

What The Bible Says About Healthy Living

[#biblical healthy living](#) [#christian health principles](#) [#scriptural wellness](#) [#bible verses on health](#) [#holistic biblical health](#)

Discover what the Bible teaches about healthy living, offering timeless Christian health principles and practical guidance for a balanced life. Explore scriptural wellness insights to nurture your physical, mental, and spiritual well-being.

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What the Bible Says about Healthy Living

Three Biblical Principles that Will Change Your Diet and Improve Your Health In a world infatuated with junk food and fad diets, why have we overlooked the simple instructions provided in the Bible that have guided and people for thousands of years toward better health? You don't have to be Jewish or a Christian to discover wisdom for healthier living in this doctor's scripturally - based book on eating and feeling better, and living longer. These simple principles will help you find energy, freedom from illness, and more vibrant health!

What the Bible Says about Healthy Living

Join biblical health author Hope Egan and lifelong healthy eater Amy Cataldo as they unveil the long-awaited follow-up to *What the Bible Says about Healthy Living*. Helping you incorporate God's ingredients into your life simply and without sacrificing taste, this companion cookbook shows you how to prepare meals, snacks and desserts based on the principles outlined in *What the Bible Says about Healthy Living*. For years biblical health experts have been telling you how to think about biblical eating. Now there is a complete cookbook that helps you take action: [More than 150 tasty and easy-to-prepare recipes, such as Sweet Potato Fries, Pesto-Crusted Salmon and Chocolate Peanut Butter Balls. [Insights into the Three Principles from *What the Bible Says about Healthy Living* that will change your diet and improve your health. [Nutritional facts that highlight the amazing design behind God's ingredients. HOLY COW! Does God Care about What We Eat? HOPE EGAN has written several books, including *Holy Cow! Does God Care about What We Eat?* She is an editor for *First Fruits of Zion*, an educational ministry that teaches about the Hebraic roots of Christianity. AMY CATALDO, a lifelong healthy eater and homemaker, is passionate about cooking with God's ingredients and sharing her experience and knowledge with others. I am enthusiastic in my recommendation of the *What the Bible Says about Healthy Living Cookbook*. It is, in many ways, the long-awaited companion to my book, *What the Bible Says about Healthy Living*. --Rex Russell, M.D. These simple to prepare recipes should inspire anyone who wants to honor their body-God's Temple-and feed their family from a biblical perspective. --Jordan Rubin--New York Times best-selling author of *The Maker's Diet*.

What the Bible Says about Healthy Living Cookbook

Looking for the best weight loss diet book, again, when really it's your food addiction and emotional eating that's stopping you from losing weight and keeping it off? *Healthy Eating, God's Way* is a Christian weight loss book and daily devotional / bible study for women that provides the biblical tools you need to eat healthily and lose weight. Cathy Morenzie is an award-winning author, international speaker, and Christian weight loss coach who has empowered hundreds of thousands of women to transform their bodies by embracing their true identity in God and harnessing the power of His Word. *Healthy Eating, God's Way* is the latest addition to Cathy's celebrated series of *Healthy by Design* weight loss devotionals for women. In this powerful faith-based weight loss motivation book, Cathy will help you achieve your health goals by showing you how to transform your relationship with food and finally start eating the way God created you to. Over 28 life-changing days, you will discover how to:

- Make sense of what your cravings really mean
- Understand what scripture actually says about food
- Develop an actionable, bible-based plan for healthy weight loss
- Adopt (and maintain) healthy eating habits
- And more.

In this transformational women's devotional book and Christian weight loss bible study, Cathy will guide you through:

- Inspiring scriptures related to losing weight and healthy living for women
- Engaging devotions that will both comfort and challenge you
- Simple steps you can take to propel yourself forward on your weight loss journey
- An impactful opportunity for guided prayer and journaling
- AND Bonus scriptures that will help you gain a greater understanding of God's will for your health and body.

