

如何保持身体健康?
How to stay healthy?

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I.保持健康八条件: 8 conditions to stay healthy

1.洁净与不洁净之物 Clean & Unclean Food

利 11:1-7 耶和华对摩西亚伦说,2 你们晓谕以色列人说,在地上一切走兽中可吃的,乃是这些 . 3 凡蹄分两瓣,倒嚼的走兽,你们都可以吃.4 但那倒嚼,或分蹄之中不可吃的,乃是骆驼,因为倒嚼不分蹄,就与你们不洁净.5 沙番,因为倒嚼不分蹄,就与你们不洁净.

Lev. 11:1 The LORD said to Moses and Aaron, 2 "Say to the Israelites: 'Of all the animals that live on land, these are the ones you may eat: 3 You may eat any animal that has a split hoof completely divided and that chews the cud.

4 " 'There are some that only chew the cud or only have a split hoof, but you must not eat them. The camel, though it

利 11:6 兔子,因为倒嚼不分蹄,就与你们不洁净.7 猪,因为蹄分两瓣,却不倒嚼,就与你们不洁净.8 这些兽的肉,你们不可吃,死的你们不可摸,都与你们不洁净

Lev. 11:1 6 The rabbit, though it chews the cud, does not have a split hoof; it is unclean for you. 7 And the pig, though it has a split hoof completely divided, does not chew the cud; it is unclean for you. 8 You must not eat their meat or touch their carcasses; they are unclean for you.

利11:9 水中可吃的,乃是这些 . 凡在水里,海里,河里,有翅有鳞的,都可以吃. 10 凡在海里,河里,并一切水里游动的活物,无翅无鳞的,你们都当以为可憎 . 11 这些无翅无鳞以为可憎的,你们不可吃他的肉,死的也当以为可憎. 12 凡水里无翅无鳞的,你们都当以为可憎.

Lev.11:9 " 'Of all the creatures living in the water of the seas and the streams, you may eat any that have fins and scales. 10 But all creatures in the seas or streams that do not have fins and scales—whether among all the swarming things or among all the other living creatures in the water—you are to detest. 11 And since you are to detest them, you must not eat their meat and you must detest their carcasses. 12 Anything living in the water that does not have fins and scales is to be detestable to you.

1. 洁净与不洁净之物 Clean & Unclean food.

利7:22 耶和华对摩西说,23 你晓谕以色列人说,牛的脂油,绵羊的脂油,山羊的脂油,你们都不可吃.24 自死的,和被野兽撕裂的,那脂油可以作别的使用,只是你们万不可吃.25 无论何人吃了献给耶和华当火祭牲畜的脂油,那人必从民中剪除.26 在你们一切的住处,无论是雀鸟的血,是野兽的血,你们都不可吃.27 无论是谁吃血,那人必从民中剪除.

1. Clean & Unclean food.

Lev. 7: 22 The LORD said to Moses, 23 "Say to the Israelites: 'Do not eat any of the fat of cattle, sheep or goats. 24 The fat of an animal found dead or torn by wild animals may be used for any other purpose, but you must not eat it. 25 Anyone who eats the fat of an animal from which an offering by fire may be ^b made to the LORD must be cut off from his people. 26 And wherever you live, you must not eat the blood of any bird or animal. 27 If anyone eats blood, that person must be cut off from his people.' "

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禁止吃脂油和血Eating Fat & Blood Forbidden:

徒15:28 因为圣灵和我们,定意不将别的重担放在你们身上 . 惟有几件事是不可少的,29 就是禁戒祭偶像的物,和血,并勒死的牲畜,和奸淫 . 这几件你们若能自己禁戒不犯,就好了 . 愿你们平安.

Act 15:28 It seemed good to the Holy Spirit and to us not to burden you with anything beyond the following requirements:

²⁹You are to abstain from food sacrificed to idols, from blood, from the meat of strangled animals and from sexual immorality. You will do well to avoid these things. Farewell.

1. 洁净与不洁净之物 Clean & Unclean food
2. 均衡的饮食Balanced diet.

