



The 10,000 Toes Campaign presents:



Health Keys



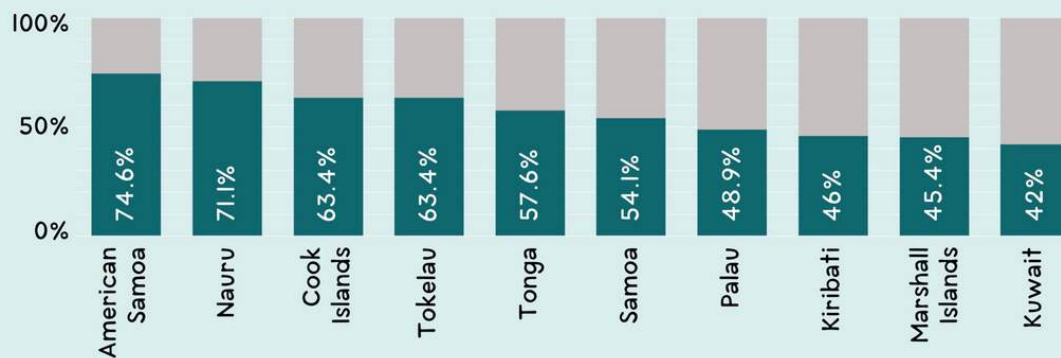
The Crisis

Have you ever played with dominos?

Have you stacked them upright and watched them topple each other over?

It can be fun to watch, but sometimes, watching a crisis approaching is like watching dominos bump each other over. It seems unstoppable.

Top 10 Most Obese Nations



Chronic disease is what we spoke about last night.

Diabetes, high blood pressure, all these problems are on the increase - not just in the islands, but on a global scale.

Obesity is affecting more and more people, with world statistics showing us that the Islands are profoundly affected by this problem.

Health systems are under pressure. Hospitals and clinics can't keep up with the rising numbers of patients needing help.

Sadly, younger and younger people are also affected.

And the problems are getting worse. Bigger problems are approaching very soon.

**Nutrition
Exercise
Water
Sunlight
Temperance
Air
Rest
Trust**



God designed us to live in harmony with the natural laws of health.

He designed us to move and garden and enjoy nature...

-- we are spending more and more time sitting, scrolling, working indoors...

God designed us to drink pure water...

-- we are drinking sugar drinks, processed and polluted with chemicals and additives.

-- we are drinking caffeine which is fake-energy that breaks down health

God designed us to breath fresh air...

-- we are breathing polluted air filled with industrial toxins and car fumes.

Our Creator designed us to have regular rest each night and each week

-- we have artificial lights and phone and TV screens keeping us awake during precious hours made for restful sleep.

God designed us to trust Him and be at peace

-- our modern lives are plagued with stress, fear, and anxiety

We are socially disconnected, spiritually crippled, and slowly moving further and further away

from God's original design.

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At the core - this is a crisis of TRUST.

We have lost that special key of trust, that allows us to live in harmony with the simple principles our body were designed to thrive on.

You and Me



This crisis affects not only the people “out there”. We listen to the numbers and statistics, and it seems distant.

But this affects US.

You and me.

And our young people who have to pick up the pieces when our illness debilitates us.

It is

- OUR homes
- OUR habits
- OUR daily choices



If nothing changes, this health crisis brings more sickness, more suffering.

Our quality of life will inevitably go down. One thing leads to the next, and it all starts tumbling down.

But...



BUT

The past does not need to dictate our future.

This is a crisis where we are not left powerless and helpless.

Do you remember that we spoke about the fact that more than 70% of all NCDs are preventable?

We also mentioned that lifestyle is POWERFUL and small changes can have huge impact to stop those falling dominos in their track.



Sometimes a crisis is the very thing that makes us aware of the underlying problems, and kickstarts a change.

It is often times the moment where we stop...

And choose a better path.

Preparing Mentally

- Doubt and mistrust caused the fall in Eden.
- God promises plans to prosper, and not to harm us (Jer 29:11)
- He promises that all things work together for good... (Rom 8:28)



That choice to change direction, begins with TRUST

Trust is the key.

