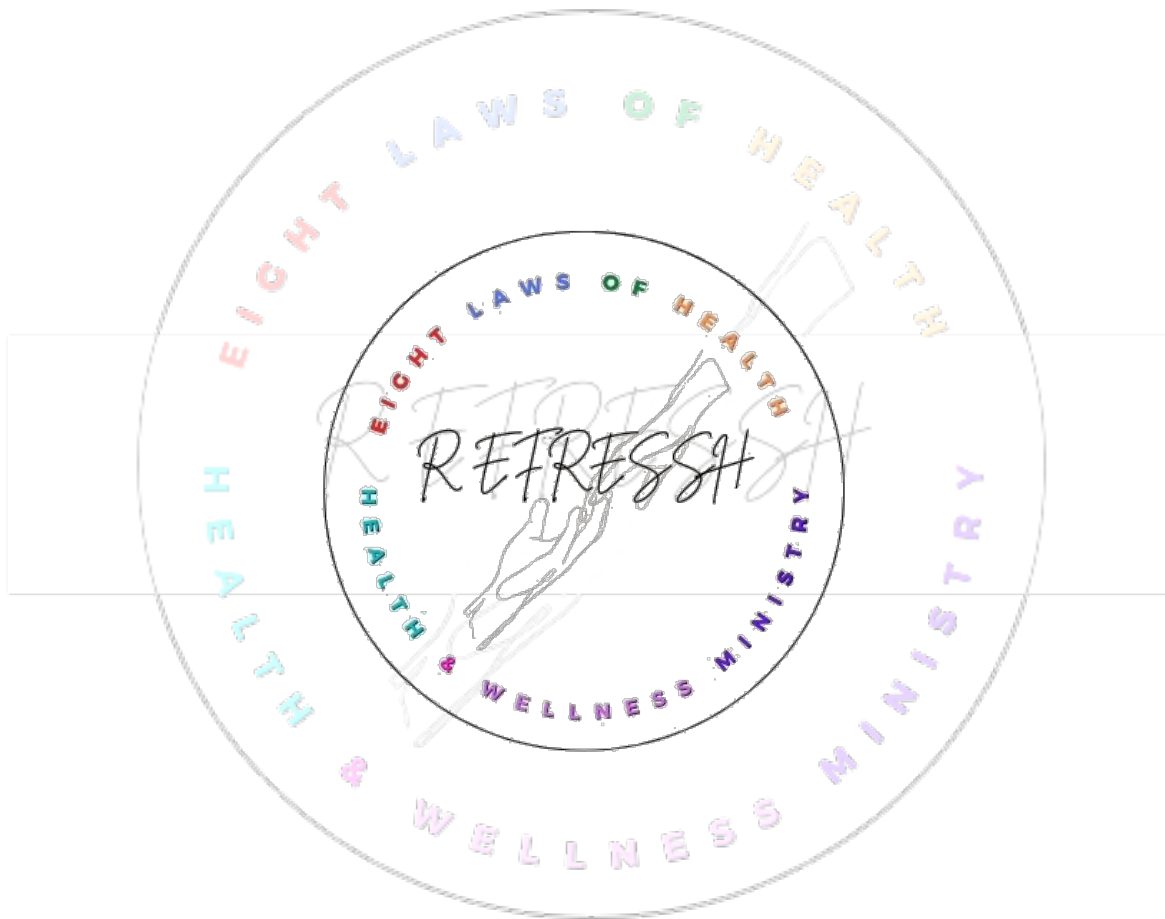


Truro Session 3: Renewing Your Mind & Body: Embracing Change Through the 8 Laws of Health

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MAIN TOPICS

- Why Mindset Matters
- Understanding the Mind-Body Connection
- Shifting Mindset for Success
- Universal and Familiar Laws
- The 8 Laws of Health
- Key Takeaways

Preparing Your Mind and Body for Transformation

Why Mindset Matters?

Romans 12:1-2 (KJV):

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

The Foundation of Healing Starts in the Mind

- Your Mindset shapes your health and transformation
- There is a vital connection between thoughts, emotions and physical health
- A strong foundation will help you stay committed to lifestyle changes

The Mind Shapes Your Reality

- The brain cannot always distinguish between real and imagine experiences
- When you think positively about your health and progress, your body reacts as if its already happening

The Stress-Illness Connection

- **Chronic stress** and **negative** thinking increase cortisol, which can lead to inflammation, weakened immunity and weight gain.

- Researchers estimate that stress is significant in **80%** of all major illnesses, including cancer, back problems, endocrine, cardiovascular, peptic ulcers, asthma, skin and infectious diseases.
- A positive mindset reduces stress, supporting hormonal balance, digestion and cellular repair

Thoughts Influence Habits & Actions

- A fixed mindset (“I can’t do this”) leads to failure, while a growth mindset (“I am learning”) encourages persistence.
- Self-talk impacts behavior - negative thoughts lead to self-sabotage, while positive affirmations improve follow-through.

