

What does the Bible have to say about him? "Also the pig... he shall be unclean to you; you shall not eat of his flesh nor touch his dead body. He shall be unclean to you." Leviticus 11: 7-8. Those who eat more meat, especially red meat, have higher rates of cancer and heart attack, the two leading causes of death on the planet. That's what the statistics say. So why would we let ourselves be overcome by this terrible disease? Why not overcome bad habits with the help of Jesus? God promised, "He who overcomes I will give him to eat from the tree of life, which is in the midst of God's paradise." Revelation 2: 7. Victory consists of obeying Him.

The angel, pointing to the Last-day Saints, gives us the way forward:

"Here is the patience of the saints; here are they that keep the commandments of God, and the faith of Jesus." Revelation 14:12. Would you like to be a winner and eat the fruit of the tree of life in heaven? That is the place where "God will wipe away all tears from their eyes; and there will be no death, no weeping, no crying, no pain; for the first things are passed away." Revelation 21: 4. God today invites you to a new lifestyle. For there "shall not enter into it anything that defiles, and commits an abomination and a lie, but only those who are written in the Lamb's book of life." Revelation 21:27. Therefore, whether you eat or drink or do anything else, do all to the glory of God." 1 Corinthians 10:31.

Want to learn more about walking in harmony with God's will and having access to the tree of life? Contact:



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## HEALTHY LIFESTYLE X CANCER: WHO WILL WIN THIS BATTLE?



Today we are frightened by the number of new diseases. It seems that a new disease arises every day. Does everyone wonder what the reason would be? Do we ever stop reading the manual of life? When we buy any equipment, it always comes with the manual, but almost nobody else reads it. And that has been the main reason for so many evils.

The human being has little knowledge about himself. Although science has advanced a lot, it usually focuses on treating disease, instead of causes. In how many consultations does

it occur that, besides asking to examine the cause and inform what to do not to get sick anymore.

Humanity has been sinking into evils such as Cancer, which ranks first among the world's most deadly diseases. A few years ago a lot has changed, but mainly the lifestyle of society.

With this, Cancer has gained alarming proportions. Fast food, physical inactivity, drugs, alcohol, meat (especially pork), depression, insomnia, among other things, have been considered the main causes of cancer.

And now? What should I do? How can I protect myself from these diseases then? The answer is in the manual of life.

The Bible, the manual of life, has the answers on what action to take. Let us see the desire of our Creator when He created humanity: "Beloved, I desire that you may be well in all things, and may you be well, as your soul shall be well." 3 John 1: 2. God's desire is still the same for us today. Therefore, since the time of the Garden of Eden, He has been guiding us on what we should do to enjoy a perfect and complete Health:

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“Beloved,  
I wish you well  
in all things, and may you  
be healthy, as well as  
your soul.”

3 John 1:2

## Work



“And the Lord God took the man, and set him in the Garden of Eden, to till and keep it." Genesis 2:15. Here God refers to the time when there was no sin yet. The work was not imposed as a post sin curse but as a blessing. Occupying the mind is one of the fundamental principles for good health. We also need to move our bodies. Walking, for example, is important. Avoid standing still, indulging in a sedentary lifestyle.

## Value the family



And the Lord God said, "It is not good that the man should be alone; I will make him a helper suitable for him."

Genesis 2:18. God cared about the family too. Loneliness is a feeling very bad and overwhelming, responsible for most cases of depression. But these days, it's easy enough to feel lonely even in a crowd. What's the cause? The children of this world marry and are given in marriage." Luke 20:34. How will there be fellowship if there is not even commitment? Many marry for beauty, others for money, etc. The Bible also presents a solution to this problem: "God causes the lonely to live in families; deliver them that are bound in fetters." Psalm 68: 6.

## Food



Poor diet, this is the greatest of all causes of cancer and disease. The human being has lost the habit of eating well. From the beginning, God directed us on this matter. "And God said, Behold, I have given unto you every herb that yielded seed, which is upon the face of all the

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"And God said, Behold,  
I have given unto you every  
herb that yielded seed, which is  
upon the face of all the earth; and  
every tree wherein fruit yielding seed.  
The will be for food for yourselves"

Genesis 1:29

earth; and every tree wherein fruit yielding seed. The will be for food for yourselves" Genesis 1:29. Vegetables, fruits, and seeds (nuts and cereals) are the ideal foods since the beginning of human history. Our Creator, when He created food, had in view the happiness of man. But man has decided to contradict God and has suffered the consequences. According to the American Society for Cancer's Research, processed meat found in products like hot dogs can increase the risk of colorectal cancer by 21%. People who eat two slices of bacon a day are 19% more likely to develop Pancreatic cancer. The finding is from Swedish scientists at the Karolinska Institute. And where do sausage and bacon come from? Of the pig.