Trusting God is everything!

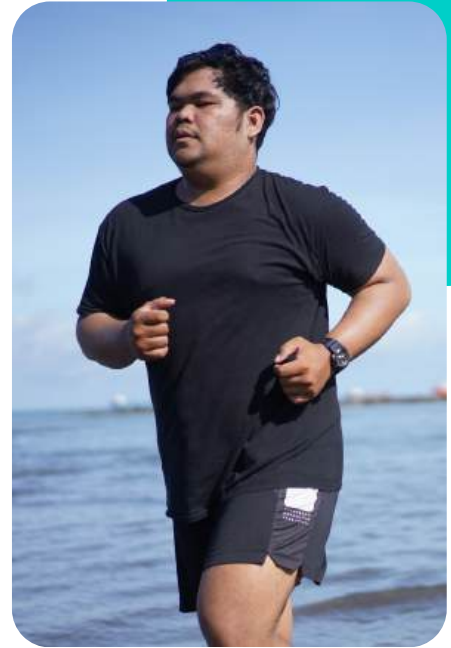
If we trust Him, we will obey Him because we believe that He only gives truthful and accurate advice, out of love for us, not to restrict or harm us.

God's word gives us many promises to encourage our trust. Here are just two examples of his promises:

- God promises that His plans are to prosper us, and not to harm us (Jer 29:11)
- He also promises that all things work together for good, to them who love and trust Him (Rom 8:28)

Preparing Physically

Living in harmony with God's laws of health, builds our natural resilience.
Every day can be a NEWSTART.

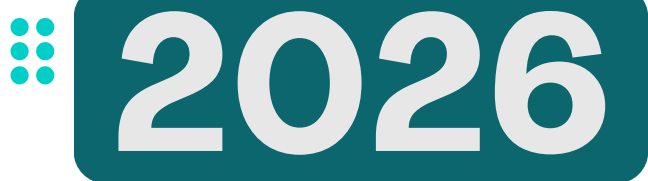
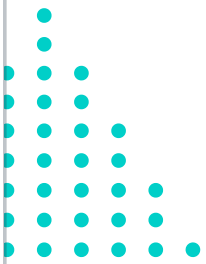


We can also prepare physically?

Living in harmony with God's laws of health, builds our natural resilience:

- Our immune systems get stronger
 - Our metabolic system functions optimally
 - Diseased organs begin to heal
 - Hormones become balanced
- ...and so much more!

Millions of people are beginning to notice the HUGE impact of simple lifestyle health principles, on their health and wellness.



People see!

In our modern day and age - millions of people are noticing.

Research shows that getting back to basics - doing what our grandparents did:

- growing our own food for instance
- living active out-door lives

These are simple remedies with powerful impact on health.

Since the 1980's, the amount of home-cooked food people eat has been steadily declining.

People are eating massive amounts of processed and ultra-processed foods.

White (refined) flour, white rice, pasta and packets of quick-cook noodles, tins and packets of sauces, processed meats like sausages and many more foods contain far more toxins than any benefit.

Eating fresh fruit and vegetables is going “out of fashion”.



N Nutrition
E Exercise
W Water
S Sunlight
T Temperance
A Air
R Rest
T Trust in God

These health principles seem way too simple...

They seem too “easy” to be the key to health and to prevent crisis...

But something we need to realise and learn is that:

God works through simple means. And the whole world is now testimony to the fact that the further we move away from simple, natural foods, fresh air, regular physical activity, healthful rest, and trusting in God...

The more chronic diseases increase.



If drifting away from simple habits has brought us to a crisis...

In fact...

If drifting away from a simple, natural diet, has had such a huge impact on disease, then returning to simple foods can be equally powerful.

So here is the next 24-hour challenge.

Choose just one meal

- Make it completely free from processed foods.

Choose foods as close as possible to the way they are grown.

- fruit, veg, root crops, grains...

Simple

Natural

Real.

The Designer has not changed His design. What has changed is our habits.

And you can take the next step back into harmony with our Creator's perfect plan.



Want to unlock **more?**



REACH OUT!

If you would like support in your health journey, please join me at the end of the program, for a chat.