

THE 8 LAWS OF HEALTH



8 LAWS TO A DYNAMIC NEW START TO GOOD HEALTH

Natural Healing Retreats around the world operate on these basic God-given principles to heal the worst diseases known to mankind. 7 of the 8 are FREE.

NUTRITION – Slash your food budget 70% by eliminating harmful SEED OILS (they are everywhere). Google it, vegetable oils are called the “Killer 8” for a reason. Only buy cold extracted oils (olive, coconut, palm). Any fresh produce where we eat the skin, buy organic. Medical references to eat meat to heal disease are rare. No snacking, 5 hours between meals, 2 meals per day is optimum. Don’t eat at night unless you want to wake up feeling shot.

EXERCISE – So your get up and go, got up and went. It feels so good to be finally move about in the fresh air, sunlight, and amidst the trees. Walking is best.

WATER – 6-8 glasses of pure water daily. Run your body with its anointed lubricant. Mealtime is not the occasion to load up on water. Forget coffee and soda.

SUNSHINE – We need sunshine and Vitamin D for health. Moderation is necessary, but sunshine is one of God’s top healers. Let sunshine pour into your house.

TEMPERANCE – In eating, working, or playing, temperance is a health principle. No’s are alcohol, drugs, caffeine, chocolate and soda, but even on the good stuff, don’t overeat, “Ye are bought with a price, therefore glorify God in your body, which is God’s.” (1 Corinthians 6:20)

AIR – Country living is best where the winds blow pollution free to revitalize your body from head to toe. Keep fresh air circulating indoors.

REST – Sleep with your head & feet facing south, but how about following God’s rhythmic cycle where we rest every 7th day? Prevent burnout with a day to thank your Creator for “He blessed the 7th day.”

TRUST – There’s a reason Jesus is called the Great Physician. People trample over these 8 laws of health and wonder why they’re sick, then they blame God. Follow these principles for miracles of healing.

HEALING DISEASE THROUGH LIFESTYLE

It doesn't seem to matter which disease, often the cure is the same. With very little variation, one stop meets all needs to heal disease. In 3rd world countries where there's famine, people die of starvation, yet there are none of the diseases prevalent in Western societies today, proving disease is lifestyle related. From arthritis, to cancer, to diabetes, to heart, to liver, to respiratory, medical studies prove it's the same foods coming to the rescue repeatedly.



FRUITS, VEGETABLES, WHOLE GRAINS, BROWN RICE, LEGUMES, COLD-PRESSED OLIVE OIL, NATURAL YOGURT.

Study herbs, there may be a plant out there to heal your disease. Vitamins bolster up your body against food deficiencies occurring in the growing, distribution and storage of food.

PROMOTING DISEASE THROUGH LIFESTYLE

It doesn't matter which diseases, the killers are often the same



MEATS (Fried, Barbeque, Smoked, Salted, Processed), SHELLFISH, ENRICHED WHITE FLOUR (it's everywhere), HOT SPICES, COFFEE, WHITE SUGAR, ALCOHOL, TOBACCO

Make important changes in your lifestyle and watch miracles of healing gradually take place!

FORGIVENESS & HEALING

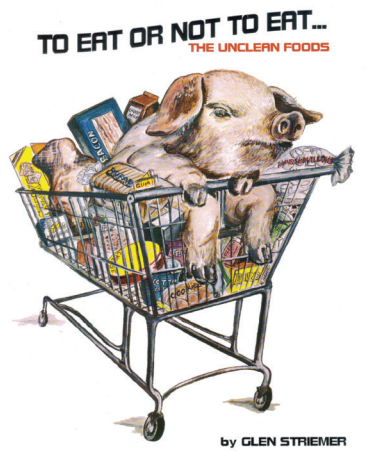
“There is none righteous, no not one.”
(Romans 3:10)



For better or for worse, the happiness of the entire world revolves around forgiveness. From a God standpoint, the matter has already been settled. As Jesus hung upon the cross, He looked at those who had violated and mocked Him, down through history to this moment and declared, ***“Father, forgive them, for they know not what they do.”*** (Luke 23:34) Yet, from the human side, forgiveness is in short supply. Nations are angry, people are bitter over wrongs done to them, grudges pile up and health deteriorates. Contrast these two mental states: ***“A merry heart is good medicine, but a broken spirit dries up the bones.”*** (Proverbs 17:22) Here is the good news: ***“God was in Christ, reconciling the world unto Himself, not counting their trespasses against them ... We pray, be reconciled to God.”*** (2nd Corinthians 5: 19,20) Most of the world is wandering around in some sort of war against God, and it is devastating to their health and wellbeing.

