



A More Excellent Way Part of the “Health According to the Scriptures” Series

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The health puzzle facing so many of us today can be solved with simple Scriptural answers; are you willing to search it out for your answers?

James 1:17 proclaims, “All that is good comes from Yahweh” (the name of Our Creator, often pronounced “Jehovah”, and commonly replaced in Bibles by the term LORD). It is a waste of time to look for someone who understands more about the human body and how to keep it functioning at its best than our own Maker. The Creator is our finest doctor, healer, and supplier. Everything we need comes from Him.

The keys to good health are:

1. Learn what Yahweh wants for you, and pray about it!
2. Take action, and live according to His instructions!
3. Enjoy all His blessings!

This straightforward plan means that we all have the capability to be healthy!

Everything and everyone has a purpose in life. To carry out that purpose, we must be healthy. Yahweh made our bodies with the amazing ability to overcome disease and discomfort. Now we must learn what the Scriptures say about health and healing to get back our good health that Yahweh promised. It is my prayer that this article will help you accomplish that.

How can people not be inspired and excited about reading the instruction Book of Life, the Bible, Our Creator’s very own guidelines on how we are to live a long life in health, peace, and joy?

After realizing how many years it had taken me to open *The Book* myself and read it for the first time, I well-understand the answer. Each of us has to be ready to explore the information firsthand for ourselves. Often it takes a dramatic near-death experience for someone to finally be willing to see what our Creator has to offer.

This naturally leads to a second thought, revealing a more common issue among “Bible Believing” Christians: reading Scripture, but not being willing to follow its commands.

Whether due to weak faith, lack of understanding, deception, or addiction to living certain lifestyles, many Believers today are not willing to entirely change their lives to go along with the instructions of the Scriptures, especially those found in the Torah, the first five books.

The sad fact is that we live in a world where the majority of people have little interest in learning and obeying Yahweh's Word. We have more people living today against the guidelines found in the instruction Book of Life than ever before. We are also in a time when there is more disease and sickness than ever before. It doesn't take a genius to figure out the connection.

The closer our relationship is with Yahweh, the more we will identify and understand what He desires for us. He does not want us to be sick, and He never wanted us to suffer with disease. He wants us to love Him and understand that He created us, and He can keep us healthy.

Yahweh ordered us to observe all these laws, to fear Yahweh our Creator, always for our own good, so that He might keep us alive, as we are today. It will be righteousness for us if we are careful to obey all these instructions before Yahweh our Creator, just as He ordered us to do. Deuteronomy 6:24-25

Deuteronomy 4:1 tells us we are to *listen and obey, so we may live!* All of Scripture has this same message. We are not instructed to do any more or any less than **study, obey, and believe!** Yahweh will take care of everything else, showering us with many blessings if we just do those three things.

We all need to realize that we are going to die one day, and we can assure our eternal salvation only by the blood of our Messiah Y'shua (commonly called Jesus). However, if you want to live a long, healthy, joyful life....then you must face the fact that it's by keeping Torah (Yahweh's instructions and guidelines) that we are blessed with great health and joy while in our physical, earthly body.

I see countless people in the health field searching for other ways to attain great health, but there is no philosophy or methodology that has the power of Yahweh. History speaks for itself. Praise Yahweh that we can follow Him if we choose. No food, doctor, special diet, or exercise is going to give us the protection and blessings that He provides.

I completely understand our natural urge to rely on numerous systems of healing. However, few of these are from Yahweh, and if you want to be healthy and enjoy our Creator's awesome power, you must detach from putting your faith in things that are not from Him.

Deuteronomy 5:8-9 warns us that we must not have any idols in our lives or bow down and worship any other gods. If we do these things, not only will we suffer, but our future generations will also suffer. He lavishes His unfailing love on those who love Him and obey His commands for thousands of generations, but He does not hesitate to punish and destroy those who reject Him (Deut. 7: 9-11).

Yahweh loves those who love and obey Him and only Him! (Deut 5:10). If you obey, you will *enjoy* a long life (Deut. 6:2). That word 'enjoy' is so powerful and makes all the difference. What good is a long life if there is no joy? Yahweh is the one true Creator in both Heaven and Earth, and there is no other! If you obey His decrees and commands, all will be well with you and your children, and you will enjoy a long life (Deut. 4:39-40).

People ask me which part of my ministry, teaching the Bible or teaching Health, is the most challenging.

My simple answer is, “It’s much easier to change a man’s religion, than to change a man’s diet!”

If you are not yet looking to the Almighty and His instructions for your health, then I am here to assure you...

There is a More Excellent Way!



Paul Nison is a Raw Food Health Author and International Lecturer, who’s known as “The Health Watchman”.

At age 20, Paul was diagnosed with inflammatory bowel disease (also know as Crohn’s disease and ulcerative colitis), a deadly affliction. His search for a cure began with medical doctors, but they didn’t have the answers he needed. After trying almost every so-called cure to overcome his pain and suffering, Paul finally discovered the benefits of eating more simply. This revelation caused Paul to continue to search for an answer, and he was led to read the Bible. When he saw that it clearly said we should not be controlled by the people of the world, but rather to follow the commands of the Almighty, everything made perfect sense.

Paul’s life is now dedicated to studying and living according to the Scriptures and to developing his relationship with The Most High. It is Paul’s prayer to help as many people as possible to see the amazing health message of the Scriptures, and to help them get to know and understand their Creator. According to Paul, the Scriptures comprise the greatest book on health ever written.

Paul has written many books, himself, including *The Raw Life*, *Health According to the Scriptures*, and *The Daylight Diet*; and has been featured on The Food Network, in several magazines and newspapers around the world, and is a regular guest on God’s Learning Channel. He travels the world giving lectures on raw food nutrition and preparation, of course always with a Biblical worldview, to show people how easy and fun the raw life can be.

If Paul shakes up your world a little bit by pointing out that you’ve been eating in a non-Biblical way, or by showing you that you’ve been interpreting certain Scriptures completely backwards, please try to count it all joy, instead of getting offended. Just like all of our BHtv experts, Paul is not here to judge you, but to help you get out of Babylon. Please receive his words in that Spirit.

If you would like to contact Paul, please do so through his website: www.HealthWatchman.com