*Health Matters*

 In the winter months when sunshine is rare and clouds abundant, if you feel sometimes like singing “*I’m rusting in the rain*” like me [on the melody of “I’m singing in the rain”], just remember there is splendid sunshine above the clouds… and there will be a new beginning of nature starting all over blooming and growing and inviting us outdoors. Until then, let’s keep our mind, body and spirit in the best shape so we can be of good strength to do God’s work and serve. Call the eight “doctors” every day and have a NEW START! Here is just a little reminder, and so much more is to say about each. See <https://newstart.com/about/>

**N**utrition - Proper nutrition is the foundation of good health and recovery.

**E**xercise - Action is a law of life. Muscle tone and strength are lost without exertion, but exercise improves the health of body, mind, and spirit multiplying vitality and health.

**W**ater - Because the body is 70% water, keeping well hydrated and knowing what and when to drink are essential to health.

**S**unshine - The sun is the established energy source ordained by God to sustain the cycle of life for plants and animals. Sunlight is supremely important for the body’s metabolism and hormonal balance.

**T**emperance - Using good things moderately and avoiding the bad is obviously wise, yet often hard to practice. Temperance can be neither bought nor earned, but is rather an important gift of God, a “fruit of the Spirit” (Galatians 5:22, 23).

**A**ir - The body’s most essential resource is air. More important than food or water, proper breathing and pure air are fundamental to good health.

**R**est - Restoration requires rest because sleep allows the body to renew itself. What a gift we have in the Sabbath rest!

**T**rust - Trust in Divine Power is Directly linked to physical health (Proverbs 3:5-6), trust in God is a gift leading to right choices.

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