Many say they don't believe in God, but is this true? Even a child can tell you the ridiculousness of thinking the world is billions of years old and somehow cells got together and managed to create the spark of life which eventually manifested itself into the most complex human existence, on the most beautiful planet. ***“I will praise You, for I am fearfully and wonderfully made.”*** (Psalm 139:14) ***“Before I formed thee in the belly, I knew you ...”*** (Jeremiah 1:5) Evolution can be summed up realistically behind this veil – No God will rule over my life.

Because ***“All have sinned and come short of the glory of God”*** (Romans 3:23) there exists a world of wrongs committed against one another, and thus against God. It's how we deal with these hurts that determines our health and happiness. In the end, ***“If you forgive others, your heavenly Father will forgive you.”*** (Matthew 6:14) The carnal mind says, “an eye for an eye” and this spirit will destroy. The submissive heart honestly pleads, “I don't have it in me to forgive, so please God, bring peace and healing to my mind, body and soul.” It's called the miracle of healing, once and for all times, in all circumstances.



***“For behold the Lord will come with fire,
and with His chariots like a whirlwind
... they that sanctify themselves eating
swine’s flesh and the abomination
shall be consumed together, saith the
Lord.” [Isaiah 66: 15-17]***

***For your FREE copy of To Eat or Not to Eat the
Unclean Foods, email: info@loudcrymedia.com OR
call Toll Free 855-203-5819***

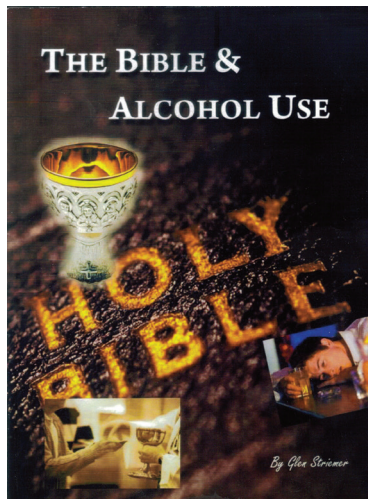
The Bible lists animals not to eat, lest you get sick, and the world ignores this warning. God calls certain animals abominable when it comes to eating them as food. This list is found in the Book of Leviticus chapter 11 and again in the book of Deuteronomy chapter 14. God never calls unclean animals “food.” God provides physiological reasons for not eating unclean. Something to do with the complex rumination digesting process purifying the animal to eat. Those animals which only have one stomach, lacking the fermentation process are deemed unfit for human consumption. If the fish is swimming freely possessing fins and scales, they are good for food. The bottom feeders are down there as God’s pollution control devices, purifying the waters of the world. At the cross, God cleansed men and made them whole, He did not cleanse the digestive systems of animals He previously deemed as unfit to eat.

Long before there was a Jew (Abraham being the first), God told Noah during the building of the Ark: ***“Of every clean beast thou shalt take to thee by sevens, and of beasts that are not clean by two.”*** [Genesis 7:2] When the perished world was void of vegetation, clean meats were available to eat.

In the Bible, Peter had a vision where God told him to eat unclean foods. At the end of this story, Peter exclaims, ***“God hath shewed me that I should not call any MAN unclean.”*** [Acts 10:28]

One medical study after another reveals a horror story of diseases resulting from eating unclean animals. “Google” pork and shellfish and note how they are often associated with:

**ALLERGIES, ARTERIOSCLEROSIS, ARTHRITIS, BRAIN, CANCER, CHOLERA, DIABETES,
FLU / COVID, HEART / BLOOD PRESSURE, INFECTIONS, INTESTINAL, LIVER, NERVOUS
SYSTEM, PARASITES, PREGNANCY, SKIN, STOMACH, WARTS**



***“The Lord will restore the years
the locust hath eaten.”***

[Joel 2:25]

For a free copy of The Bible & Alcohol Use

email: info@loudcrymedia.com

OR call toll free 855-2035819

Alcoholics Anonymous tell us that certain individuals are prone to become alcoholics after one sip of the brew. Yet, many Christians have this idea it is OK to drink spirits in moderation. This misguided stance is based upon Jesus’ miracle at the wedding feast where He turned the water into wine. The English language has one word for wine, but the Hebrew and Greek have multiple words for wine, ranging from “unfermented pure grape juice” to highly potent “fermented spirits.” The host of the wedding feast declared, ***“Thou hast kept the good wine until now,”*** [John 2: 10]. The Bible says, ***“Thou didst drink the pure blood (unfermented) of the grape.”*** [Deuteronomy 32:14] ***“All the best of the wine (freshly squeezed) have I given thee.”*** [Numbers 18:12] So, which type of wine do you think Jesus created at the wedding feast?

