

# MOUTH HEALTH

## 1. SONG OF SOLOMON 4:2

Brush your teeth and rinse your mouth with clean water.

## 2. ZECHARIAH 9:7

Remove food from between your teeth with dental floss, chew sticks or toothpicks.

## 3. GENESIS 49:12

Goat, sheep and cow milk have Ca, P and Mg. Human teeth have the same three elements.

## HEALTHY TEETH NEED:

**BROWN RICE, WHOLE GRAINS, NUTS, SEEDS, AND GREEN LEAFY VEGETABLES**



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Seek the LORD and his strength, seek his face continually.

1 Chronicles 16:11



# YOUR DOCTOR

**HEALER, SAVIOUR & FRIEND**

An introduction to achieving great health

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# REST VS. WORK

**JOHN 11:12 - IF HE SLEEPS, HE SHALL DO WELL:** Rest is important for health and wellbeing. We need at least 7-9 hours of sleep every day.

**PSALM 127:2 - IT IS VAIN FOR YOU TO RISE UP EARLY, TO SIT UP LATE:** The hours before midnight provide the most restful hours of sleep. Its best to go to bed early and rise early.

**LEVITICUS 23:3 - THE SEVENTH DAY IS THE SABBATH OF REST:** Jesus Christ is Lord of Sabbath. He went to church on the 7th day of the week (Luke 4:16). The Sabbath is a day of rest and worship. It is a time where we get to recover from work and develop a relationship with Jesus. From Friday sunset to Saturday sunset, we should take time to rest from secular work, worship God and receive healing from Jesus Christ. (Lev. 23:32, Mark 1:32, Exodus 20:8-10, Heb. 4:4, 9-10, John 14:15).

**ECCLESIASTES 12:12 - MUCH STUDY IS A WEARINESS OF THE FLESH:** Mental and physical work is important for staying healthy. However, too much work can make us sick. We should have at least one day off work each week and make sure that every day we get enough sleep. (Proverbs 6:6; 31:17)

# PLANT BASED DIET

In the Bible, a young man named Daniel was tempted to eat unhealthy food. He refused Babylon's menu and decided to eat a plant-based diet. God performed a miracle of healing upon Daniel and his friends. After ten days, in all matters of wisdom and understanding, that the king of Babylon enquired of them, he found them ten times better than all the magicians and astrologers that were in all his kingdom. Daniel and his friends appeared handsome and strong because of their plant-based diet and strong connection with God.

**STUDY: DANIEL 1, EZEKIEL 47:12, GENESIS 1:29, 3:18, 9:4, LEVITICUS 7:23-25, 19:26**



# THE GREAT DOCTOR

Jesus said, "They that be whole need not a physician, but they that are sick. But go ye and learn what that meaneth, I will have mercy, and not sacrifice: for I am not come to call the righteous, but sinners to repentance." ~ Matthew 9:12-13

Jesus Christ, the Son of God, came to this world to save you and I. Jesus is our Great Doctor. Jesus can save us from our sins and from our health problems. He has cures for spiritual, physical, and mental illnesses described in the Bible.

What is Jesus' prescription?

Jesus said, "Come unto me, all ye that labour and are heavy laden, and I will give you rest." (Matthew 11:28) This is a prescription for the healing of all mental and physical and spiritual illnesses. It is Christ's gift to those who seek Him in sincerity and in truth. He is the Mighty Healer. Jesus said, "And ye will not come to me, that ye might have life." (John 5:40). The only way we can be healed is by going to Jesus for help. What are the heavy burdens that Jesus is talking about? King David gives us a clue. He said, "For mine iniquities are gone over mine head: as a heavy burden they are too heavy for me." (Psalm 38:4) Our sins are heavy burdens that we don't need to carry. Confess and forsake your sins and experience healing in your life today!