

# The 5 pillars of health

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## Be healthy – 5 fundamental principles

“My people are destroyed for a lack of knowledge” (Hosea 4:6). You can keep on being unhealthy, tired and have an early death with cancer, heart attack or all the sicknesses of our ignorant society or you can gain God’s wisdom and have a long and healthy life.

Understand the following:

- 1) 90% of all the sicknesses in today’s western world are **caused by our complete IGNORANCE** of the most elementary principles on health (in other words, most sicknesses like cancers and heart problems, which make up most deaths today, are completely avoidable!)
- 2) It is **God’s will for all to be healed and remain healthy!** The Bible has many principles about health.
- 3) **Health is NOT limited to 1 or 2 areas.** Like money or many other areas of life, health is made up of many different factors which are all important and should all be kept in balance with each other. The 5 following principles are ALL EQUALLY important:

Over two thirds of Christians die from heart diseases and cancer. This is a tragedy because this could be totally avoided if they had knowledge and discipline!

## **1. Do regular physical exercise!**



- If possible, choose a sport that combines the agreeable with the useful (walking/running with the dogs, gardening, repairing house, farming, sports with friends etc....)
- Preferably do all your sport in nature with fresh air and sun, avoid closed rooms/gyms as there are all kinds of bacteria and little oxygen in them. Fishing, hunting, hiking is great for this!
- Do not exaggerate, avoid extremes that will have negative consequences in the future, and therefore know your limits! In other words, listen to your body and have rests if needed! It is better to have some exercise very regularly, even if it is not a whole lot, than to have a lot at irregular times.
- Whatever sport you choose, it should always include **a mixture of muscle strength, cardio and stretching (you absolutely must have those three components, and not just one of them or you will end up having problems on the long run! To have some strength in your muscles, a good flexibility, a strong heart and resistant lungs are the keys to a long life!)**

## **2. Eat healthy food!**

First problem: do you know which food is good and which one is bad?

“Their end is destruction; their god is their belly” (Philippians 3:19)

“My people are destroyed from lack of knowledge” (Hosea 4:6)

Second problem: do you have the discipline to buy and eat only the right food? Where and how do you shop? “Therefore, anyone who knows what is right, but fails to do it is guilty of sin.” (James 4:17)

Third problem: Do you control your body or does your body control you?

“But I discipline my body and bring it under my control” (1 Corinthians 9:27)

**The real issue is not overweight, but a dysfunctional metabolism created by bad food!**

- Avoid ALL bad food (Food that is processed and most canned food (the exception is the home-made food with tomatoes, pickles, sauerkraut, etc....) This means avoid most food from boxes, food that is packed, that has additives, preservatives, flavors, colorants, sweeteners, hydrogenated oils, and anything high in sugar! Educate yourself, examine everything you eat because there is a LOT of junk being sold today! Most food that is sold in stores today is not healthy, and some is even dangerous and will make you sick. Eat products from your own garden or from people in the countryside whom you trust so that you can be sure what you eat.