Alongside this devotional, Cathy will also offer you these exclusive bonus resources:

- An easy-to-use weekly meal plan template that you can use to fast-track your weight loss journey
- A healthy eating checklist that will help you to feel confident in your food choices every day
- A printable healthy eating journal that will allow you to track your progress, celebrate your successes, and stay committed to your goals

Cathy's popular guide *3 Steps to Overcoming Emotional Eating* that will reveal how to reverse impulsive eating habits and turn your needs over to God instead. In *Healthy Eating, God's Way*, you will be equipped with proven practical strategies for weight loss, as well as powerful spiritual tools for inviting God into your personal transformation and dramatically increasing your chances of success. If you're ready to find freedom from unhealthy eating habits and finally enjoy a healthy, God-given relationship with food, this book is for you.

About the Author Cathy Morenzie has been a leader in the health and wellness industry for over 30 years. She once struggled with emotional eating herself, but experienced a powerful breakthrough when she realized that the answer to her problems lay in 'faith, not food'! Now, Cathy's life mission is to equip millions to live a healthy lifestyle by helping them to rediscover their true identity in Christ.

Other *Healthy by Design* books by Cathy Morenzie:

- Weight Loss, God's Way: The Proven 21-Day Weight Loss Devotional Bible Study*
- Weight Loss, God's Way: Low-Carb Cookbook and 21-Day Meal Plan*
- Pray Powerfully, Lose Weight: 21 Days of Short Prayers, Declarations, Scriptures, and Quotes for a Healthy Body, Spirit, and Soul*
- Love God, Lose Weight: Freedom from Emotional Eating, Overeating, and Self-Sabotage by Accepting God's Love*
- Get Active, God's Way: Lose Weight, Learn to Love Exercise, and Glorify God with Your Body*

Healthy Eating, God's Way

Healthful Living was originally published by the Medical Missionary Board, Battle Creek, Michigan, under the title Instruction Relating to the Principles of Healthful Living. So popular when it first came out that it became necessary to come out with a second and then a third edition the first year. We have reproduced this 1898 third edition which also contained two additional chapters, God in Nature and The Spirit Filled Life. In the third edition an appendix of parallel Scripture references was included. This Scripture referenced appendix will be found exceedingly helpful in making clear to the mind of the reader the fact that the principles presented in this work are not mere human inventions; but are a part of the divine order appointed for the human family at the beginning, and which is to be restored when all things are made new. Wherever it has been received, this book has been recognized as a veritable storehouse of seed thoughts relating to the great practical themes with which it deals.

Healthful Living

Health is not valued till sickness comes. Thomas Fuller We weren't created by God to malfunction and break down but rather to operate at maximum efficiency. Living a life with Sickness and Disease was not the intended norm. But mankind has a way of messing up the best of plans so God laid out numerous admonitions, concepts, clues, commands, and examples for us to follow to preserve and protect our health. Most just haven't spent much time looking at what He told us, and it appears that we as a people, once again, are suffering as a result of inattention and neglect. But the people of God know how to bounce back!! Come take a look at what He said for your benefit and physical protection. It will likely be one of the most important studies you've ever engaged in. Before you can honor God with your body, you need to know-how. Then it becomes a choice where "Consequences are rarely the result of Coincidence."

Honoring God With Your Body

Living Holy and Healthy by Fasting and Praying, speaks to the weary worn out person whose life is spiraling out of control. Fasting and prayer provide a holistic approach to healthy and holy living for the person who is guilty of improper diet, lack of exercise, sleep deprivation, unnecessary stress, substance abuse, bad disposition, unforgiveness, and sour attitudes. Experience healing in body, mind, spirit, and breakthroughs over the challenges of life, as fasting and prayer complement medical science, thereby bringing one under the control of the Holy Spirit, and producing holy and healthy living.

Living Holy & Healthy

The Apostle Paul taught us that our bodies are the temples of the Holy Sprit. As such we should seek to glorify God with our body and spirit--both of which belong to Him. Joyce Rogers introduces a healthy way to eat by discussing the nutritional and spiritual value of the seven foods that abounded in the land of Canaan in Bible times. Filled with recipes and tips, this book will encourage readers to evaluate their own eating habits and form new ones so that whatever they eat and drink honors the Lord.