Emotional Detox & Inner Peace

- **Holding** onto past hurt, resentment or guilt can weigh you down emotionally and physically.
- True **peace** comes from within - daily practices like prayer, deep breathing or quiet reflection help calm the mind and body.
- **Letting go** of what and who you cannot control allows for emotional balance & clarity

Shifting Mindset for Success

Rewiring Your Thoughts for Transformation

Identify Limiting Beliefs

- Our thoughts shape our actions. If you believe, “I can’t adopt a healthy lifestyle,” your actions will reflect that belief.
- Limiting beliefs often come from past experience, fear of failure or self-doubt.

Reframe Your Thoughts

- Instead of saying, “I always fail at doing new things,” shift to “I am learning how to nourish my body and mind in a way that works for me.”
- Changing your internal dialogue helps build confidence and motivation.

“I am investing in myself, my health and my well being.” “I am prioritizing me.”

Daily Affirmations & Gratitude

- Speaking positive words over your life rewires your brain for success.
 - “I am making choices that nourish my body and soul and bring me closer to my healthiest self.”
- Gratitude shifts focus from what’s lacking to what is abundant, reducing stress and promoting emotional well-being.

UNIVERSAL AND FAMILIAR LAWS

Laws: Principles that Govern Change & Health

- **Laws** exist all around us, from the natural forces that shape our world to the legal systems that govern our societies.
- **Understanding** these laws can help us navigate transformation and well-being, both in our health and in life.

Universal Laws: Principles of Life & Transformation

There are several **universal laws** that govern our lives, influencing not only our health but our experiences in the world. Some of these laws include:

- **Law of Divine Oneness:** Everything is connected, from our bodies to the universe around us.
- **Law of Vibration:** Everything is in constant motion—our thoughts, actions, and energy all have a frequency.

- **Law of Cause & Effect:** Every action has a consequence, both in our personal lives and in our health.
- **Law of Attraction:** Like attracts like—our mindset, emotions, and energy attract similar results.
- **Law of Polarity:** Everything has an opposite, and balancing opposites helps us grow and heal.
- **Law of Rhythm:** Everything moves in cycles, much like the circadian rhythms of our bodies—sleep, digestion, and more.
- **Law of Compensation:** What we sow is what we reap, especially when it comes to our health choices.
- **Law of Inspired Action:** Action creates results, and the inspired steps we take in health lead to transformation.

Familiar Laws: Legal Principles in Society

In addition to universal laws, there are various **familiar laws** that govern how societies function and ensure order and fairness. These laws guide our behavior, protect our rights, and help maintain harmony. Some of these familiar laws include:

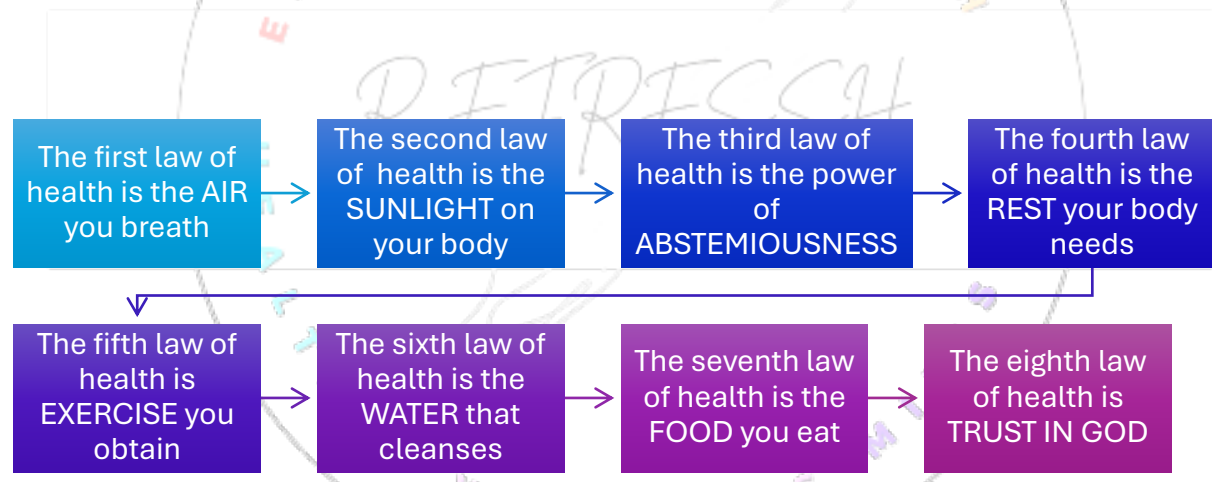
- **Biblical Laws:** Laws found in religious texts that form the moral and spiritual basis for legal systems and guide ethical behavior.
- **Common Law:** Principles and rules of action based on legal precedents, shaping government and the security of individuals and property.
- **Constitutional Law:** The contract between the people and their government, ensuring rights and liberties for all citizens.
- **Statutes or Public Laws:** Laws passed by governments to regulate public behavior, ensuring safety, fairness, and justice.
- **Implementing Regulations:** Rules that accompany each public law, guiding its practical application and enforcement.
- **Case Law:** Legal interpretations and rulings made by judges and juries, providing clarity and precedent for future cases.

