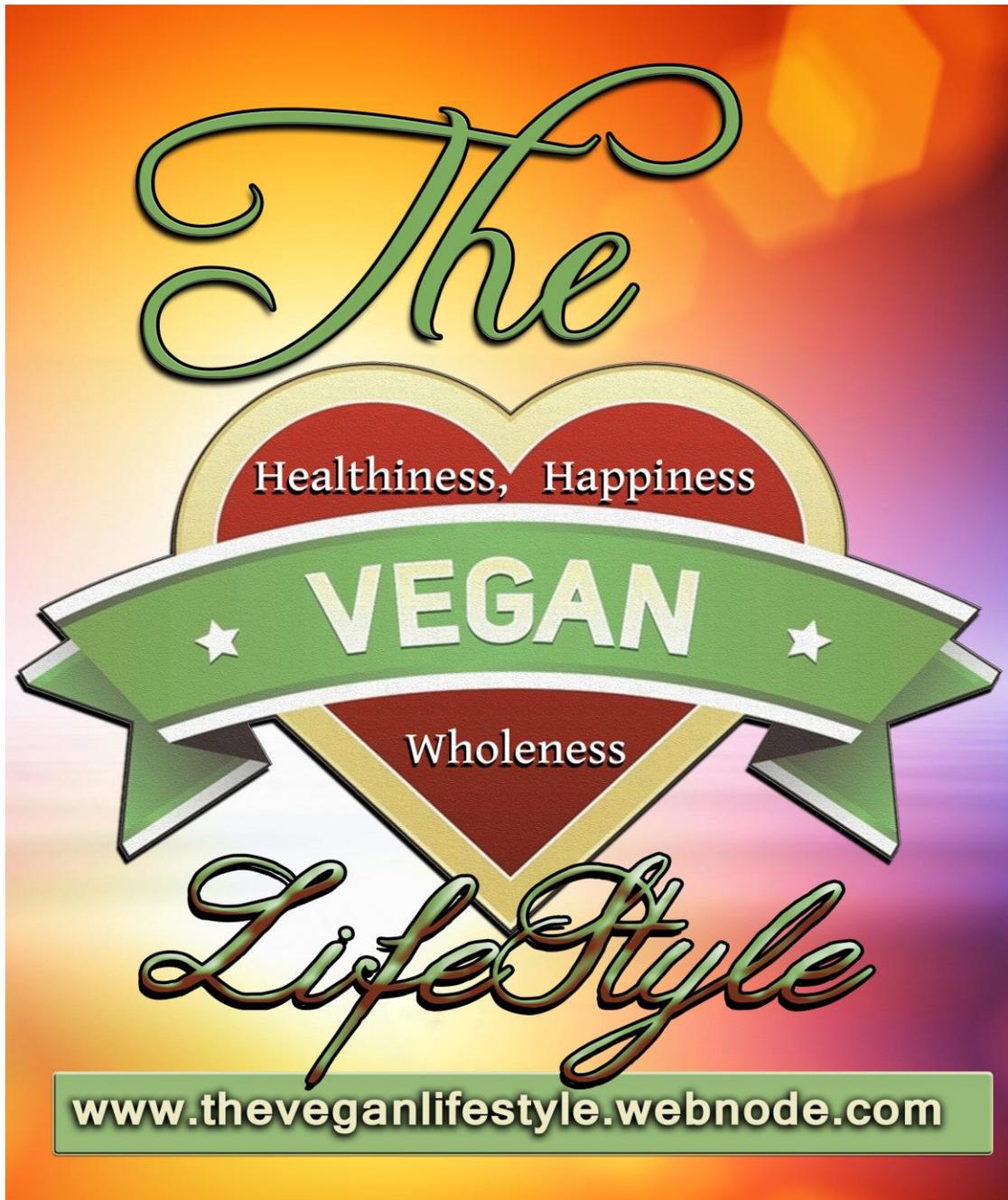
**CD:** Counsels On Diet and Food

**CH:** Counsels On Health **HL:** Healthful Living

**MH:** Ministry of Healing

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**NOTES**