

STRENGTHEN YOUR RESISTANCE TO COVID-19 & ALL DISEASES - Part 2

Many times in the Spirit of Prophecy the words, “eating, drinking, and dressing” are used together in a variety of contexts. It is an interesting combination! Here are two examples:

“God desires suffering human beings to be taught how to avoid sickness by the practice of correct habits of eating, drinking, and dressing.” CDF 221

“Faithful adherence to right principles in eating, drinking, and dressing is a duty that God has laid upon human beings.” {Ev 261.1}

HOW WE DRESS AFFECTS OUR HEALTH

“Satan invented the fashions which leave the limbs exposed, chilling back the life current from its original course.” 2T 532

The limbs include arms and legs. The life current is our blood.

“The limbs were not formed by our Creator to endure exposure, as was the face. The Lord provided the face with an immense circulation, because it must be exposed. He provided, also, large veins and nerves for the limbs and feet, to contain a large amount of the current of human life, that the limbs might be uniformly as warm as the body. They should be so thoroughly clothed as to induce the blood to the extremities.” 2T 532

“Special attention should be given to the extremities, that they may be as thoroughly clothed as the chest and the region over the heart, where is the greatest amount of heat. Parents who dress their children with the extremities naked, or nearly so, are sacrificing the health and lives of their children to fashion. If these parts are not so warm as the body, the circulation is not equalized. When the extremities, which are remote from the vital organs, are not properly clad, the blood is driven to the head, causing headache or nosebleed; or there is a sense of fullness about the chest, producing cough or palpitation of the heart, on account of too much blood in that locality; or the stomach has too much blood, causing indigestion.” {CG 426.2}

“...they go from the heated room out of doors with their limbs and feet seldom better protected from the cold than while remaining in a close warm room. The air soon chills their limbs and feet, and prepares the way for disease.” {2SM 471.1}

“Tight bands or waists hinder the action of the heart and lungs, and should be avoided. No part of the body should at any time be made uncomfortable by clothing that compresses any organ or restricts its freedom of movement.... In some countries the custom of leaving bare the shoulders and limbs of little children still prevails. This custom cannot be too severely condemned. The limbs being remote from the center of circulation, demand greater protection than the other parts of the body. The arteries that convey the blood to the extremities are large, providing for a sufficient quantity of blood to afford warmth and nutrition. But when the limbs are left unprotected or are insufficiently clad, the arteries and veins become contracted, the sensitive portions of the body are chilled, and the circulation of the blood hindered.” MH 382

“The extremities are chilled, and the heart has thrown upon it double labor, to force the blood into these chilled extremities, and when the blood has performed its circuit through the body, and returned to the heart, it is not the same vigorous warm current which left it. It has been chilled in its passage through the limbs. The heart, weakened by too great labor, and poor circulation of poor blood, is then compelled to still greater exertion, to throw the blood to the extremities which are never as healthfully warm as other parts of the body. The heart fails in its efforts, and the limbs become habitually cold; and the blood, which is chilled away from the extremities, is thrown back upon

the lungs and brain, and inflammation and congestion of the lungs or the brain is the result. “ {2SM 469.3}

“Another great cause of mortality among infants and youth, is the custom of leaving their arms and shoulders naked. This fashion cannot be too severely censured. It has cost the life of thousands. The air, bathing the arms and limbs, and circulating about the armpits, chills these sensitive portions of the body, so near the vitals, and hinders the healthy circulation of the blood, and induces disease, especially of the lungs and brain.” 2SM 467

In these SOP statements and others E. G. White mentions the following conditions that can be caused by unhealthful dressing: shortness of breath, headaches, nosebleed, fullness about the chest producing palpitation of the heart, irritation and restlessness, indigestion, nerves and veins become contracted, bad circulation, double labor upon the heart, heart fails, weakened heart - by double labor and poor circulation, inflammation and congestion of the lungs or of the brain, constant cold, pale and dwarfed, catarrh, influenza, croup, scrofula swellings on the face and neck (scrofula is a tuberculous condition of the lymphatic glands), displacements (body organs and curvature of the spine) deformities, cancers, terrible diseases, miscarriages, life-long invalid, premature death.

We can conclude, then, that the health of body and mind are inseparably connected with the way we dress. We may bring upon ourselves premature death by violating the laws of health relative to dress, therefore breaking the 6th commandment.

The late Agatha Thrash, MD of Uchee Pines, Alabama left us with some very helpful and practical advice along these lines.

“Wearing long sleeves both summer and winter prevents the ‘alarm reaction’ of the adrenals that causes a vigorous adjustment in the nervous system and the cessation of extreme overheating if even a light sleeve is worn. The reaction is paradoxically characterized by an intolerance to covering the arms. It is an adaptation response of the nervous system to the stress of chilling.”

“Protect the skin from direct rays of the sun by loose clothing of cotton material that fully covers the arms and the legs. In countries where the weather is very hot, clothing is loose fitting and covers the body well.”

“Exposure causes a sudden discharge of fat from synovial villi with edema and petechial hemorrhages. Occasionally an arthritis of nonspecific appearance may occur in rats chronically exposed to cold. Other stresses have been noted to cause similar results: barbiturates, infections, toxins.”

“Gout attacks can be precipitated by chilling, infection, or foreign protein.”

“Most women are entirely innocent of knowledge on how to properly clothe the extremities. Nylon and many other synthetics are satisfactory for top clothing or over-clothing, but are entirely unsuited for protective dress or underclothing. Synthetics generally offer very little protection from chilling, yet in warm weather, they cling to moisture and trap body heat.”

“Warm underclothing and footwear are the secret to keeping warm in cool weather. Increasing the number of layers of a substantial fabric until the effects of the weather are no longer felt will be effective in bringing warmth to the skin. This principle is poorly understood by most women, who do not understand why their feet are habitually cold. The feet are essentially naked. Gossamer hosiery and thin soled shoes are scanty protection against morbid chilling. Hot foot baths are necessary to bring the temperature up to normal levels.”

“What is required is several layers of quite warm material, perhaps bulky, covered by substantial shoes and warm basic garments (dress, etc.). The underclothing and hose should be warm enough to give adequate protection against chilling, almost unaided by top clothing. Then the basic dress, top and over-clothes are not the major protectors

from chilling.”

In summary, the body needs to be evenly clothed. This means that vests and jumpers, or any clothing without sleeves, is very unhealthful. The torso is not to have more clothing than the limbs. Clothing should not fit tightly. Natural fabrics such as cotton, wool, silk, linen, etc., are the most healthful and comfortable because they allow your skin to breath, absorb toxins expelled through sweat, and keep you cool in summer and warm in winter. Synthetic fabric next to the skin is like suffocating your skin in a plastic bag. It also makes you feel hot in summer and cold in winter.

Much of this article has been taken from the chapter “Dressing from Principle (Health)” in the book, “Thy Nakedness - Lord, What Shall I Wear?” by Gwen and Rick Shorter. This is an outstanding book and highly recommended.

May the Lord bless you with improved health and protection as you align your dress with His wonderful and loving instructions to us. Our body temples need to be cared for appropriately, especially in these last days.