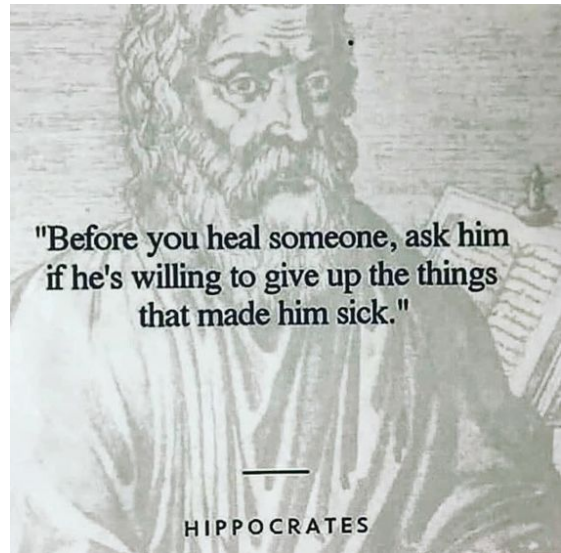
- Eat very rarely animals that the Bible designs as “impure” (not Kosher) It is well proven that pork contains many parasites, bacteria, viruses and toxins. Shellfish—shrimp, crabs, lobsters, etc....clean the polluted bottoms of seas by eating dead and decaying matter of our environment.
- Avoid all soft drinks, particularly those that have a lot of sugar. Drink only 1 to 2 glasses of fruit juices or smoothies a day as they have a lot of sugar as well (even if it is “good sugar”). If you absolutely must drink Coca-Cola or similar drinks let it be on very rare exceptions.
- Always use a very good filter for water or else you will slowly get sick with what polluted waters and old plumbing systems bring (to boil water it is not enough!)
- Avoid anything that has more than 15% alcohol, drink only wine that is of good quality, possibly self-made and organic as that does not contain sulfates. Drink never more than half a glass of day.
- Eat a lot of whole, organic vegetables that are preferably in season.
- Keep the following balance 60% alkaline products and 40% acid. If you need to restore health, take 80% alkaline - 20% acid (Generally alkaline are most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, seeds and nuts. Generally acid: meat, fish, poultry, eggs, grains and legumes).

We all agree that taking drugs and too much alcohol is the work of the devil.

Why then do we not see Satan in unhealthy foods?

Churches teach that smoking is bad. Why do they not teach that eating the wrong food is bad?

- Eat at least every day half an apple and a few fresh fruits. Preferably eat them with your morning porridge or muesli. Buy those fruits from the same farmer or grandma whom you know at the market.
- Eat a lot of organic whole grains of high quality as well as buckwheat or oatmeal porridges.
- Make your own bread. Invest in a bread machine as you will eventually save money and be healthier. Never ever eat any white bread as it is full of additives that will produce acidity and health problems on the long run. Avoid by all means anything that is made with white refined flower as it has no value and sometimes it even has harmful additives. If you buy brown bread, make sure that it has no chemicals in it, which is very often the case.
- Eat only maximum 15-20% of meat so you have 80% of vegetables and grains. To have meat every day is not good! Ideally have meat only 2 days a week maximum or at least have meals that contain only a proportion of 20% meat and 80% of the rest.
- Eat only the meat, fish and poultry of which you know the origin, possibly from a farmer whom you know he is not giving bad stuff to his animals.
- Eat preferably meat like chicken, beef, lamb or goat and if possible, avoid pork and certainly all processed meat.
- Choose preferably meat that was slaughtered in the Jewish (Shechita) or Muslim way (Halal) as a quick death and immediately draining blood is healthier.
- Eat little dairy products and very little sugar.
- Eat plenty of olive oil and other healthy fats oils (but only cold pressed).
- According to your specific needs, add everyday a lot of very good quality vitamins, minerals, antioxidants, omega 3, enzymes and natural supplements like wheat germs, oils of all kinds like fish, olive, flaxseed, etc.... (but cold pressed only!), all honey products, probiotics, nuts and seeds.



