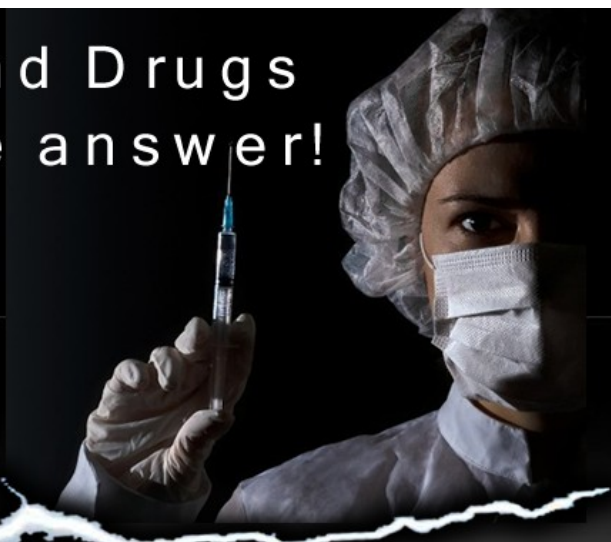



Vaccines and Drugs
are NOT the answer!



8 Laws of TRUE health





Many people do not know, due to the coverup by the government and mainstream media, that thousands of people everyday are needlessly suffering serious effects and even dying from vaccines and drugs. Our national health services are not focused on true health at all, but rather keeping people sick and dependent on vaccines and drugs.

The whole system that is set up in this world today is to enslave us, making the rich, richer and the poor, poorer and more sick!

Just look at this Covid situation. A "virus" that only affects around 2% of the population and yet they pushed an experimental vaccine upon us that had NEVER been used on the human population before! Yes, people have been dying from "Covid", but a lot of people have been dying from the TREATMENT (drugs/ventilators), rather than from the virus itself. Just like hundreds of thousands (if not millions) have died all over the world from the vaccine. But we don't here about this, do we? No, because mainstream media won't cover it!

Dear reader, there is a BETTER WAY which will set you FREE from enslavement, sickness and fear in this world. That better way are the 8 health laws which we have laid out in this leaflet. God given natural laws that will truly set you FREE!



HEALTH LAW No.1 - WATER

Water is one substance we just cannot live long without. Around 60% of the human body is water and we can only survive for a few days without it. Water truly is integral to all life. If we could follow the stream of water into our bodies, we would see it helping to wash away the poisons in our blood and increase oxygen in the blood, giving us more energy and vitality.

But there is a problem today. Most people get their "water" from drinks like coffee, tea, fizzy drinks, etc. But these drinks are not able to hydrate and cleanse the body like PURE water. Think about it - would you wash the outside of your body with coffee or fizzy drinks? No. So why would we do the same inside, which is far more fragile?

PURE spring water, or filtered water, hydrates the tissues and cells in your body. But a lack of PURE water can cause the blood to thicken, increasing the risks of stroke and heart disease. Dehydration can cause headaches, tiredness/fatigue and lead to more serious issues.

So how much PURE water should we drink? Well, the body loses about 7-8 glasses of water a day, which will increase or decrease dependent on activity. Around 1-2 glasses is taken in via fruit and veg, if you are consuming enough. So we need **at least 6-7 glasses** per day, and greatly reduce our intake of other beverages. To help with food digestion, it is best not to drink with meals. Have water up to 30 minutes before a meal and not until 1.5 hours after.

<https://www.end-times-prophecy.org/herbal-tea-recipes.html>

Herbal drinks are good too and can help to heal many sicknesses. See our page for more on this:

HEALTH LAW No.2 - NUTRITION

If people would only realise the effect of what they are putting in their mouths had on the inside of their bodies, many would radically change their diet. What many class as food today and much of what the supermarkets sell as "food" today is NOT real food for the body. We now have a whole generation that has been brought up on "junk food."

This "junk food" is not only causing massive health problems all over the world, it deadens the senses to wholesome, natural food, causing a dislike for that which is good for us.

Most of the packet foods in the supermarkets are made from refined grains, refined sugars and dairy and contain very little nutrition for your body, and is a cause of much sickness today. So an important step in achieving good health is to eat much less processed foods, dairy and meat and eat much more whole foods - fruit, veg, whole grains, seeds and nuts.

<https://www.end-times-prophecy.org/cancer-vegetables.html>

HEALTH LAW No.3 - EXERCISE

We are beings that were created for exercise, and yet sadly today we live in a world where people drive everywhere and use machines to do most things. Most do not get the exercise they need for good health. Many minds are overworked and bodies underworked, which causes an imbalance to the nervous system, which again results in sickness.

Regular exercise causes good regulation of blood around the body - provides us with stronger hearts and lungs, increases metabolism, better digestion, sound sleep, the elimination of a multitude of physical ailments, and the needed energy to handle stress calmly.

Walking is a great form of exercise and should be undertaken everyday. It also helps to get more of the next health law - fresh air!

HEALTH LAW No.4 - FRESH AIR

We can survive weeks without food and a few days without water, but only a few minutes without air! This is how important air is. The problem is, many today mostly consume polluted or stale air.

The human body has trillions of cells that must have a constant supply of oxygen to function properly, but many people do not get enough FRESH air to achieve this, which results in tiredness and sickness.

So how do we get more FRESH air into our lungs and oxygen into our cells? Keep some windows open in your house. Go walking more often and practice breathing exercises each day, taking deep breaths of fresh air. This will really help to oxygenate your cells for good health.



For an example of how good natural food is, see our page - Vegetables that beat cancer

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. (3 John 1:2)

HEALTH LAW No.5 - **SUNLIGHT**

Sun exposure tends to get a bit of a bad press today, and yet, while too much exposure can be bad for us, moderate daily exposure is important for good health. The sun is the most natural and effective antiseptic available to us. It kills many germs and enhances the immune system, giving us a good dose of Vitamin D. Sunlight soothes the nervous system and has great healing properties to help heal sickness and depression.

HEALTH LAW No.6 - **REST**

The right quantity and quality of rest and sleep is vital to good health. Rest is a condition wherein the body is permitted to heal and reabsorb the natural forces that it has lost through the use of the body and mind. Rest is a replenisher and is very important in helping to prevent sickness and disease. We should aim to get about 7-8 hours sleep each night, including the couple of hours before 12pm.

HEALTH LAW No.7 - **TEMPERANCE**

Simply put, temperance (self-control) is to practice moderation in the things that are good and total abstinence from the things that are bad.

Temperance must be practiced in every phase of life to help bring about good health.

For example, many eat way past the warning your brain gives of a full stomach. This causes the stomach to stretch. Then blood supplying the needs of the body, especially the brain, will divert to the stomach for a prolonged period. This results in a sleepy, fatigue feeling after a big meal, which leads to other problems. Temperance would prevent all this.

HEALTH LAW No.8 - **FAITH IN GOD**

The information in this leaflet is for your benefit, to be able to live a more healthful, productive, happy life. And yet the government, media and so called health care system keeps this information hidden to enslave you and keep you sick and dependent upon them. But God wants to set you FREE from this. Jesus Christ the Son of God is the source of TRUE health and life. Through faith in Him, all our worries fade away and He provides a peace that the world cannot give.

No matter how healthy we can be in this world, without Jesus we will still end up dying like everyone else and having nothing. But if you give your life to Jesus Christ and have faith in Him, He will give you an ETERNAL life of true health and happiness. Even though we have left it till last, this is THE most important health law of all. Won't you give your life to Jesus Christ today? Eternal life awaits!

email us at: info@end-times-prophecy.org
website: www.end-times-prophecy.org

