



The 10,000 Toes Campaign presents:



Health Keys



Truly Restored

Do you remember that we had spoken about dominos last night?

Do we believe that we can really stop those falling dominos?

Can health really be restored when things are busy and going wrong?

Divine Designer



When a farmer grows a crop, like taro for instance, and it grows poorly - is the immediate reaction to suspect that something was wrong with the seeds?

No, any good farmer begins to check the soil. The water, the care.

When the environment is right, growth happens naturally.
That is the beauty of how God designed nature.

In the same way, our Creator has designed perfect bodies according to a perfect plan. His design is not faulty.



Divine Design

Physically Energised
Mentally & Emotionally Thriving
Socially Connected
Spiritually Empowered
Environmentally Attuned
Vocationally Enriched
Intellectually Engaged

We were designed to experience health across all seven dimensions, but that's not always our reality.

The good news is that change is possible—we can learn new ways and take steps toward a more full and fulfilling life, leading to:

- restoration
- repair



Environment

Imagine taking a fish out of the ocean.

After a while, it begins to struggle.

Is there something wrong with the way the fish was designed? NO. The problem is the environment.

The fish was never designed to live and be healthy out of water.

Put it back in water quickly enough, and it will revive, and even thrive again.

In the exact same way, when we step out of the conditions we were designed for, our health struggles.

When we take steps to return, the body can begin to recover.



Do you want to unlock another key to better health?

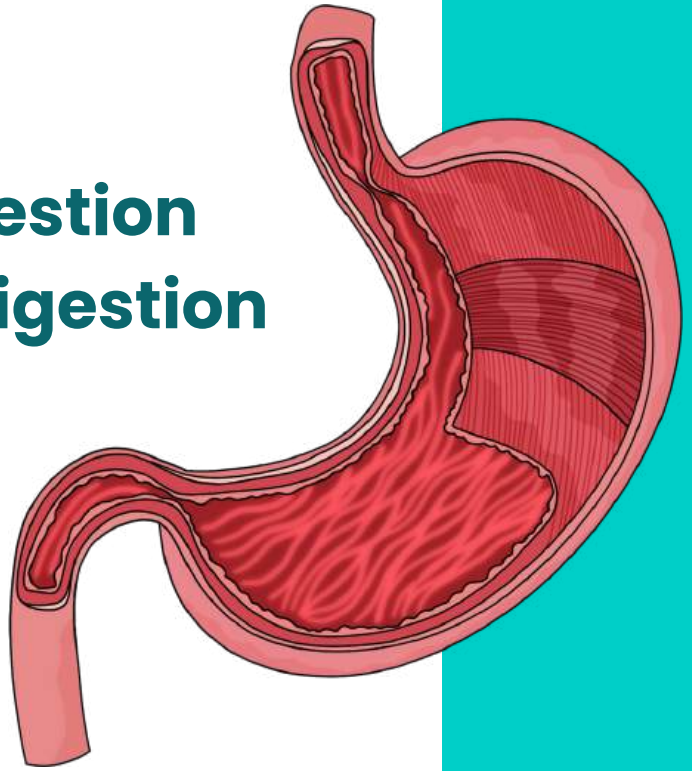
Shall we look at another key that unlocks healing and allows us to move back to God's perfect health laws?



Food

One of the most powerful keys to improving health is through looking more carefully at
What we EAT.

- **Chemical Digestion**
- **Mechanical Digestion**



Everything we eat goes into the stomach.

This soft bag has layers of muscle, and many small glands that add acid and digestive enzymes to whatever you swallow.

In other words:

The stomach does both chemical digestion (using acids to break down food into smaller particles), as well as mechanical digestion (using squashing and squeezing muscles to crush food into liquid form).

These muscles get tired, just like you and me. They need rest, just like the muscles in your legs when you take a long walk or try to go for a run.



Routine



So one valuable key to health, and one that costs no extra money!...

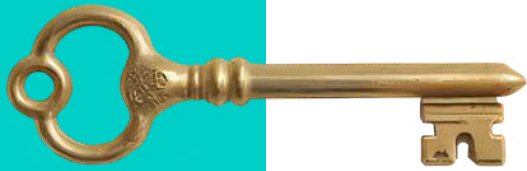
...is the key of choosing WHEN you eat, not just WHAT you eat.

Those muscles that squash the food really only work effectively for 5 hours at most, then they need a rest.

Allowing your stomach to have a full 5 hours to finish digestion of each meal, and adding a little extra time to give those muscles a break before you eat again - is a brilliant way to boost your health.

Snacking interrupts digestion and causes those muscles to become over-worked and exhausted. Snacking triggers the food in your stomach to decay before those precious nutrients can be absorbed.

Spacing meals 5-6 hours apart and avoiding eating between meals, promotes effective digestion.



