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# INTRODUCTION: IF ONLY I HAD KNOWN

**H**AVE YOU EVER heard yourself say, “If only I had known”? Do you then add something like: “I could have made better decisions”; “I could have made better investments”; “I could have used my time differently”; or “I could have avoided that situation”? How many times could “knowing” have helped you avoid tripping over a rock, buying the wrong garment, buying a lemon of a car, traveling down the wrong road, losing your car keys, or eating unhealthy food? If only you had known of the waterfall waiting at the end, you could have hiked a beautiful trail; or if you had known more, you could have worked a little harder to achieve the ultimate reward.

Hosea 4:6 tells us, “My people are destroyed for lack of knowledge.” If the people in Hosea’s time had only known or understood what the genuinely concerned prophet was trying to teach them, they could have repented and experienced love, forgiveness, and refreshing healing. Today, we have an even greater Prophet teaching us the way to live our lives. Our prophet is Christ Himself. Colossians 2:2–3 says, “. . .their hearts may be encouraged, having been knit together in love, and attaining to all the wealth that comes from the full assurance of understanding, resulting in a true knowledge of God’s mystery, that is Christ Himself, in whom are hidden all the treasures of wisdom and knowledge.” From Christ’s teachings we can reverse the phrase, “If only I had known,” to “now I know.” What better teacher would you prefer to have?

Now, we know that Scripture is an abundant treasure chest full of blessings to our health. This book, along with two companions, *Treasures of Healthy Living Bible Study* and *Healthy Treasures Cookbook*, will elaborate on those and direct you to the knowledge and understanding of how God designed your body, what foods are going to deliver nutrition, the value of vitamins, and the ultimate treasure of being happy and healthy.

In my family, we can now say, “Now I know.” We know how to dip into this treasure and work to prevent problems like cancer, pre-diabetes, high blood pressure, Osgood Slater’s disease, irritable bowel syndrome, “growing pains,” dental problems, allergies, being overweight, and

## TREASURES OF HEALTH NUTRITION MANUAL

many others that are plaguing America today. Now we know God's foods make a difference. Now we know there is a better way to live.

I must confess, this knowing and applying is a daily choice and not every day is spent in perfect harmony. There are still many times when cookies, ice cream, or laziness are calling my name. The difference is that now I know my body is on loan to me to fulfill a purpose. I know there are better choices to make.

Many times people say, "If only I had known," and then they don't make any changes. Today you can change. In this book you will find numerous steps to make healthy changes for yourself and your family. Dr. Couey and I have compiled an encyclopedia of information for you to treasure for years to come and to help you achieve the highest level of health available under the Son.

Join us in changing your tune to, "I am glad that *now I know*." Knowledge and application from God's Word generates years of health and a treasure full of wonderful memories as you gain vitality and fulfillment.

*Now I know* and you can know too as we claim this verse: "In Him you have been made complete" (Col. 2:10).



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# WHY SHOULD CHRISTIANS BE HEALTHY?

You created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made.

—Psalm 139:13 (NIV)

## **God' Greatest Creation**

**T**HE GENESIS ACCOUNT of creation reveals that God's creation of man and woman was His greatest. He created man in His image and likeness (Gen. 1:26), and He breathed in him the breath of life (Gen. 2:7). The Scriptures disclose that God was very proud of this creation: "God saw all that He had made, and behold, it was very good" (Gen. 1:31). Just as we marvel and take pride in things that we do well, so God does marvel and take pride in what He created so perfectly.

## **Fearfully and Wonderfully Made**

As a physiologist, one who studies the functions of the human body, I am amazed at how complicated, intricate, and diversified is each part and system in the body, yet how each lives in such harmony, efficiently performing specific tasks. To me, the human body is perhaps the supreme wonder of the universe.

For example, let us look at some of the marvels of the body as God created it:

- You build a trillion cells a day by what you eat.
- There are 80–100 trillion cells in your body.
- The body will produce approximately 2–10 million red blood cells each second of your life.

## TREASURES OF HEALTH NUTRITION MANUAL

- By the time you can count to ten, the blood in your veins and arteries has traveled more than 12,000 miles.
- Every single person who is living and ever has lived has different shaped fingerprints.
- The nerve cells carry messages to and from the brain at speeds faster than a 38-caliber pistol shot.
- It takes 19 vitamins and minerals and 9 amino acids with a perfect protein to build a perfect cell—even if you only miss 1 nutrient, then you are building imperfect cells for 7 days. These defective cells will promote the development of degenerative diseases. You are the only one who can do something about it!

With proper consumption, assimilation, and elimination, our bodies have the ability to change:

- The chemistry of the blood in seven days.
- The composition of cells in seven weeks.
- Some major organs in seven months.

In addition:

- As science knows, have a completely new body in seven years.
- Physiological chemists state that there is not a blood cell more than 14 days old, and that we rebuild a new heart every 30 days.