Jesus’ famous relative, King Solomon (known as the wisest man to ever live) was once a documented drunk, but then had this to say about alcohol once he regained his senses: ***“I hated life.”*** [Ecclesiastes 2:17] ***“Who hath woe? Who hath sorrow? Who hath contentions? Who hath babbling? Who hath wounds without cause? Who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine.”*** [Prov 23:29,30] ***“Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.”*** [Prov 20:1] ***“At the last it biteth like a serpent.”*** [Prov 20: 32] Is it reasonable to think Jesus defied Solomon’s wise counsel?

DISEASES HASTENED BY ALCOHOL

BRAIN (scar tissue); **BONES** (gout, hip fractures); **CANCER** (breast, stomach, rectal); **HEADACHE** (migraines); **HEART** (hypertension, arteriosclerosis); **LIVER** (cirrhosis, jaundice); **MEDICATIONS** (unexplained deaths, nausea, fainting, toxicity); **NERVES** (neuritis); **REPRODUCTION** (impotency, premature births, physical & mental handicaps for child); **RESPIRATORY** (pneumonia); **STOMACH** (diarrhea, gastritis, heartburn, ulcers). ***“Use a little wine for thy stomach’s sake.”*** [1 Tim 5:23] Which do you think, fermented or unfermented?

It's time to quit



TOBACCO - Addictive as street drugs with a pathway to kill you prematurely. You can follow this 5 Day Plan, OR you can take God's Creation Plan. In the Creation plan, you start with an honest prayer to God. Tell Him you love smoking and have no true desire to give up the habit. Your prayer is: "Lord, please instill in my heart something that's not there – a strong desire to want to quit." Amen!

Further cement your success by following these important steps:

1. **QUIT CAFFEINE** the same moment you cease smoking. Caffeine is the cousin to nicotine. These cousins cry out and support one another. You will not suffer withdrawal symptoms any worse than if you just give up tobacco. Years later when someone lights up you won't be craving tobacco yourself. (Chocolate contains caffeine).
2. **DRINK 6-8 GLASSES of WATER DAILY** to flush out the nicotine. Also, baths or showers multiple times a day will greatly help.
3. **ELIMINATE ALL SPICY FOODS** which trigger the urge to smoke. Also, for 5 days become a vegetarian as to not excite the carnal impulses which are triggered by flesh foods. Take multiple B-vitamins to calm your nerves.
4. **CHANGE PATTERNS IMMEDIATELY.** Instead of sitting in your favorite chair after a meal, go for a walk. Exercise will get those endorphins going and you need to be on the move.
5. **FIND A FRIEND.** It works for the AA and will work for you. In a weak moment, phone a friend for support to help you in this trial. Go out and buy "This is a Smoke-free Zone" poster to hang on your door.

CONGRATS FOR NOW BEING SMOKE FREE!

AVOID (OR REVERSE) THESE DISEASES CAUSED BY 70 CARCINOGENS IN SMOKE

CANCERS (Multiple), **CARDIOVASCULAR** (Heart, Stroke), **DIABETES**, **EYES** (Blindness), **REPRODUCTIVE** (Infertility), **RESPIRATORY** (Emphysema)

HEALING RETREATS

Based upon the 8 LAWS of HEALTH

Wildwood Lifestyle Center

Wildwoodhealth.com

Wildwood, GA

706-820-1493

Uchee Pines Institute

Ucheepines.org

Seale, AL

344-855-4781

Hartland Institute of Health

Hartlandwellness.com

Rapidan, VA

540-472-5101

Black Hills Health Retreat

Blackhillshealthretreat.org

Hermosa, SD

605-255-4101

Eden Valley Institute of Wellness

Eden-valley.org

Loveland, CO

970-667-1770

Weimar Health Institute

Newstart.com

Weimar, CA

Klondike Mountain

Klondikemountainhealthretreat.org

NE Washington State

509-775-2949

NEW
WORLD
ORDER

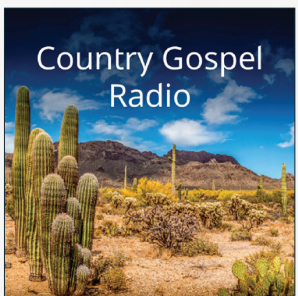
CLIMATE
CHANGE

Bible Study Magazine

WOKE
CULTURE

666
ANTI-CHRIST

For your FREE copy of Exposing the New World Order,
email: info@loudcrymedia.com OR call Toll Free 855-202-5819



Listen to our stations at [Loud Cry Media.com](http://LoudCryMedia.com),
or on Roku TV, or by downloading the Loud Cry Media app