The Bible's Seven Secrets to Healthy Eating

God and Your Health: What Does the Bible Say About Having a Healthy Diet and Lifestyle? What does God, our Creator and Source, have to say about being fit and eating healthy? Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; You were bought at a price. Therefore honor God with your bodies. 1 Corinthians 6: 19-20 It seems kind of strange at first to go to the Bible for fitness, exercise, and healthy eating advice. However, everything we need to know is right there in the Bible for us to read. Of course, reading the Bible can get a little tough sometimes and it isn't always the easiest thing to decipher. That is why you have this manual! You want to live a healthy and happy lifestyle right? Why not, go to the source, God's Word, the Bible? The Word teaches numerous applications for the perfect health, lifestyle, fitness, and disease prevention. This handy book breaks it down for you so you don't have to go scanning through thousands of pages to find the verses you are looking for. This book will teach you about avoiding the food and drink temptations of the world, how to get enough exercise to be healthy and fit, and how to treat your body as a temple which God intended. **LEARN MORE** How to treat your body right How much and when to exercise? What does the Bible say about drinking alcohol? How to be truly happy by learning from God's word How to be healed from sickness and illness? **GOD'S PLAN FOR OUR HEALTH** God is telling us that we can prevent some ailments by taking care of our bodies. Sometimes, we literally make ourselves sick and miserable by simply ignoring what is best for our bodies. Don't young children make the same mistakes? What if you could avoid some of the major illnesses like

heart disease and diabetes simply by following God's rules about healthy eating? If you're looking to find out more on how to have a healthy lifestyle, have more energy and enthusiasm in your life, and feel good inside and out, then get this book today!

God and Your Health

An ever-growing body of scientific research demonstrates the importance of holistic treatments that focus on the mind-body connection for good health. In this regard, the folk remedies of the ancient peoples often prove astonishingly effective. This practical guide helps readers apply the remarkable healing power of many of the foods and herbs described in the Old and New Testaments to common ailments. From the use of red wine to cure bacteria and viruses, to the arthritis-easing and wrinkle-removing properties of olive oil, this treasury of practical and inspirational healing secrets includes: The sacred medicinal drink that prevents blood clots, relieves pain, and melts fat off artery walls Real-life examples that demonstrate the curative power of plant oils, figs, grapes, red wine The amazing health-giving power of a blessed grain Information on how doctors and patients have treated canker sores, high blood pressure, tuberculosis, cancer, and heart disease

The Proverbs of Solomon, Son of David, King of Israel

A Study Guide and a Teacher's Manual Gospel Principles was written both as a personal study guide and as a teacher's manual. As you study it, seeking the Spirit of the Lord, you can grow in your understanding and testimony of God the Father, Jesus Christ and His Atonement, and the Restoration of the gospel. You can find answers to life's questions, gain an assurance of your purpose and self-worth, and face personal and family challenges with faith.

Miracle Food Cures from the Bible

Is it possible to develop such a thing as a biblical theology of mental health? How might we develop a helpful and pastoral use of scripture to explore questions of mental health within a Christian framework? This timely and important book integrates the highest levels of biblical scholarship with theological and pastoral concerns to consider how we use scripture when dealing with mental health issues. Chapters include: *Paula Gooder on Healing and wholeness *Joanna Collicutt on Jesus and mental health *Isabelle Hamley on Job *David Firth on Anxiety in Scripture *John Swinton on The Bible in Pastoral Care *Walter Brueggemann on Psalms and lament With a foreword from Archbishop Justin Welby

Gospel Principles

Based on proven techniques and a track record of 25 years of experience, First Place 4 Health will show how to create balance in the four core areas of life: spiritual, mental, emotional, and physical. All leading to weight loss and positive life change. With weight loss at the core of healthy living, readers will be encouraged and inspired to participate in personal life transformation from the inside out. The improved and easy to follow format will inspire readers to get on the road to health, making small choices for positive change every day. Accessible and filled with success stories, First Place 4 Health will motivate, inspire and educate readers to make changes for total, lasting health.

