



The 10,000 Toes Campaign presents:



Health Keys



Perfectly Restored

Over these two weeks, we've explored how our bodies and minds were designed... and how we can live healthier, fuller lives.

But tonight, we look forward—to a time when everything will be perfectly restored.



The world we live in today is not perfect.

We see sickness, stress, pain, and brokenness.

But the promise is that one day, all things will be made new—restored to their original design.

A world with

- no disease
- no suffering
- no pain

That is our hope.

While we Wait...



But while we wait for that perfect restoration...how do we live now?

Do we just wait passively?

Or can we experience something of that restoration today?

The answer is—we can begin living it now.



- ✓ Eat whole foods
- ✓ Move your body
- ✓ Drink water
- ✓ Enjoy sunshine
- ✓ Wise choices
- ✓ Rest enough
- ✓ Forgive & trust

Divine Prescription

Last night, we looked at the ‘Final Prescription.’

Simple, powerful principles for life:

- Water
- Whole food
- Rest
- Movement
- Forgiveness
- Wise choices

These are not just health tips...

They are keys that unlock health, and as we follow them, we begin to experience restoration—even now.

While we Wait:

Awe &
Wonder



God has given us precious gifts - even in this messed up world.

These gifts are yours to enjoy.

1. Awe & Wonder

Take time to notice the beauty around you—the sunrise, the ocean, the sky.

Noticing the beauty directs our minds upward to the promise of a world restored, and brings peace.

While we Wait:

Healing Sunshine



2. Sun on your Skin

Sunlight supports our health—lifting mood, strengthening the body, and regulating rhythm.

While we Wait:

Take a
Breath



3. Fresh Air

Stepping outside, breathing deeply—this is simple, but powerful for both body and mind.

While we Wait:

Barefoot Steps



4. Earthing

Walking barefoot on the ground connects us back to the natural world—simple, grounding, restoring.

While we Wait:

Open



5. Bringing Outdoors Inside:

Open your windows, open the curtains, bring in plants, light, and fresh air—create a space that supports life

While we Wait:

Refresh



6. Hygiene

Simple habits like washing hands protect us and those around us.
Small actions, big impact.



While we wait - we can TRIVE

These are simple things—but together, they help us thrive while we wait.

We may not yet live in a perfectly restored world...but we can live restored lives.

When we trust and follow the Designer...

...every time we choose health, peace, and connection—we experience a small glimpse of what is to come.



Despair

Let me share a story with you (this is in fact a true story, but we will change his personal details to protect his identity).

Mr Mike (we will call him that), was in very bad shape. He lives in one of our beautiful Pacific countries, and a few years ago he was near death.

He reached out for help when he had several problems:

His diabetes was totally uncontrolled, and his blood sugars remained high even when taking several tablets, and injecting himself with insulin on a regular basis.

His kidneys were severely damaged, and his urine looked like the layer of fat that floats on top of a pan that was used for cooking meat.

His weight, at the time, was over 200kg

His year-old ankle fractures had not healed, and he was in fact bed-ridden at the time, and could not work.



What is more is, he did not have any money. He lived in a room adjacent to another family's home.

He found a doctor who understood God's prescription for LIFE, and he was given the simple prescription:

- space meals 5-6 hours
- drink more water
- eat fresh, whole-food, mostly plants
- avoid sugar and other processed, harmful foods and drinks
- move more (even in bed)

Mike took this advice to heart. He began instantly. He stopped snacking. He stopped eating big meals at bed time. He drank more and moved more.

His urine was clear within 10 days.

Within less than 3 months, his blood sugars were normal enough to no longer need diabetes medications, and his ankles had healed enough to begin walking outside.

Today, only 4 years later, Mike has lost over 120kg, he walks, he gardens, he takes no chronic medications.

He embraced change, and God has blessed.



So as we bring this time together to a close...here is the final thought I want to leave with you:

Thrive together while we wait.
Care for your body.
Protect your mind.
Nurture your spirit.
Support one another.

Follow the 7 Dimensions of health and make a NEWSTART

And if you have enjoyed learning about the keys of health, and the small steps you can take to unlock better health (or if you have missed a topic and wish to catch up), please don't leave tonight before talking to me. I would love to support you and get you connected with more resources to help you move forward in your health journey.



The best is yet to come—but you can begin living it today.

We have reached our Final 24-Hour Challenge!

In the next 24 hours, step outside.

Feel the sun, inhale that deep breath of fresh air, and take a moment to notice the beauty around you.

Let it remind you—you were designed for life, and restoration has already begun.

“Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths. Do not be wise in your own eyes; Fear the Lord and depart from evil. It will be health to your flesh, And strength to your bones.”

Proverbs 3:5-8



As we come to the end of our time together, I want us to ponder the journey we have started, together.

We've discovered that our bodies were not created by accident... but carefully designed with laws that bring life, health, and peace.

We've talked about simple things.

- simple, nutritious food
- movement
- water
- sunlight
- choice
- fresh air
- rest, sleep, rhythm,
- forgiveness

and we've seen that when we follow these principles, something begins to change.

The body responds.

The mind clears.

The heart finds peace.

Tonight, we've lifted our eyes to something even greater—

the promise that one day, everything will be perfectly restored.
A world without pain... without sickness... without brokenness.
And while we wait for that day,
we are not left without hope.
Because even now, we can begin to experience that restoration.

Every time you step outside and feel the sun on your skin...
every time you breathe fresh air...
every time you choose what is good, forgive what has hurt,
or care for your body the way it was designed to be cared for—
you are taking a step of faith toward the life you were created to live.

So here is the final thought we leave with you:

Thrive together while we wait.

Care for your body.

Protect your mind.

Nurture your spirit.

And support one another.

Trust the Designer.

Follow the design.

And live the life you were created for.



Want to unlock **more?**



REACH OUT!

It is not too late - if you would like support in your health journey, please find me and let's chat.