Routine



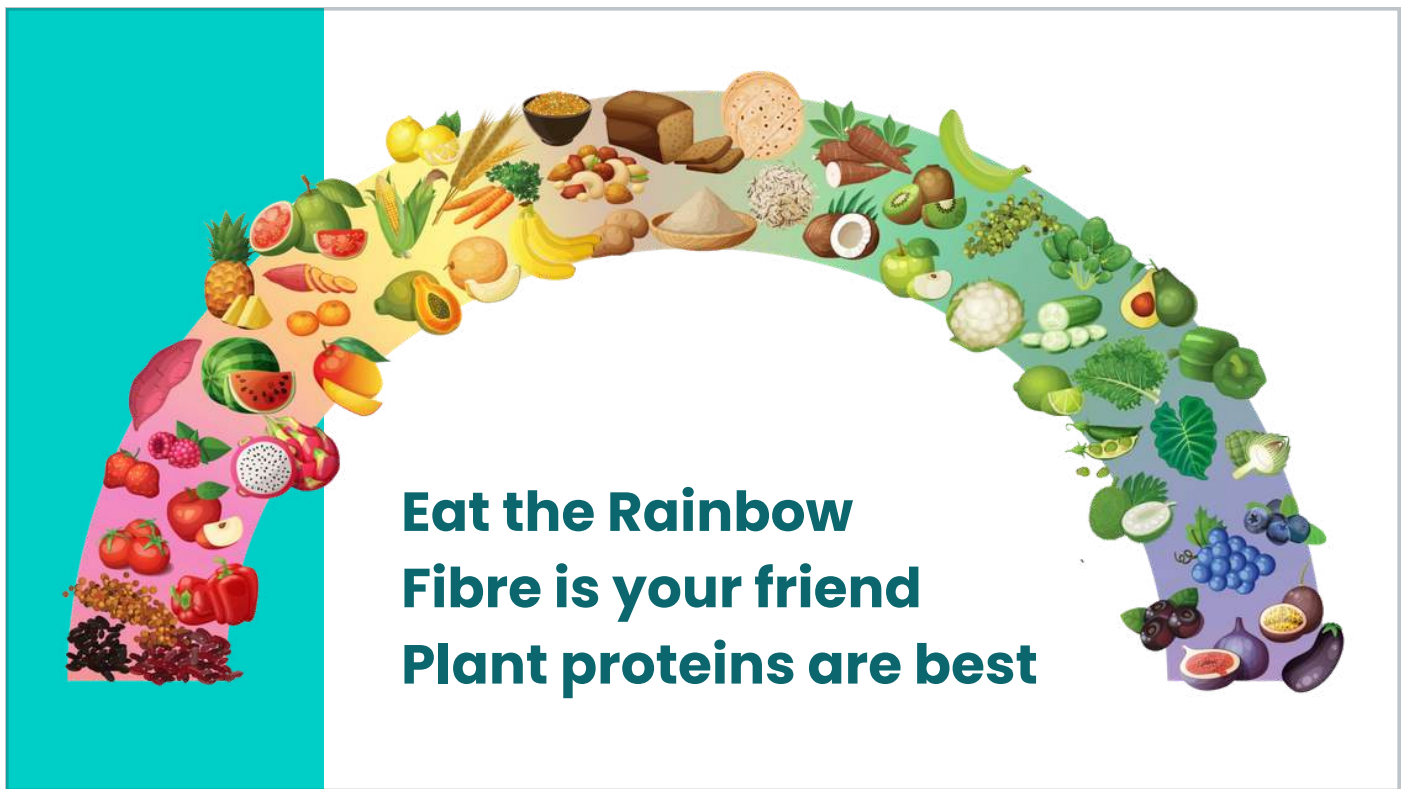
Speaking of digestion...

Let's not dilute those digestive juices during meals.

It is best to keep liquids separate from meal times, and avoid drinking water or juice or other drinks while you are eating.

For best results, wait an hour after your meal to resume drinking.

These are all keys that unlock more and more healing and health.



Here are a few more keys to building a wholesome and healing diet.

Eat the Rainbow

Different coloured fruits and vegetables provide different nutrients your body needs. The more colour on your plate, the more nourishment in your body.

Fibre is your friend

Fibre helps clean and support your system—especially your digestion
Fibre in a meal helps support normal blood sugar.
Fibre helps your body work the way it was designed to.

Plant proteins are powerful

Beans, lentils, nuts, and seeds provide excellent protein without the added burden of processed or heavy foods.
Plant foods nourish without overloading the body with work or toxins

Diet of Eden

Healing foods



The Pacific Islands are home to some of God's richest treasures of fruits, vegetables, and wholesome produce.

The closer our food can be to how God made it to grow in nature, the better for our health.

For instance:

Diet of Eden

Healing foods



We could eat some convenience food made in a factory.

- fast to prepare but low in nutrients
- high in unhealthy salt
- high in oil (which triggers huge inflammation in various parts of our bodies)
- plenty additives (chemicals with many negative health effects)

These PROCESSED foods do more harm than good.

OR

We could eat fresh foods.

Take for instance Taro

- dug straight from the soil
- boiled, baked, or cooked in lovo
- eaten with fresh coconut milk or fresh fish

This is real food.

We could choose processed cassava chips, or fresh cassava.

Chips - or sweet potato

The list goes on. Processed foods are fast, but stripped of value. One version comes from the ground that God provided, the other comes from a factory designed for man's convenience, not his health.

When we give the body the fuel it was designed for, then we give it the best chance of restoration.

The closer food is to the garden, the closer it is to life.



So... are you ready to take on your next 24 hour challenge?

- We have started drinking more water
- We have started moving more
- We have begun removing processed foods from our meals

Tonight I want to challenge you to include 3-5 different natural colours in your next meals.

For example

- leafy greens
- orange pumpkin or sweet potato
- red fruits

Add extra colour and of course, keep it natural and unprocessed.

More than 100 years ago, a wise lady wrote:

Again and again I have been shown that God is trying to lead us back, step by step, to His original design...

Genesis chapter 1 and 2 describes God's original design, including His plan for our diet.

Restoration begins when we return to this perfect Divine Design.



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.