The Bible and Mental Health

"The Power of God's Word for Healthy Living" is Volume 4 in the Christian Devotional Healing Series, and it focuses on more than 50 specific steps you can take to create a healthy lifestyle in accordance with God's Word. Walking in divine health depends upon your taking the responsibility to implement basic elements of healthy living in every area of your life. Are you expecting to be healthy even though you are not planting the "seeds" of wellness through your daily life choices? Volume 4 examines the guidelines that God has given for health and vitality. He made your body, and He intended for you to live a long, vigorous, healthy life, so it is critical to know what the Bible says about healthy living. We focus on four primary areas - your body, good nutrition, your emotions, and specific spiritual guidelines for wholeness. Controversial topics are discussed, such as vegetarianism, dietary fats, and more. Treat yourself to daily health nuggets about breathing, eating, exercising, singing, and laughing and experience a renewal of joy and well-being! Here are a few of the 73 devotions that are in this book: Your Body Is a Holy Habitation Are Germs the Problem? Give Yourself a Mini-Retreat Are Some Foods "Unclean?" Should You Fast? Is Fat Good or Bad? Those Pesky Dandelions Living in Joy

Helps to Heal You The Healing Power of Laughter Do You Know What Godly Meditation Is? This is a "start-any-time-any-day" devotional which is not based on specific days of the year. Just begin at the beginning. Whatever day you begin reading is Day One! The daily devotional format ensures that a short amount of time will produce a powerful effect in your life. Each devotion includes a healing Scripture, message, and healing prayer to give you inspiration and encouragement. If you need personal prayer for healing, you can connect through a special website to receive support in your healing journey. Christian Devotional Healing Series: The Power of God's Word for Healing, Volume 1 (the essential basics) The Power of God's Word for Receiving Healing, Volume 2 (more basics) The Power of God's Word for Overcoming Hindrances to Healing, Volume 3 The Power of God's Word for Healthy Living, Volume 4

First Place 4 Health

Based on a biblical and historical study of what Jesus ate, as well as scientific research on why these particular foods are ideal for healthy living, a family physician with expertise in public health and preventative medicine offers hearty recipes featuring such fresh foods as fruits and vegetables, whole grains, legumes, fish, olive oil, and more. Original.

The Power of God's Word for Healthy Living

"Enjoy Good Health: A Faith-Based Approach to Personal Wellness" is a companion guide to the author's popular wellness book, "Mind Over Fork." This book uses Bible verses to highlight her positions on dieting, food section, and wellness.

The What Would Jesus Eat Cookbook

I want to lose weight, but dieting just doesn't seem to work. I've tried everything, and I'm still three sizes too big. Help! I hate the way my body looks. Sound familiar? Like many women and men, perhaps you have tried virtually every weight-loss plan that exists only to give up in disappointment and despair. Have you faithfully counted fat grams and calories? Have you subjected yourself, week after week, to the humiliation of hearing what your current weight should be compared to what it is? Have you exercised excessively, given up your favorite foods, and felt guilty when you've failed to meet your weight goals? Time tested for more than 30 years, Thin Within is the original hunger-fullness plan. Tens of thousands of participants in the program have joyfully reported the release of unwanted weight. More importantly, they have maintained that weight with a new and incomparable peace with themselves and with the One who designed them. Thin Within makes it possible to: Identify and resolve issues that cause you to eat more than your body needs Leave diets behind forever Discover and enjoy those foods that promote health and vitality Experience the abundant life as you reach and maintain your natural God-given size

Enjoy Good Health

Are you looking for a health plan that is biblically based and scientifically proven? The Maker's Diet is just that. Using a truly holistic approach to health, this groundbreaking book leads you on a journey that will change your life. The Maker's Diet will help you: Boost your immune system Attain and maintain your ideal weight Have abundant energy Improve your physical appearance Improve digestion Reduce stress Discover how Jordan Rubin's faith-based journey from near death to vital health led him to uncover the timeless principles of the world's healthiest people. By following The Maker's Diet, your health dreams can become a reality.

Thin Within

The healthy Christian life is one of continuing spiritual, emotional, and relational growth. But so many of us feel stuck or stagnated at one stage of the journey. It's not always clear to us where or why we are stuck, making it difficult to take the next step on our journey of the soul. That's where Bill and Kristi Gaultiere come in. After decades in private practice as counselors and therapists, they have developed a unique model for growing in grace. In Journey of the Soul, they draw on more than 70,000 hours of providing therapy and spiritual direction to show you how to identify your current stage of faith and the next steps to take based on your unique needs and struggles. With Scripture, self-assessments, and soul care practices to support your progress along the way, this insightful and inspiring book will be a treasured companion on your journey no matter where you are or how long you've been following Jesus.