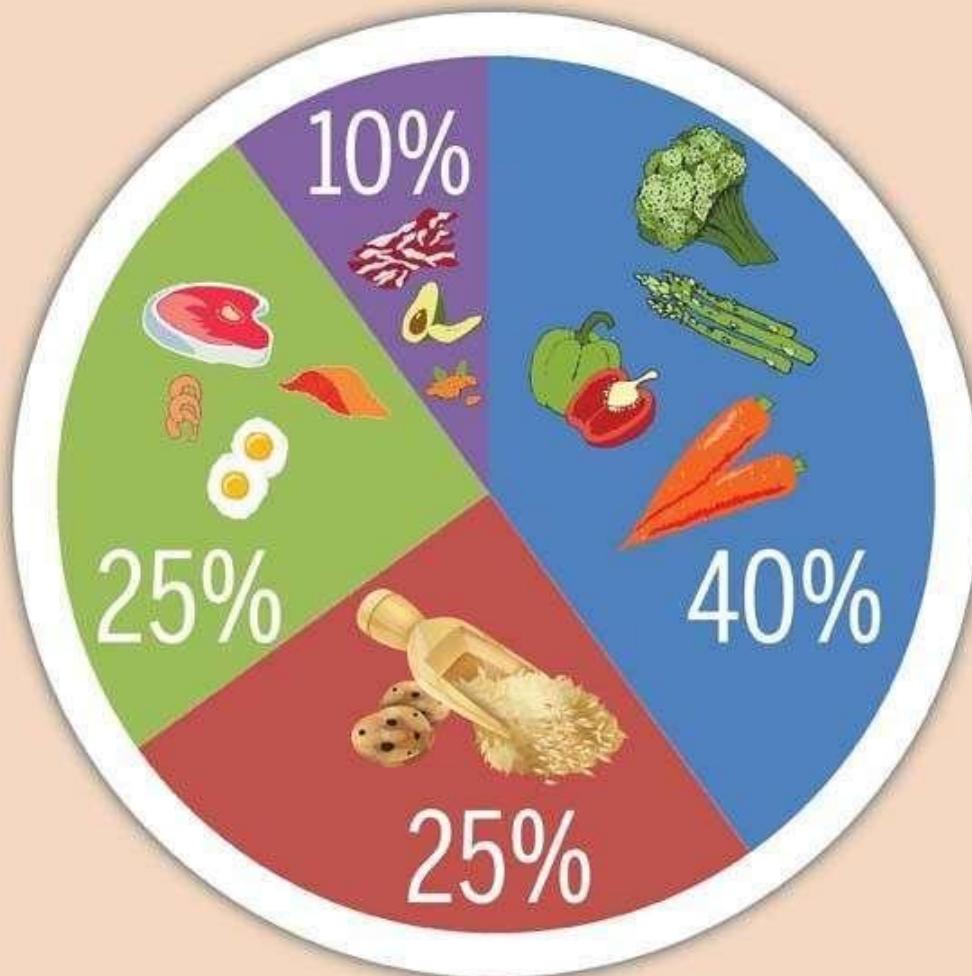
但1:11 但以理对太监长所派管理但以理,哈拿尼,米沙利,亚撒利雅的委办说,12 求你试试仆人们十天,给我们素菜吃,白水喝,13 然后看看我们的面貌,和用王膳那少年人的面貌 . 就照你所看的待仆人罢.14 委办便允准他们这件事,试看他们十天.15 过了十天,见他们的面貌,比用王膳的一切少年人更加俊美肥胖 .

16 于是委办撤去派他们用的膳,饮的酒,给他们素菜吃.

Dan. 1: 11 Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, 12 "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14 So he agreed to this and tested them for ten days.

15 At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. 16 So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.

Balanced diet



● Fruits and vegetables

● Fibre-rich carbohydrates

● Protein

● Fats

均衡的饮食：
水果蔬菜40%
多纤维的碳水化
合物25%
蛋白质25%
脂肪10%
Balance diet
Fruits and
vegetables
40%High-fiber
carbohydrates
25%Protein
25%Fat 10%

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保持健康八条件：

1. 洁净与不洁净之物 Clean & Unclean food
2. 均衡的饮食Balanced diet.
3. 适当的运动Appropriate exercise.



