



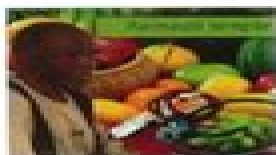
Aerul curat, lumina soarelui, cumpătarea, odihna, exercițiul fizic, dieta corespunzătoare, folosirea apei, încrederea în puterea divină — acestea sunt adevăratele remedii. Fiecare om ar trebui să aibă cunoștințe despre mijloacele de refacere ale organismului și despre modul în care să le folosească. E ste foarte important, chiar esențial, să înțelegi principiile implicate în tratarea celor bolnavi, cât și să ai o pregătire practică în acest scop, lucru care îl va ajuta pe cel cunoscător să folosească în mod corect aceste informații."

IEI

E așa ciudat că avem atâtă vreme peru

Când viața nu-i decât o picătură între acest moment și celălalt și nu-i neînțeles de trist că,
Nu privim la cer mai des Că nu culegem flori... care atât de repede murim!

Mamón Wilson



ÎNAPOI LA ADAM

Fiecărei persoane i-a fost dat un organism uimitor și i-au fost date materiale, sub formă de alimente naturale, pentru a menține organismul în stare perfectă de funcționare. Ceea ce lipsește sunt credința și buna dispoziție.

Luca 7:50 spune: "Credința ta te-a mântuit; du-te în pace."

Proverbe 17:22 spune: "O inimă veselă este un bun leac."

Pune mâna ta în mâna lui Dumnezeu, și mergi înainte spre ținta pe care Domnul ți-a pus-o înainte.

Cea mai rapidă cale de a curăța organismul de reziduurile sale este printr-o purificare, adică un program de curățare.

NOTA: Persoanele care suferă de apendicită, infamții sau ulcere ale tractului digestiv nu ar trebui să încerce o cură de purificare. Este indicat pentru ei să apeleze direct la programul destinat problemei lor.

O cură de purificare are o valoare inestimabilă, în majoritatea cazurilor, deoarece grăbește semnificativ procesul de vindecare. S-au obținut aproape rezultate miraculoase în multe cazuri; febra dispare, pneumonia și febra de sân cedează, și în foarte multe condiții de boală răspund aproape imediat, chiar și în caz de SIDA și cancer. Problemele de inimă, artrita și multe alte stări răspund la acest program total de curățare.

CE SĂ MÂNCĂM?

"Potrivit unor mari oameni de știință în domeniul alimentar, practic toate stările de boală sunt ca rezultat al unor deficiențe în dietă. Când luăm în calcul că numai o singură viață ne este îngăduită, întrebarea fiecăruia ar trebui să fie: Cum să-mi pun la lucru puterile, astfel încât să pot să aduc cel mai mare folos? Cum pot face cât mai mult pentru slava lui Dumnezeu și binele semenilor mei?"

Prima întrebare pe care trebuie să ți-o pui atunci când te îmbolnăvești este: "Am mâncat ceva care m-a cauzat această stare, sau am o deficiență de o vitamină sau un mineral în dietă?" Adu-ți aminte, toate mineralele și vitaminele se găsesc în natură - în fructe și legume, nuci, cereale integrale și lumina soarelui.

Nu doar prin lipsa unei cantități de hrană poate apărea o deficiență. Se spune că o treime din hrana consumată ține doctorul în viață, dar "hrana" consumată de majoritatea oamenilor este hrană "moartă," așa că organismul moare. Majoritatea oamenilor liberamente mor de foame cu stomacul plin, datorită consumului peste măsură de alimente rafinate.

Orice boală acută este o simplă criză de vindecare, un rezultat al luptei organismului de a se elibera de sub povara de otrăvuri toxice din interior.

DE CE SĂ CONSUMĂM SUCURI CRUDE?

Cunoștințele privind relația dintre o dietă corectă și sănătatea organismului devin din ce în ce mai general recunoscute. De multă vreme se știe că nu există nici o celulă în organism care să trăiască mai mult de șapte ani, dar foarte puține persoane își dau seama că majoritatea celulelor nu trăiesc nici pe departe atât de mult. De exemplu, în decurs de un an îți tai unghiele de câteva ori și celulele pielii au nevoie de doar doi ani pentru a fi înlocuite.

Înlocuirea frecventă dovedește că nu există nici o celulă a organismului care să trăiască mai mult de șapte ani, și asta înseamnă că celulele noastre sunt în continuă mișcare.

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Karin Nielsen-Saines



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