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INTRODUCTION

Thank you for downloading our eBook on the Eight Laws of Health.

This guide outlines eight fundamental principles that promote optimum health. The benefits they provide go far beyond physical effects like prevention of heart disease, diabetes and hormonal imbalances. They also help improve mental capabilities, reduce stress and anxiety and bring more balance and fulfilment to life.

Our hope is that this book will enlighten you and encourage you to make the right choices for your health. We hope you enjoy reading and wish you the best on your journey to health.

Healthful and Wholesome

Healthful & Wholesome Team

THE LAWS OF HEALTH

Our health is the driving force of our lives. It gives us the ability and drive to efficiently accomplish our career goals, have healthier relationships, perform our best and get the most out of life. Many of us, however, suffer with various health issues that affect our quality of life in one way or another.

Fortunately, there is hope! You don't have to subscribe to a life of disease, even if it runs in your family. The eight laws of health provide everything your body needs to heal and shield itself from disease. They include:



Nutrition



Temperance



Exercise



Air



Water



Sleep



Sunlight



Trust

Nutrition

Food was created to nourish the body and is probably one of the most powerful tools we have to live a healthy life!

The Ideal Human Diet

Eating a whole food plant-based diet is the key to health. Avoid processed foods, animal products, oily foods, excess salt and sugar.

Eat the following foods in as close to their natural form as possible:



*Variety of
fruit and
vegetables*



*Raw nuts and
seeds; beans
and legumes*



*Whole grains
like brown rice,
oats, quinoa*

Benefits of A Whole Food, Plant-Based Diet

These foods are powerhouses, with benefits like:

- Preventing and reversing diabetes, heart disease, arthritis and even some cancers
- Balancing hormones; regulating menstrual cycles; improving fertility, mood and energy
- Strengthening immune system
- Promoting weight loss

Exercise

Regular exercise is an important part of a healthy lifestyle and promotes all-round physical, mental and emotional health. A sedentary lifestyle, however, is detrimental to health as it contributes to the development of many chronic diseases.

Get Up and Get Moving

In order to get the best results from exercise, follow these recommendations:



150 minutes of moderate activity weekly



Strengthening exercises 2 days a week



Find ways to make exercise exciting

Benefits of Regular Exercise

Being active provides great benefits for everyone. Some of the many benefits includes:

- Improving muscular & cardiorespiratory health
- Reducing risk of high blood pressure, coronary heart disease, stroke, diabetes and cancer
- Helping in weight loss; improves circulation
- Reducing anxiety and depression; boosts mood and mental health

Water

Water is the fountain of life! Because our bodies are made up of 70% water, it is fundamental for our health. Water has purifying abilities, which cleanses us both internally and externally.

Water Works

Drinking sufficient water everyday has a powerful impact on our health and has almost immediate effects. You should make water your go-to drink, cutting out sugary drinks, sodas and alcohol.

Some tips to get the most benefits from water are:



*Drink about
2 litres of
water a day*



*Drink water 30
min before or 1
hr after eating*



*Drink water
at room
temperature*

Benefits of Drinking Water

- Helps detox the body and relieves constipation
- Hydrates and is essential for every part of the body including joint, muscle, brain, kidney, digestive, respiratory and blood health
- Boosts skin health and helps you look young
- Improves energy levels; promotes weight loss

Sunlight

Sunlight is vital for human health especially as it increases production of vitamin D.

A Daily Dose of Sunshine Saves Lives

The best source of Vitamin D is from the sun. Vitamin D is made in our skin through exposure to the sun and is also important for destroying infectious agents in the environment.

Here are some tips on getting sunlight:



Get about 15 mins of direct sunlight daily



Get some of the morning sunshine



Spend more time outdoors during the day

Benefits of Sunlight

Some of the many benefits of sufficient sunlight and vitamin D are:

- Strengthens bones and immune system; helps fight inflammation; helps balance hormones
- Reduces risk of certain cancers, high blood pressure and heart disease
- Sun exposure increases the hormone serotonin which boosts mood and fights depression

Temperance

Temperance is a moral virtue which simply means having self-control; something all we should aim to implement in all aspects of life.

Moderation in All Things

Temperance refers to abstaining from what is bad and using in moderation what is good for you. It covers every aspect of life including work and diet.

Some tips for exercising temperance include:



*Don't smoke,
take drugs or
drink alcohol*



*Eat a healthy,
balanced
diet*



*Do everything
in moderation,
even the good*

Health Benefits of Temperance

Temperance encourages healthy living as it keeps you in check while obeying the other 7 health laws.

For optimum health, all of the health laws need to be practiced together and in moderation.

Air

Air contains oxygen, which is vital for human life. We can survive weeks without food, but if deprived of air, we cannot survive even minutes.

Get Fresh Air Everyday

Pure air and the habit of breathing correctly assure the body of a sufficient supply oxygen.

Some tips for getting fresh air include:



Spend time outdoors in the morning



Ensure house is properly ventilated



Practice deep breathing

Health Benefits of Air

Breathing fresh air has powerful benefits including:

- Helping to purify the blood, which then promotes health to the whole body
- Soothing the nerves and reducing anxiety
- Inducing restful sleep; improving digestion
- Cleaning lungs; improving blood pressure and heart health; strengthening immune system
- Enhancing brain function and concentration

Rest

Sleep is incredibly important for health. It helps the body repair cells, restore energy, release hormones and improve brain function.

Rest and Repair

Along with getting sufficient, good quality sleep, you should also take vacations, dedicate time to recreation, enjoy a healthy pastime and do activities that renew your mind and body.

Tips for getting healthy sleep include:



*Get about 7-9
hours of sleep
every night*



*Go to sleep
before
midnight*



*Set regular
sleep and
wake times*

Health Benefits of Rest

Sleep provides many wonderful benefits such as:

- Helps the body heal and repair; strengthens the immune system; reduces inflammation
- Promotes heart health; helps control blood sugar; lowers blood pressure
- Improves memory and cognitive abilities; reduces stress, anxiety and depression
- Boosts mood and helps with weight loss

Trust

Belief and trust in God is linked to improved mental, physical and spiritual health as it brings life-giving blessings, peace and joy.

The Power of Trust

When you trust God, you obey him. This means that you are more inclined to following His precepts that promote health and life. He is also interested in your wellbeing and wants you to prosper and have complete health.

Some tips to help you build trust in God:



*Submit yourself
and all your
troubles to God*



*Get to know God
better by reading
His Word often*



*Listen to the
testimonies of
those around*

Health Benefits of Trust

Trusting God brings many benefits such as:

- More peace, joy and happiness; less worry, stress and anxiety;
- Greater sense of purpose, optimism, self-esteem and life satisfaction
- Improved relationships and decision making
- Improved overall health and well-being

MOTIVATIONAL QUOTES

While caring for our health is essential, making changes towards a healthier lifestyle can sometimes be difficult. However, it is not impossible! With the right tools, information and support, the process can be smooth and easy.

Below is a collection of powerful motivational quotes to get started on your journey to health.

“

The foundation for a good life is grounded in good health. — *Healthful and Wholesome*

The quality and success of your life depends on your health. — *Healthful and Wholesome*

Live like your health depends on it — because it does! — *Healthful and Wholesome*

You don't have to be great to start but you have to start to be great. — *Zig Ziglar*

”



Thanks

for downloading our eBook!

We hope you found this book helpful and inspiring as you take charge of your health.

Small changes everyday will amount to big changes and great results overtime!

To learn more, follow us on:



www.healthfulandwholesome.com



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