Turn Back the Clock

How to achieve maximum health.
“All my possessions for one moment of time!”

— Queen Elizabeth
9 Years
7,000 People
7 Questions

— Dr. Breslow
University of California, Los Angeles
1. Do you smoke?
2. Do you drink alcohol, and if so, to what extent?
3. Do you get regular exercise?
The 7 Questions

4. How many hours do you sleep every night?
5. How much do you weigh?
6. Are you eating breakfast regularly?
7. Do you snack between meals on a regular basis?
What would you give?

Your Life +11.5
“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”
“...I am come that they might have life, and that they might have it more abundantly.”
9 Then they said to him, "Sarah your wife?" So he said, "She is my wife."

10 And he said, "I was not conscious of her at all, I did not sleep with her, indeed she was not taken with child by me." So he said, "Now find out whether it is well with your maidservant in my house; with whomever of my maidservants you choose, she shall be with me." So he said, "I will surely do this thing."
Orthodox Jews
“... If you diligently heed the voice of the LORD your God and do what is right in His sight,
EXODUS 15:26

give ear to His commandments and keep all His statutes,
EXODUS 15:26

I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you.”
“So you shall serve the LORD your God, and He will bless your bread and your water.”

EXODUS 23:25
EXODUS 23:25

And I will take sickness away from the midst of you.”
“...There was not one feeble person among their tribes.”
Diseases found in Mummies
Diseases found in Mummies

1. Heart Diseases.
2. Cancer.
Diseases found in Mummies

5. Hepatitis.

6. Tetanus.

7. Trichinosis.

8. Lockjaw.
“Leadership was taken by the church, as the physicians had nothing to offer."
The church took as its guiding principle the concept of contagion as embodied in the Old Testament...
This idea and its practical consequences are defined with great clarity in the Book of Leviticus.”
A WARNING

Improperly maintaining this car or failing to correct a problem before driving can cause a crash in which you can be seriously hurt or killed.

Always follow the inspection and maintenance recommendations and schedules in this owner’s manual.
“And God said, ‘See, I have given you every herb that yields seed which is on the face of all the earth,”

GENESIS 1:29
and every tree whose fruit yields seed; to you it shall be for food.”"
GENESIS 3:18

“...And you shall eat the herb of the field.”
“So all the days of Methuselah were nine hundred sixty-nine years; and he died.”
“Of every clean beast thou shalt take to thee by sevens, the male and his female:
and of beasts that are not clean by two, the male and his female.”
DEUTERONOMY 14:6

“And you may eat every animal with cloven hooves,
Deuteronomy 14:6

having the hoof split into two parts, and that chews the cud, among the animals.”
LIST OF CLEAN MEATS

1. Ox
2. Sheep
3. Deer
4. Goat
5. Wild Goat
6. Antelope
7. Cows
8. Gazelle
LIST OF UNCLEAN MEATS

1. Camel
2. Rabbit
3. Swine
4. Rock Badger
LEVITICUS 11:7

“And the swine, though it divides the hoof, having cloven hooves, yet does not chew the cud, is unclean to you.”
Their flesh you shall not eat, and their carcases you shall not touch. They are unclean to you.”
“...No good thing will He withhold from them that walk uprightly.”

PSALM 84:11 KJV
DEUTERONOMY 14:9

“These you may eat of all that are in the waters: you may eat all that have fins and scales.”
DEUTERONOMY 14:10

“And whatever does not have fins and scales you shall not eat; it is unclean for you.”
1. They have fins.
2 GUIDELINES

1. They have fins.
2. They have scales.
“Of all the creatures living in the water, you may eat any that has fins and scales.”
DEUTERONOMY 14:11

“All clean birds you may eat.”
DEUTERONOMY 14:12

But these you shall not eat..."
LIST OF UNCLEAN BIRDS

1. Vulture
2. Buzzard
3. Red Kite
4. Falcon
LIST OF UNCLEAN BIRDS

5. Raven
6. Ostrich
7. Owl
8. Stork
LIST OF **UNCLEAN BIRDS**

9. Heron

10. Bat
DEUTERONOMY 14:19

“Also every creeping thing that flies is unclean for you; they shall not be eaten.”
LEVITICUS 3:17

“This shall be a perpetual statute throughout your generations in all your dwellings:
LEVITICUS 3:17

you shall eat neither fat nor blood.”
“And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.”
GENESIS 3:19

“In the sweat of your face you shall eat bread till you return to the ground . . .”
EXODUS 20:9

“Six days you shall labor and do all your work.”
Our Bodies are the Temple of the Holy Spirit.
1 CORINTHIANS 6:19

“Or do you not know that your body is the temple of the Holy Spirit who is in
1 Corinthians 6:19

whom you have from God, and you are not your own?
1 CORINTHIANS 6:20

For you were bought at a price; therefore glorify God in your body and in our spirit, which are God’s.”
1 CORINTHIANS 10:31

“So whether you eat or drink or whatever you do, do it all for the glory of God.”
1 Corinthians 3:17

“If anyone defiles the temple of God, God will destroy him.”
1 Corinthians 3:17

For the temple of God is holy, which temple you are.”
1 CORINTHIANS 6:9

“...Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites,
1 Corinthians 6:10

nor thieves, nor covetous, nor drunkards, ... will inherit the kingdom of God.”
“Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.”
“Do not look on the wine when it is red, when it sparkles in the cup, when it swirls around smoothly;
PROVERBS 23:32

At the last it bites like a serpent, and stings like a viper.”
“Your eyes will see strange things, and your heart shall utter perverse things.”
EMPHYSEMA OF LUNG
EXODUS 20:13

“You shall not murder.”
“Caffeine, the drug contained in coffee, is classed in textbooks as both a stimulant and a poison.”
“Someone has estimated that every pound of body fat calls for another two-thirds of a mile of new blood vessels.”
And, the heart must pump blood through this extra system of vessels.”
MARK 6:31

“...Come aside by yourselves to a deserted place and rest a while...”
THE SABBATH
“...Without Me you can do nothing.”
PHILIPPIANS 4:13

“I can do all things through Christ which strengtheneth me.”
CHAPTER 1

In the beginning was the Word, and the Word was with God, and the Word was God. 

The words "In the beginning was the Word, and the Word was with God, and the Word was God" are the first verse in the Epistle of John, which is the fourth Gospel in the New Testament. This verse sets the stage for the entire Gospel, introducing Jesus Christ as the Word of God and emphasizing his divine nature.

The verse is significant in Christian theology as it connects the preexistence of Jesus with his role as the creator of the universe. It also sets the stage for the rest of the Gospel, which narrates the life of Jesus and his teachings, ultimately leading to his death and resurrection.

The verse is often quoted as a testament to the belief that Jesus is equal to God, a belief that is central to Christian faith. It is also a reminder of the importance of the Word, which in this context refers to Jesus, in the spiritual life of believers.

The verse is a powerful reminder of the timeless nature of God's Word and its ongoing relevance in the lives of those who seek to follow Jesus.