The Maker's Diet

Extraordinary medical benefits are available to those who follow the Bible's teachings. The authors deal with stress, sex, anger, circumcision, tobacco, and more.

Journey of the Soul

Created by a team of highly respected specialists in innovative health therapy and medicine, The Natural Health Bible contains the latest approaches to healthy eating, exercise, and relaxation.

None of These Diseases

Everyone loves an exciting treasure hunt. This treasure hunt will follow a map and lead you to answers to your health that will bring a life full of vitality. This Bible study will unveil the counterfeits and substitutions currently robbing you of energy and zest for living. Then the void will be filled with food, fulfillment, and fellowship.

The Natural Health Bible

Why are only the very few-women as well as men-successful in life? Just what is success? Here is the surprising answer to life's most difficult problem, proving that no human need ever become a failure! All who have succeeded have followed these seven laws! The only way to success is not a copyrighted formula being sold for a price. You can't buy it! The price is your own application of the seven existing laws. This ebook is offered completely free of charge by the Philadelphia Church of God. However, please not that Google Play will need a verified Google Wallet account which requires your credit card information. In a small number of countries, a temporary authorization of \$1 will be charged to your account but will be refunded. This refund can take up to 1 month to process.

Treasures of Healthy Living

In the Bible, there is precious information about nature, science, sanitation, and health. The words of the Bible give clear guidelines about diet and what food is best for us. But when some verses are taken apart from the others and put out of context, we might misinterpret the truth. In this book, you will find easy explanations and guidance about what the Bible says regarding healthy eating, which have more impact on our physical, mental and spiritual health than we can imagine. You will also find scientific facts supporting Bible principles. As well as precious information that can help anyone achieve a healthier lifestyle. SUMMARYWho am I & testimonyIntentions4 good reasons why God is concerned about our dietCHAPTER 1: FROM THE BEGINNING1- The original diet: Plant-based2- But later some meats were allowed3- Bible verses that are often misinterpreted4- What are clean and unclean animals?5- So why did God make the unclean animals?6- Some health consequences of eating unclean animalsCHAPTER 2: TODAY1- Are clean animals always safe to eat?2- Scientific facts about animal products3- The health benefits of a plant-based diet4- Calcium, iron & protein in a plant-based diet5- Fibers6- Eggs7- Dairy products8- Environment & ethic9- Processed foods - sugar - fats -sodium10- Drinks11- Temperance & spiritual health12- Fasting13- Caring for children and grand-childrenCHAPTER 3: THE LAST DAYS1- Daniel & his friends2- The 3rd angel message3- Intensifying deception4- Not judging one another5- God's judgment6- Lifestyle changes can be hard but there is help7- Jesus: our example8- The Holy Spirit9- Prayer: a lifestyle priority10- Prayer for healing11- Diet: not a criteria of salvation, but...12- The Bible ends as it begins & God's promiseSourcesHungry for more?

The Seven Laws of Success

Want to start a Christian weight loss program at your church? The Take Back Your Temple Member Guide gives your support group the wisdom they need to reach their ideal weight and maintain it for life. Includes Christian health scriptures for motivation, delicious recipes, and a survival plan for handling common weight loss barriers like emotional eating, bottomless food pits, and more.

The Bible Diet

How to Regain and Retain Your Health by Tony Akinyemi Among the creatures walking the face of the earth, none has encountered more complications than humans when it comes to matters regarding health. This is because, humans, with the advent of civilization, have become 'experts' at altering the pristine course for healthy living, the cause of anatomical and psychological complications that are unheard of anywhere else in the animal kingdom. How to Regain and Retain your Health: A Primer

