

The Eight “Doctors”

“Pure air, sunlight, abstemiousness, rest, exercises, proper diet, the use of water, and trust in divine power - these are the true remedies. Every person should have knowledge of nature’s remedial agencies and how to apply them.” Ministry of Healing p 127

1. Diet

- Eat an abundance of fruits, vegetables, grains, and legumes prepared as simply, naturally, and wholesomely as possible.
- A wide variety of foods should be eaten, with only a few varieties at each meal.
- Timing is to be considered. Meals should be eaten at set times with no more than ½ hour variation, at least five hours apart, with absolutely nothing between meals except water.
- Two meals is best. If a third meal is eaten, it should be small and light, and several hours before bedtime.

Foods to avoid include:

- All animal products. This includes all meat and dairy products like eggs, milk, butter, cheese, and fermented dairy products.
- Excessive fats and oils both as ingredients and as additives to foods.
- Excessive sugar – including honey, corn syrup, maple syrup, and other concentrated sugars.
- Excessive salt
- Refined foods – white flour products, de-germinated cornmeal products, sugar, oils and fats.

2. Exercise

- Thirty minutes to one hour of outdoor exercise daily causes the pulse and respiratory rate to rise.
- Walking and gardening are best. Jogging and cycling are also good.
- Extremities of the body should not be allowed to chill. Start with a warm-up and finish with a cool down.

3. Water

- Internal: Drink 8-12 glasses of water daily. It is best to drink ½ hour before or 1 ½ hours after meals. Water should be spring, well, purified, or distilled water, if possible. Tepid or warm water is best because drinking ice water taxes the system.
- External: A warm shower or bath daily is good for cleanliness and improves the circulation. Specific water treatments are ordered by the physician for each individual’s diagnosis.

4. Sunlight

- Exercise should be outside with appropriate protection for the extremities.
- Sleeping areas should be opened to sunlight every day.

5. Abstemiousness (Temperance)

- Absolutely avoid tobacco and alcohol in all forms. Also, avoid caffeinated beverages such as: coffee, tea, colas, and soft drinks containing caffeine. Chocolate contains a caffeine-like substance, which is best to avoid.
- Use natural substitutes in place of over-the-counter medications, and never use street drugs.
- Fermented, aged or smoked foods are not the best food.
- Read food labels and be aware of food additives such as: artificial sweeteners, colors, flavors, and preservatives.

6. Pure Air

- Deep breathing: Inhale deeply, hold for a count of ten; Exhale completely, hold for a count of ten. Repeat 3 or 4 times; do this set 3 or 4 times a day.
- If you smoke—quit! Avoid second hand tobacco smoke; also try to stay away from smoke of all kinds, as well as pollution and damp musty areas in a building; and drain swampy, wet areas around your house.
- Fresh air should circulate in the sleeping area but avoid direct drafts.

7. Rest

- Strive to get eight or nine hours of sleep per night, of which at least 2-3 hours are before midnight.
- Rest or nap in midday if ill or debilitated.
- Avoid lying down to rest right after a meal.
- Whenever possible, rest should be in a peaceful environment free from noise pollution.

8. Trust in Divine Power

- Each day should begin with inviting God to be with you throughout the day, and accepting his help, strength, healing, forgiveness and cleansing from sin. Dedicate your time, talents, words and means to Him to use as He sees is best. Rest in Him; depend on His promises.
- There should be time each day devoted to the study of God's Word.
- One day each week (the Sabbath) should be devoted entirely to God for rest and rejuvenation.
- Time should be devoted each week to the service of others.