做拉伸运动，老来才不会这样

拉伸运动Stretch exercise 10分



CHEST



UPPER BACK



BACK OF
UPPER ARMS



CALF



BACK OF THIGHS



BACK OF THIGHS



FRONT OF THIGHS



FRONT OF THIGHS



OUTER THIGHS



INNER THIGHS



INNER THIGHS



LOWER BACK



LOWER BACK



LOWER BACK



SIDE

健身运动 Fitness exercise 30 分



带氧运动 Aerobic exercise 30 分

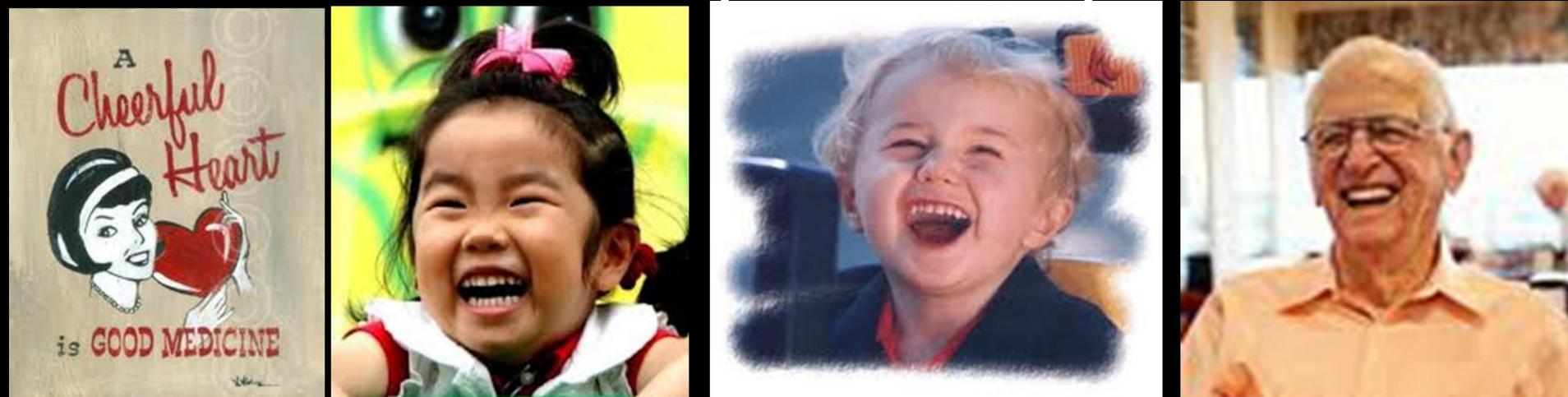


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4. 良好的情绪Good emotional state.

箴17:22 喜乐的心,乃是良药 . 忧伤的灵,使骨枯干.

Pro. 17:22 A cheerful heart is good medicine,
but a crushed spirit dries up the bones.



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4. 良好的情绪Good emotional state.
5. 充足的睡眠 Enough sleep

09:00-11:00 免疫系统 Immune system

11:00-01:00胆排毒 Gallbladder detoxification

01:00-03:00肝排毒 Liver detoxification

03:00-05:00 肺,心脏排毒时间 Lungs and heart

05:00-07:00 大肠排毒时间 Large intestine

07:00-09:00 小肠吸收营养时间 Small intestine

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3. 适当的运动Appropriate exercise.
4. 良好的情绪Good emotional state.
5. 充足的睡眠Enough sleep
6. 质优的环境Quality environment

阳光---促进新陈代谢.驱除忧郁 Sunlight

空气---树林, 草地释放氧气及负离子 Fresh Air

水---PH值 Water

保持健康七条件：

1. 洁净与不洁净之物 Clean & Unclean Food
2. 均衡的饮食Balanced diet.
3. 适当的运动Appropriate exercise.
4. 良好的情绪Good emotional state.
5. 充足的睡眠Enough sleep
6. 质优的环境Quality environment
7. 规律与节奏Order & rhythm

传 3:1 凡事都有定期,天下万务都有定时。2 生有时,死有时。栽种有时,拔出所栽种的,也有时。3 杀戮有时,医治有时。拆毁有时,建造有时。

1 There is a time for everything, and a season for every activity under heaven: 2 a time to be born and a time to die, a time to plant and a time to uproot, 3 a time to kill and a time to heal, a time to tear down and a time to build,

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保持健康七条件: 7 conditions to stay healthy:

1. 洁净与不洁净之物 Clean & Unclean Food
2. 均衡的饮食Balanced diet.
3. 适当的运动Appropriate exercise.
4. 良好的情绪Good emotional state.
5. 充足的睡眠Enough sleep
6. 质优的环境Quality environment
7. 规律与节奏Order & rhythm
8. 对上帝的信仰Faith to God

出23:25 你们要事奉耶和华你们的 神,他必赐福与你的粮,与你的水,也必从你们中间除去疾病.

Exodus 23:25 Worship the LORD your God, and his blessing will be on your food and water. I will take away sickness from among you.

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健康食物十大原则:

创 1:29 神说,看哪,我将遍地上一保证种子的菜蔬,和一切树上所结有核的果子,全赐给你们作食物.

Ten principles for healthy food:

Gen. 1:29 Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

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健康食物十原则 Ten principles for healthy food:

1. 未加工五谷

Unprocessed grains.