on Healthy Living by Tony Akinyemi presents a holistic approach to addressing health conflicts that have today compromised human potential for optimum health, as well as ideas that challenge the blind alleys of traditional medicine and healthcare practiced all over the world. About the Author Tony Akinyemi was born in Ghana of Nigerian parents. He is currently the President and Senior Pastor of The Shepherd's Flock International Churches with headquarters in Ikeja, Lagos State, Nigeria. Before he devoted his time to the Church, he pursued his studies and graduated with a Bachelor's degree in Computer Engineering in 1987 from the then University of Ife in Ile-Ife, Nigeria (now Obafemi Awolowo University). While an undergraduate, he was a Christian student leader. Tony was among the first Nigerians to receive the Novell Certified Network Engineer (CNE) certification in the USA in 1992. In 1998, he also received his Bachelor's degree in Theology from the L.I.F.E. Bible College & Theological Seminary in Ikorodu, Nigeria. Back in 1993, he pioneered the Oregun Foursquare Gospel Church in Ikeja, Nigeria, and eleven years later, he started The Shepherd's Flock International Church. Tony is the host of HEALTHY LIVING and EXTREME MAKEOVER on several TV and Radio Stations on the continent of Africa. He contributes articles to several Nigerian magazines and is also the author of more than a dozen books. He makes his home in Lagos, Nigeria with his wife Tutu. They are blessed with three children.

Take Back Your Temple Member Guide

Documents the author's quest to live one year in literal compliance with biblical rules, from being fruitful and multiplying to growing a beard and avoiding mixed-fiber clothing.

How to Regain and Retain Your Health

How to lose weight, lower cholesterol, prevent cancer, eat more, get fit, and feel great!

The Year of Living Biblically

Tissue Salts are a group of 12 minerals that should be present in our bodies to ensure good health and well-being. These salts are found naturally in the earth's rocks and soil, and are present in food grown organically in mineral-rich soils. This fascinating book explains how the 12 tissue salts (each presented in its own chapter) can be used to supplement our diet, not only to promote good health but also to treat specific ailments. It details how we can boost our intake of these salts both with tablets or drops, and by eating appropriate fruit and vegetables. The book ends with an 'Ailment chart' for quick referencing. In her easy, down-to-earth manner, Margaret Roberts laces her advice with case studies and personal anecdotes. For anyone interested in boosting or maintaining their health by natural means, this is an indispensable guide.

Eating by the Book

Genuine Christians can be deceived by false teaching, even teaching concerning Christ. Maybe it's time to check for infection in your thinking. Do you have a concept about Jesus Christ, salvation, or the Christian life that is based on man-made tradition or philosophy rather than on Scripture? The prescription for "healthy living" is to recognize that infection and give it up to accept the truth about Christ presented in God's Word. This study of Colossians and Philemon will help you to do that.

Tissue Salts for Healthy Living

Join messiah magazine editor and best-selling author Hope Egan on her personal journey through what the Old and New Testaments say about eating meat. With the help of author and Bible scholar D. Thomas Lancaster, Hope helps you see how science and Scripture brilliantly intertwine. Promoting neither legalism nor vegetarianism, Holy Cow! gently challenges followers of Jesus to take a fresh look at how they live out their faith and what Christian obedience looks like.

Healthy Living

Summertime is filled with sunshine, picnics at the lake, special outings, family vacations and celebrations. But it is also a time when disruptions in the normal routine can make it difficult to stay committed to healthy living. Fit and Healthy Summer is designed to help First Place 4 Health members and participants stay on course through their journey toward a balanced life. This six-week Bible study includes Scripture memory cards, six weeks of Live It Trackers and Prayer Partner forms, a leader's discussion guide for group study and two weeks of menu plans and grocery lists . . . plus, a

special "Summertime Helps" section to help readers deal with the unique temptations of the season! A rejuvenating, adventure-filled vacation begins with the choice of a destination, and the same is true of a healthy, well-balanced life.

Holy Cow!