After reading this list, is there any wonder why God called his creation “good”? To experience the good, we must examine our lifestyles, whether it is our mental, spiritual, emotional, or physical development, and analyze how they can affect the chemistry of our cells. If we neglect our development in these four areas, then our cells’ chemistry will be compromised and illness can be encountered. For illness to be prevented or cured, then our cell’s chemistry must be restored to God’s intended design. Once our cells’ chemistry is normal, then the cells can repair themselves. *Health and healing begin at the cellular level.*

### **God Owns Our Bodies**

God made man in “His own image” (Gen. 1:27), and that man became a living person. The first man was in a state of physical perfection. Every system in this body, including every cell, was in perfect working condition. This was the ultimate in physical fitness. There was no air pollution; noise pollution; junk food; or automatic, labor-saving devices to mar this perfection. One can almost sense the awe that God felt as he viewed His wonderful creation and said that “it was *very good*” (Gen. 1:31, italics mine).

## WHY SHOULD CHRISTIANS BE HEALTHY?

God knows every minute detail about our bodies. Under the inspiration of the Holy Spirit, Paul wrote, “What? know ye not that your body is the temple of the Holy Spirit which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s” (1 Cor. 6:19–20 KJV).

This scripture clearly reveals that your body does not belong to you. Examine these verses again. “Know ye not that your body is the temple of the Holy Spirit...which ye have of God, and ye are not your own? For ye are bought with a price.” God created your body in His likeness. He breathed the breath of life into it. And He paid a great price in proving His love for you and redeeming you from sin. If you are a professing Christian, you have greater reason than others to take care of your body until you take your last breath. For Christians, care of the body is a matter of stewardship. A steward, as defined by Webster, refers to a supervisor who manages an estate of property for someone else. God has given us bodies, and He expects us to feed, rest, and exercise them properly, and to grow in both mind and spirit. He wants us to use our bodies to give glory to Him, because He owns them. If we do not keep our bodies in the best possible physical condition, they are incapable of honoring God as they should.

There is no set number of years at which we can say we are old. Old age is simply degeneration of the body brought about by wrong feeding and living habits. Remember, no matter how many years you have lived, there is not a cell in the body more than seven years old.

Therefore, as professing Christians and good stewards, we have the responsibility to carefully maintain internally and externally the temples that God created. We should continually and consistently develop our bodies mentally, emotionally, spiritually, and physically for the best possible performance and production capability.

To help you achieve this performance, this nutrition manual is divided up into three parts. Part 1 will teach you about the foods gifted to us by God for our health. After reading it, you too may be called “Nuts about Nutrition.” Part 2 will give you guidance on the value of vitamins, which foods contain them, and how to find healthy supplements. Part 3 will give you instructions on how to prevent and overcome health challenges using the nutrition tools as a guide. With all of these together, you now have in your hands a huge resource manual to give you guidance for years to come and to help you live a life that is glorifying to God in all areas.





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# A SAMPLE DAY — TREASURES OF HEALTHY LIVING

Great are the works of the Lord, they are studied by all who delight in them.

—Psalm 111:2

**W**HAT DOES A healthy day of eating look like? Throughout the years, many people in my classes have asked this question, so here is a sample schedule for you to use as a basis for your own personal plan. Obviously, times and foods will vary, but this is a general starting point.

## **Daily Schedule for Healthy Living:**

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|------------|---|
| 6:00       | Wake up and drink two cups of water or herbal tea.  |
| 6:00–7:00  | Spend time in prayer, Bible study, and worship. Some will need to limit this to get things ready for their families, but at least thirty minutes of worship time will yield the best day. |
| 7:00       | Breakfast: 50% fresh fruits, flax seed, and yogurt or a protein shake. Limit juice, unless it is made fresh. Fresh-milled bread would be a good addition.                                 |
| 8:00–9:00  | Twenty to sixty minutes of exercise.  |
| 9:00–11:30 | Sometime between two hours after breakfast and one half-hour before lunch, drink two eight-ounce glasses of water.  |
| 12:00      | Lunch: 50% raw veggies, protein, and fresh-milled bread. Fruits allowed.  |
| 2:00–5:30  | Between meals, drink two eight-ounce glasses of water.  |
| Afternoon  | Enjoy at least ten minutes, in all seasons, of time in the fresh air and sunshine. Breathe deeply while outside.  |
| 6:00       | Dinner: Include 50% raw fruits and veggies and some protein. Add one cup of beans or lentils.   |

## TREASURES OF HEALTH NUTRITION MANUAL

8:30            Drink two glasses of water.  
9:30            Begin winding down.  
10:00          Bedtime

As you follow this example or design one for yourself, remember that it is for the health of your body that you are following this plan. Make a list of dreams God has placed on your heart that you could accomplish if health problems were not taking your or your family's time and energy.

Behold, to obey is better than sacrifice.

—1 Samuel 15:22