**More than three quarters of the farmland on our planet is used for meat consumption!**

**If ate less meat, we would drastically reduce environmental harm!**

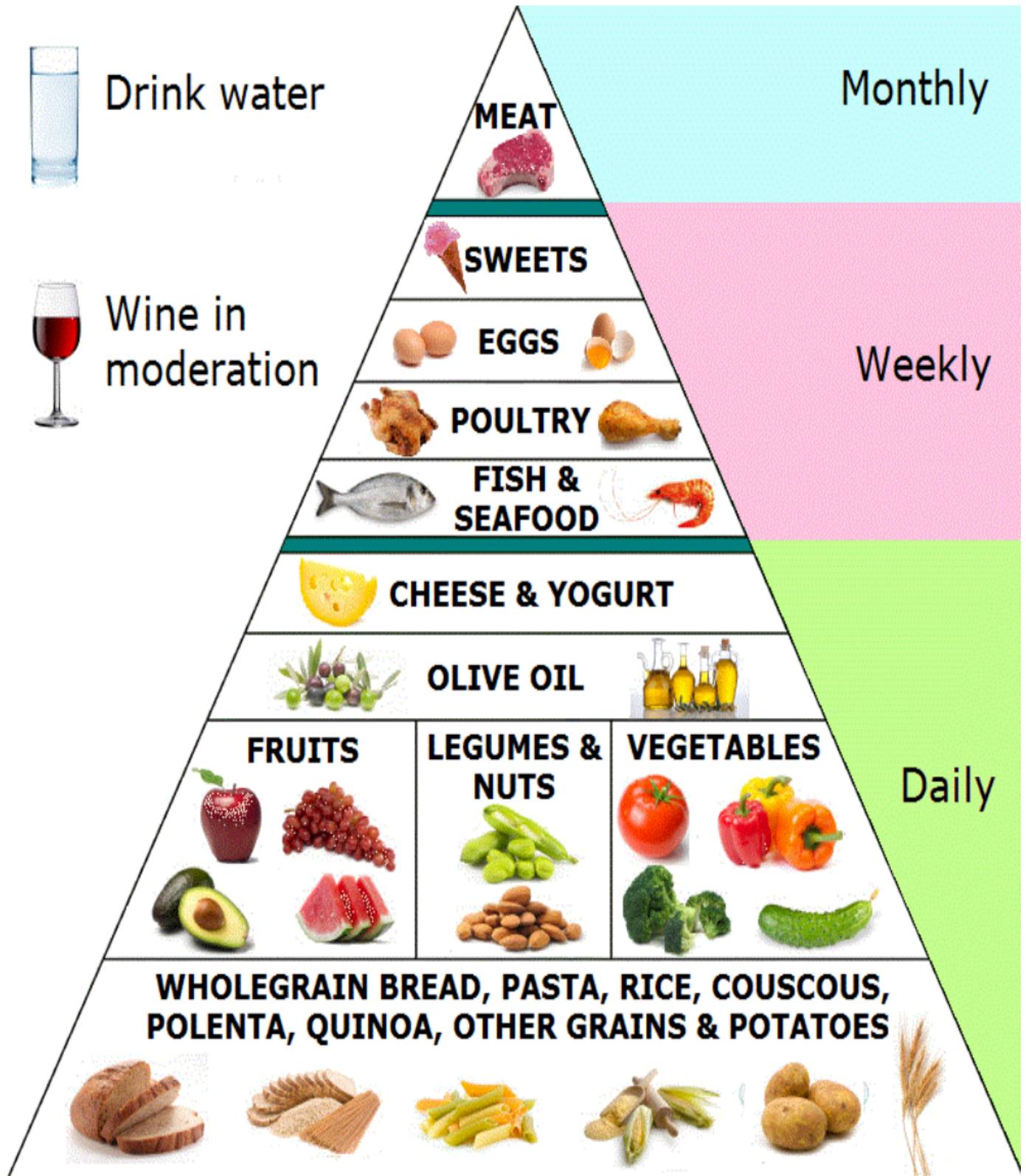
Use all kinds of medical and culinary herbs (Echinacea, thyme, turmeric...) algae (spirulina...) roots (ginger, ginseng...) teas (green, herbal teas...) etc.... Use them in every possible form, (infusion, decoctions, tinctures, etc....) not only to heal diseases, but to prevent them.