Rewarding health secrets from the Bible will make a difference in your well-being! Get healthier with the glow and optimism of good news. Develop the willpower to say no to junk food and yes to nourishing food. What if you could eat more food and still lose weight? What if you could feel better every day by just moving more? Then start reading this book! In "7 Biblical Ways for Healthy Living," you will receive the therapy of God's love and wisdom as well as insights from medical research. You will see how relevant the guidance from God's word, the Bible is for your well-being. God's wisdom has helped me survive sixty years against the complications of a seemingly harmless but deadly disease called Diabetes. I've taught Diabetes educational seminars for years and facilitated community and hospital Diabetes support groups for almost thirty-years! I'm a minister, and I give biblical insights for managing this chronic disease. But you don't have to have Diabetes to benefit from this book. This book will help you See how relevant the Bible is for your health. Increase your outlook to not give up with optimism, gratitude, music, and humor. Develop the motivation to move more and gain physical strength. Move more throughout the day and lower your blood pressure and blood sugar. Develop the willpower to say no to junk food and yes to tasty, nourishing food. Eat more food, nourishing food, and still lose weight. Overcome stress and worry with uplifting examples of kindness, prayer, and more. This book is for you if you've had enough of the bad news! You will read one uplifting example after another that will give you a shot in your life's arm of encouragement. Using these stories as a Christian/spiritual devotional each day can bolster your attitude for fighting for health and wellness. You will see in these stories how God's wisdom brings success in life. God's wisdom is for success or victory in life (Proverbs 2:6-7 - "For the LORD gives wisdom; from his mouth come knowledge and understanding. He holds success in store for the upright"). The guidance from God's wisdom is for your health (Proverbs 9:11 - "For through wisdom your days will be many, and years will be added to your life"). Each chapter begins with challenges we face for healthy living, followed by stories that overcome those challenges. Simple ways or prescriptions to daily implement close each chapter. So, if you need more hope and encouragement for maintaining a healthy lifestyle, get this book! And if you want more uplifting insights on managing Diabetes get my other books - 17 Wise Ways to Daily Outsmart Diabetes and The Way of Wisdom for Diabetes (This book includes the history of Diabetes management from 1914 to today. You will learn about the discovery of insulin in 1921 by Dr. Frederick Banting and Charles Best. Read the exciting stories of how insulin saved young people's lives in just the nick of time. Be encouraged by how they overcame unbelievable challenges and went on to live good lives)!

Fit and Healthy Summer

Join me for an in-depth four week study of the book of Ephesians where we'll break down the truths about our identity in Christ and learn how to live each and every day in light of it. Let's take a deeper look at the foundation of the gospel and how it establishes our identity and empowers us to live the Christian life God called us to.

7 Biblical Ways for Healthy Living

This early work by Radclyffe Hall was originally published in 1928 and we are now republishing it with a brand new introductory biography. 'The Well of Loneliness' is a novel that follows an upper-class Englishwoman who falls in love with another woman while serving as an ambulance driver in World War I. Marguerite Radclyffe Hall was born on 12th August 1880, in Bournemouth, England. Hall's first novel *The Unlit Lamp* (1924) was a lengthy and grim tale that proved hard to sell. It was only published following the success of the much lighter social comedy *The Forge* (1924), which made the best-seller list of John O'London's Weekly. Hall is a key figure in lesbian literature for her novel *The Well of Loneliness* (1928). This is her only work with overt lesbian themes and tells the story of the life of a masculine lesbian named Stephen Gordon.

A Study of Ephesians

Simple Ideas for Healthy Living contains health tips and health instruction sheets. It's divided into the four areas: spirit, mind, emotions, and body. It also addresses various health topics for individual instruction and discussion in group sessions.

The Well of Loneliness

Determine the root causes and solutions for your ill health or excessive weight so you can experience a more abundant life and feel good again. Take this journey to recover your health and achieve all the blessings the Lord has in store for you.

Simple Ideas for Healthy Living

Are you tired of reading book after book to find the answer to your health concerns? Look no further! At your fingertips is a complete resource for information on nutrition and a healthy lifestyle. Treasures of Health Nutrition Manual combines valuable information on the nourishment from God-created foods with truths about the value of vitamins to help you create a healthy, happy home and body. This book along with the Treasures of Healthy Living Bible study and Healthy Treasures Cookbook will elaborate on the treasure trove of information in Scripture about wellness and nutrition. It will also direct you to the knowledge and understanding of: How God designed your body. What foods deliver the best nutrition. The value of vitamins. The ultimate treasures of being happy and healthy.

The Christian & Alcohol

Healthy Living Series