

It's better to stay healthy than to have to be healed.



REMEMBER, AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE. A fence at the top of the cliff is better than a hospital at the bottom. The best way to prevent illness is to obey God's natural laws: Live right, eat right, work right, play right, rest right, love right, and maintain a right relationship with Him.

You cannot violate God's health rules or abuse your body and expect to be healthy, because God made you with built-in self-destruct mechanisms to punish you if you do. It's not that God enjoys punishing you or seeing you suffer. To the contrary, He made His health rules because He loves you and wants to protect you from harm. The rules are to help you be happier and get more out of life by making sure you do what you can to keep yourself healthy and whole. It's a case of, "If you know these things, blessed are you if you do them" (John 13:17 KJV).

God created you, and He knows what is best for you. So work on the ounce of prevention now, rather than worrying about the pound of cure later. Take care of God's creation by following His commonsense rules, and God will bless you with good health.