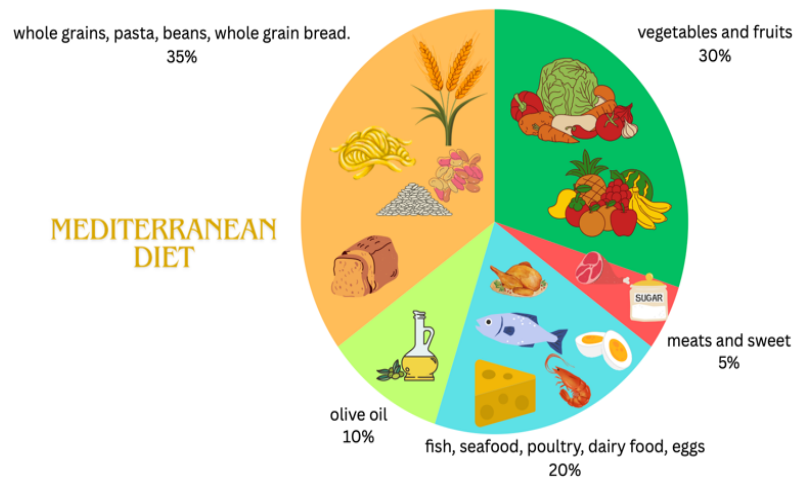
- Never ever cook any food over 50C as it kills all vitamins and minerals! (Except of course for meat and a few vegetables like potatoes, beets, etc....). Always cook everything slowly at a low temperature, for instance by using a slow cooker. Never steam (as it is 100C!), never use microwave or Teflon, but instead use cookware material like surgical stainless steel, crock pot (ceramic), clay (e.g., Romertopf), glass or enamel. Get rid of cooking hardware that is old and of bad quality, as it will bring you serious problems on the long run.
- Have at least 30% of raw food in your overall diet (lots of salads and fruits). In the summer when much is available, try to have even far more raw food. The less you cook what you can eat fresh, the better. For instance, a raw carrot contains far more vitamins and minerals than a cooked carrot!
- Be always a little bit hungry for a meal, eat slowly, and never overeat. Eat more in the morning, less in the evening.
- It will cost you less on the long-term if you eat moderately and only good quality food than a lot of bad food with many hospital bills! Eating healthy is actually far less expensive than we think!
- “Poor” food (porridge, potatoes, honey, self-made bread, etc....) is often healthier than rich and refined food. The Bible says that “Daniel made up his mind not to harm himself by eating the king's rich food ... after ten days they looked healthier and stronger than the young men who had been eating the king's rich food.” (Daniel 1:8, 15)
- Always thoroughly clean all your food, as it is covered with all kinds of germs and pesticides! Not just with water, but with spraying or immersing in water mixed with either vinegar, lemon juice, baking soda, etc....
- To have the right proportions of food is just as important as the kind of food you take! (For instance, you can have meat or dairy products of excellent quality, but if you take too much of them you will end up having health problems!)

This food pyramid indicates the proportions of food we should have:

This pyramid is the model food that Jesus ate (the “Mediterranean diet”):



- A huge amount of organic, whole and diverse vegetables, fresh and dry fruits
- A lot of organic, whole grains (high quality), and lots of high fiber bread (no GMO!)
- Little fish, poultry, lamb or goat (with no blood and little fat) and very little beef
- Some dairy products on special occasions
- Wine, olive oil and a few other healthy fats oils (cold pressed) present in every meal
- NO "IMPURE" FOOD (pork, etc....)



### **3. Do regular fasting and cleanses!**

- These are fasts you should regularly practice. These are the minimum of course, you can always do more, but avoid doing this while you have a hard physical work at the same time (By fasting we mean not food at all and only drinking very pure water):

- **1 day every week (either 12 or 24 hours)**
- **2-3 days every month**
- **1-3 weeks every year**
- **40 days at least once a life**

Thousands of churches today like to preach about healing. Where are the ones that teach about being healthy?

- Do a fasting where you drink only juices from fruits and vegetables and nothing else (Use only organic fruits and veggies that detoxify your body, and which are freshly pressed with a juicer). Have a glass of fruit juice in the morning, and one glass of vegetable juice in the afternoon.
- Do special cleanses that detoxify your body with specific juices, like lemon, pure water with some apple cider vinegar, herbal teas, mixtures of detoxifying elements like ginger, turmeric, etc....) There is enough info on the internet.
- Do cleanses that eliminate harmful stuff in your body (toxicants, metals, additives, etc....each problem has its appropriate ingredients). In this regard, avoid using creams, shampoos, and deodorants, etc.... that are not natural, so that chemicals will not penetrate into your bodies. And in the same way, use a filter on your shower to avoid chlorine, fluoride, lead and a host of

other terrible chemicals to do the same! (Over 30% of the shower water gets into your body through the skin)

