



Advent Truth Newsletter May 2013



A Hebrew Language version of Unlocking the Messianic Prophecies is available for those who can read Hebrew. This books is available both in print and e-book. Please see the website for more details.

The website has undergone some revisions, it has a tract section, and a copy of the constitution. If you wish to register to receive this newsletter by e-mail, you can subscribe on the website or download a copy.

I want to encourage you to distribute literature containing important truths for this time, such as the Sabbath. One of these truths is the imortance of health. Many people in the world are suffering needlessly because they are not following basic health principles which are found in the Bible. When God created the Garden of Eden, we find a perfect role model for health.

These principles are summarised by the word **NEWSTART**

N = Nutrition [a diet consisting of fruits, nuts and vegetables]

E = Exercise [try to walk at least 30 minutes a day]

W = Water [ideally we should drink at least 6-8 cups of water a day]

S = Sunshine [try to get some sunshine each day, but also avoid too much sun as this can cause cancer, the best light is just after sunrise and just before sunset]

T = Temperace [don't consume alcohol, tobacco or drink tea and coffee which contains cafeine]

A = Air [try to get fresh air]

R = Rest [get proper sleep and also rest on the Sabbath each week]

T = Trust in God [a worried mind can cause disease]

These are general principles which promote good health, happiness and a longer life. But for people with special medical conditions or medication it is advised to consult your doctor first.

A medical study done on Seventh-day Adventists in California over 40 years involving 20,000-30,000 individuals showed that they live longer and have less heart disease and cancer than the average population. God wants us to have good health (see 3 John 2).

www.adventtruth.co.uk

