

*The 10 Commandments of
Ultimate Health*

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Prayer of Jabez

And Jabez called on the God of Israel saying, “Oh, that you would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain.”

And God granted him his request.



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PRAY:

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6

If you will listen, I will show you. Job 15

God did hear and listened to my voice in prayer. Psalm 66:19

Good Health Tips: 69% of individuals that prayed for good health found it very helpful.

Many gave higher ratings to prayers than to their doctors.

<http://www.news.harvard.edu/gazette/2004/05.13/01-prayer.html>

Open Yourself to Emotional & Spiritual Healing:

O Lord my God, I cried to you for help, and you restored my health. Psalm 30:2

The Lord nurses them when they are sick and restores them to health. Psalm 41:3

Lord, your discipline is good, for it leads to life and health. You restore my health and allow me to live! Isaiah 38:16

No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way. Hebrews 12:11

Good Health Tips: Remove interferences and God will fulfill his purpose for you.

Cope with Stress:

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusts in thee.

Isaiah 26:3

As pressure and stress bear down on me, I find joy in your commands. Psalm 119:143

The God of my rock; in him will I trust: he is my shield, and the horn of my salvation, my high tower, and my refuge, my savior. 2 Samuel 22:3

Good Health Tips:

How to deal with your stress:

- *Change your attitude and change yourself.*
- *You can't change someone; you can only change yourself.*
- *Let go of fear, guilt and shame.*
- *Laughing – especially belly laughing.*
- *Forgiving (yourself and others).*

Drink Water:

Get ready for the siege! Store up water! Strengthen the defenses! Nahum 3:14-15

Come all who are thirsty. Come to the waters. Isaiah 55:1

Lord said to Moses, "Assemble the people, and I will give them water." Numbers 21:16

Good Health Tips: Drink half of your body weight in ounces of water daily. Remember: distilled water is not for daily use. Consider using Reverse Osmosis.

Sleep:

He gives his beloved sleep. Psalm 127:2

*Come to me all who are weary and burdened
and I will give you rest. Matthew 11:28*

*On the seventh day God had finished his
work of creation, so he rested from all his
work. Genesis 2:2*

Good Health Tip: Early to bed and early to
rise...the most valuable sleep for physical
healing is between 10 pm and midnight.
Psychological healing occurs between
midnight and 5 am.

Take Nutritional Supplements:

*They entered the house and saw the child with his mother,
Mary, and they bowed down and worshiped him. Then they
opened their treasure chests and gave him gifts of gold,
frankincense, and myrrh. Matthew 2:11*

*Take of the best fruits in the land in your vessels,
and carry down the man a present, a little balm,
and a little honey, spices, and myrrh, nuts, and
almonds. Genesis 43:11*

Good Health Tips: Everyone can benefit from
supplements. Supplements promote
purification via detoxification, increase cell
function, improve ATP synthesis, and facilitate
the healing process. Avoid supermarket
vitamins as they are often made with coal tar.

Purify

*If you return to the Almighty, **you will be restored**—so clean up your life. Job 22:23*

Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die. Psalm 13:3

Jesus fasts for 40 days and 40 nights. Luke 4:1

Good Health Tips:

The benefits of purification are: Improved weight management, increased energy, less bloating, clearer skin, shinier hair, disappearance of past conditions.

Most purification plans include: vegetables, oil, spring water, fruit and lentils.

Eat Living Food:

Then God said, "Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food. Genesis 1:29

The land produced vegetation—all sorts of seed-bearing plants, and trees with seed-bearing fruit. Their seeds produced plants and trees of the same kind. And God saw that it was good. Genesis 1:12

But Daniel was determined not to defile himself by eating the food and wine given to them by the king.... "Please test us for ten days on a diet of vegetables and water," Daniel said. "At the end of the ten days, see how we look compared to the other young men who are eating the king's food. Then make your decision in light of what you see." The attendant agreed to Daniel's suggestion and tested them for ten days. At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men. Daniel 1:8-20

Good Health Tip: Living foods are harvested, sliced, sprouted, and squeezed. They are not packaged, processed, shelved, or full of additives.

Use Chiropractic Care:

As it happened, Publius's father was ill with fever and dysentery. Paul went in and prayed for him, and laying his hands on him, he healed him. Acts 28:8

Don't you realize that all of you together are the temple of God and that the Spirit of God lives in you? God will destroy anyone who destroys this temple. For God's temple is holy, and you are that temple. 1 Corinthians 3:16-17

Good Health Tips:

Chiropractic removes subluxations and interferences, so the body can move to a more balanced state of health.

Chiropractic attempts to get to the cause instead of treating just the symptom. It removes interferences in the body.

It is a wellness approach, not just a one-time treatment.

Exercise:

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified. 1Corinthians 9:24-27

Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come. 1 Timothy 4:8

"... let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us." Hebrews 12:1

Good Health Tips: It takes three weeks to make a habit. It must be something you enjoy! It can be accomplished in twenty to thirty minutes a day!