- Do cleanses every 3-5 years to completely cleanse your intestinal tract (as it is the solution to obesity and many other health issues (the best cleanses are with psyllium husk (not seeds, husk, all info is on the internet))
- Regularly clean your hands + nails and your gum (with water floss)
- Avoid overheated rooms and always sleep with fresh and cold air

**The power of purifying our bodies is so amazing that even a total fast of 40 days has sometimes completely healed incurable diseases like diabetes or cancer!**

#### **4. Have regular rest and therapies, as much as possible in nature!**

- Respect the Sabbaths! Organize and purposely force yourself to take rests! (One day a week, vacations, spontaneous rests, a major rest every few years)
- Do a lot of relaxation or hobbies in nature. Do your best to get a lot of sun, fresh air and enjoy the creation. If needed, move out to live in nature as a bad environment will affect your health! Avoid exposures to negative electromagnetic waves of all kinds, cell phone towers, phones near your body, routers off for the night, etc....
- Have various therapies with water, oils, music, magnetism, etc...
- Have regularly Russian or Turkish bath, sauna, Jacuzzi, etc....If you use infrared sauna, which are safe and reach deeper into the tissues, use ones that have the lowest electric and magnetic field radiation (EMF).
- Swim in all kinds of waters (you could even become a regular ice swimmer☺, cold water is excellent for many things).
- Respect the sleep cycle (find your own exact cycle, sleep early and rise early, always go to bed and get up at the exact same times, have “power naps” of no more than 20 minutes during the day, have your own rituals before sleep with stretching, relaxing, not taking sugar/alcohol before bed).



- Have a back massage at least every year. Hours of incorrect sitting (computer) have deformed our backs. In turn this affects our hips, feet, shoulders and neck, and even creates headaches and intestinal problems!
- Have this kind of thorough manual massage that “elongates” and puts all your nerves back in place. (Not the gentle massage, but the one that fixes things!) Even all spine deformations can be fixed this way if they are treated early enough!
- Repeat this at least every 6 to 10 months for the rest of your life! Your spine needs this kind of check-up and maintenance just like your teeth need this regularly. If you wait until you hurt, it may be too late.

**Unhealthy living  
is like sin: it  
never feels bad  
until it hurts us**

### **5. Have a positive and spiritual attitude!**

- Your thoughts have a HUGE influence on your health, therefore:
- “Never worry about anything. But in every situation let God know what you need are with prayers, requests and thanksgivings. Then God's peace, which goes beyond anything we can imagine, will guard your thoughts and emotions through Christ Jesus “(Philippians 4:6-7)
- Think positive about yourself and others!
- Have clear purposes for your life!
- Bible meditation, worship and much prayer!
- Believe that God wants you to be healthy.
- Rejoice and have much fun (Proverbs 17:22 “a cheerful heart is good medicine”)
- Belong to an interest group – friends who positively influence you (church, sport, ...)
- Have healthy relationships (1 Corinthians 11:30 = bad ones make us sick! (=psychosomatic))
- Never keep resentments – Always forgive!!!



**A healthy life must have ALL those 5 elements in balance:**

1. **Exercise** every day but reasonably in nature. Must always have those 3 elements:
  - Cardio
  - Muscles strengthening
  - Stretching, flexibility
2. **Eat** real food, possibly organic and kosher, correctly cooked + supplements and multivitamins of high quality
  - Avoid packaged, processed, artificial, chemical-filled food and overeating.
  - Respect the proportions of:
    - Food groups (very little sweets, little meat, some dairy products, more fish, oils, and nuts, but a lot of cereals, vegetables and fruits)
    - Acid/Alkaline balance
    - Cooked/Raw (at least 30% raw)
3. **Detoxify** your body with monthly and weekly regular fasting +cleanses and good hygiene. Avoid polluted environment, radio waves...live in eco-friendly houses as close to nature as possible.
4. **Rest** regularly + therapies (sauna, massages, etc....) with the maximum exposure to fresh air, sun, and natural elements.
5. **Positive attitude** and have excellent relationship with others and God.

The perfect balance implies that

**However healthy you eat = you must also purify your body.**

**If you exercise regularly = you must rest as well.**

**And a positive mindset keeps everything together.**



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