白饭-----热量

糙米饭-----能量

白面包-----热量

全麦面包-----能量

热量使人发胖

能量增强免疫系统

White rice - calories / Brown rice – energy

White bread - calories / Whole wheat bread – energy

Calories cause weight gain / Energy strengthens the immune system

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健康食物十大原则: 10 principles for healthy food:

1. 未加工五穀	Unprocessed grains.
2. 结种子的菜蔬	Seed bearing plants.
西红柿, 黄瓜	Tomato. Cucumber



Brown Rice Whole Grain Bread Whole Wheat Bread



全麥麵包



全穀麵包

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健康食物十原则: Ten principles for healthy food:

1. 未加工五穀 Unprocessed grains.

2. 结种子的菜蔬 Seed bearing plants.

3. 有核的果子 Fruits with seed in it.

尽量吃上帝造的天然品种

尽量少吃人工改造的无子水果

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健康食物十原则 Ten principles for healthy food:

1.未加工五穀	Unprocessed grains.
2.结种子的菜蔬	Seed bearing plants.
3.有核的果子	Fruits with seed in it.
4.当地当季盛产的食物	Local and on season produce

一方土养一方人 Each region nurtures its own people.

上帝定季节有祂的原因

God has His reasons for establishing the seasons

尽量少吃破坏规律的食品.

Try to eat fewer foods that disrupt this natural order.

1.未加工五穀	Unprocessed grains.
2.结种子的菜蔬	Seed bearing plants.
3.有核的果子	Fruits with seed in it.
4.当地当季盛产的食物	Local and on season produce
5.成熟的水果	Ripe fruits from full grown trees

利19:23 你们到了迦南地,栽种各样结果子的树木,就要以所结的果子如未受割礼的一样。三年之久,你们要以这些果子,如未受割礼的,是不可吃的。24 但第四年所结的果子,全要成为圣,用以赞美耶和华。25 第五年你们要吃那树上的果子,好叫树给你们结果子更多。我是耶和华你们的神。

²³ " 'When you enter the land and plant any kind of fruit tree, regard its fruit as forbidden. ^[a] For three years you are to consider it forbidden ^[b] ; it must not be eaten. ²⁴ In the fourth year all its fruit will be holy, an offering of praise to the LORD. ²⁵ But in the fifth year you may eat its fruit. In this way your harvest will be increased. I am the LORD your God.

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1. 未加工五穀 Unprocessed grains.
2. 结种子的菜蔬 Seed bearing plants.
3. 有核的果子 Fruits with seed in it.
4. 当地当季盛产的食物 Local and on season produce.
5. 成熟的水果 Ripe fruits from full grown trees.
6. 完整连皮吃 Eat the whole fruit (With fruit peel)

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健康食物十原则:

1. 未加工五谷	Ten principles for healthy food:
2. 结种子的菜蔬	Unprocessed grains.
3. 有核的果子	Seed bearing plants.
4. 当地当季盛产的食物	Fruits with seed in it.
5. 成熟的水果 trees.	Local and on season produce.
6. 完整连皮吃	Ripe fruits from full grown
7. 水煮，蒸，炖 蔬菜水煮60秒	Eat the whole fruit (With skin.)
避免油炸食物	Boil, steam, slow cooker

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健康食物十原则： Ten principles for healthy food:

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3. 有核的果子 Fruits with seed in it.
4. 当地当季盛产的食物 Local and on season produce.
5. 成熟的水果 Ripe fruits from full grown trees.
6. 完整连皮吃 Eat the whole fruit (With skin.)
7. 水煮，蒸，炖 Boil, steam, slow cooker
8. 一部分生食 Eat partial vegetable raw
蔬菜尽量生食

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3. 有核的果子 Fruits with seed in it.
4. 当地当季盛产的食物 Local and on season produce.
5. 成熟的水果 Ripe fruits from full grown trees.
6. 完整连皮吃 Eat the whole fruit (With skin.)
7. 水煮, 蒸, 炖 Boil, steam, slow cooker
8. 一部分生食 Eat vegetable raw
9. 去高油高盐高糖 Remove hi oil, hi salt, hi sugar



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健康食物十原则: Ten principles for healthy food

1. 未加工五穀 Unprocessed grains.
2. 结种子的菜蔬 Seed bearing plants.
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4. 当地当季盛产的食物 Local and on season produce.
5. 成熟的水果 Ripe fruits from full grown trees.
6. 完整连皮吃 Eat the whole fruit (With skin.)
7. 水煮, 蒸, 炖 Boil, steam, slow cooker
8. 一部分生食 Eat vegetable raw
9. 去高油高盐高糖 Remove hi oil, hi salt, hi sugar
10. 吃排毒餐 Eat detoxicate meal

排毒果菜汁

一份水果兩份蔬菜 (同重量)



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保持健康八条件: 8 conditions to stay healthy:

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