8 FUNDAMENTAL AND POWERFUL LAWS OF HEALTH

The Interconnection Between Universal Laws & the 8 Laws of Health

The 8 Laws of Health are timeless principles that govern well-being, balance, and vitality. They are deeply rooted in the understanding that health is not just physical, but also mental, emotional, and spiritual.

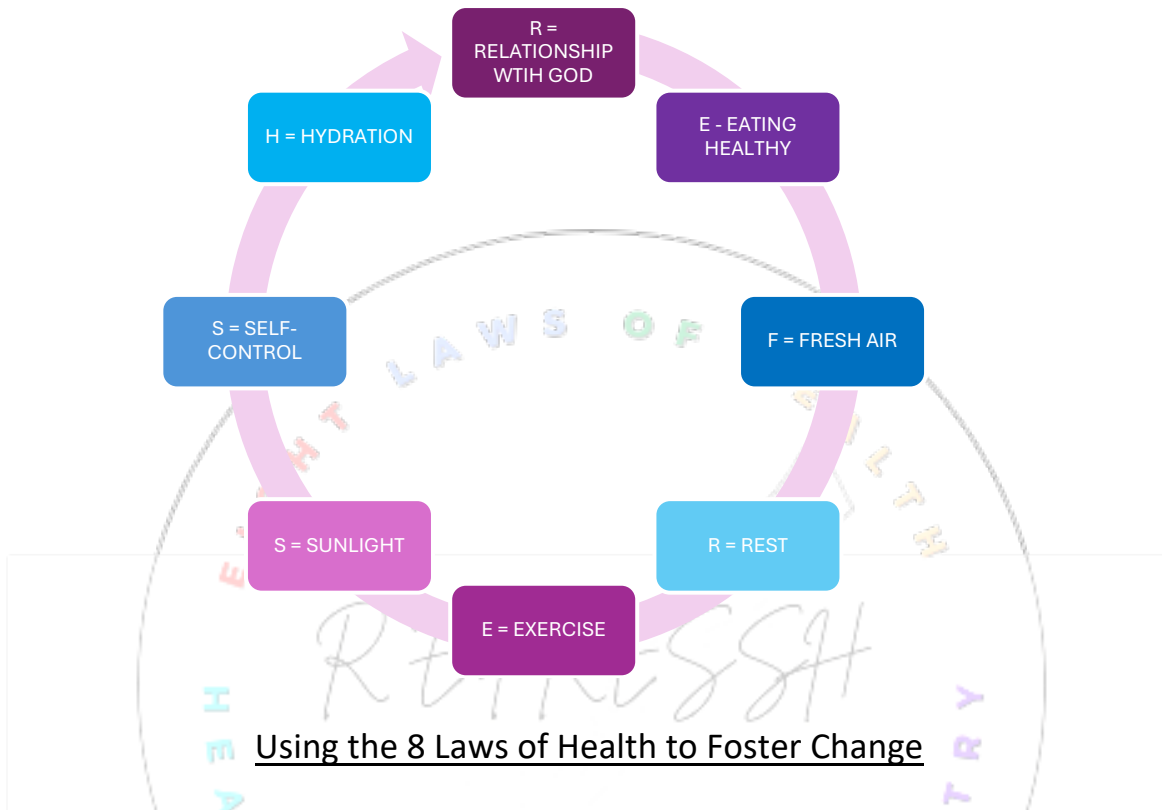
- **Divine Origin:** The 8 Laws of Health can be seen as part of the divine wisdom that governs creation, reflecting God's intention for holistic well-being.
- **Natural Order:** These laws reflect the natural order of life and the body's design, emphasizing that when we follow these principles, we align ourselves with God's plan for our lives.



Connecting the 8 Laws of Health with Universal and Familiar Laws

- The 8 Laws of Health are closely **intertwined** with the universal laws that govern all aspects of life.
- They offer a **framework** to maintain balance and harmony within our physical bodies and our lives.
- Just as familiar laws guide societal behavior and maintain order, the 8 Laws of Health provide a framework for **maintaining health** and **order** within the body.

- These 8 laws of health are **universal**, affecting us all, regardless of culture or background, and help us navigate the challenges of life and health.



- The 8 Laws of Health are **not only** principles for **maintaining health**—they are also tools for **transformation**.
- By **aligning** with these laws, we can initiate powerful change in our lives, both physically and spiritually, creating lasting positive effects in our health
- Each **law** helps us shift our **lifestyle, mindset, and daily habits** in a way that supports holistic health.
- By **adhering** to the 8 Laws, we **actively** contribute to our **transformation**, just as the universal and familiar laws guide larger systems of change.

- When we **understand** and **apply** the 8 Laws of Health, we connect our physical health to our emotional, mental, and spiritual well-being.
- This **holistic** approach brings about **profound change** and **healing**, setting the foundation for lasting wellness.

RELATIONSHIP WITH GOD – Proverbs 3:5-6

God's Love

Acknowledgement of our dependence on a Higher Power

Love for our fellow man

Daily exercise of our spiritual self

Connection to Universal Laws

- **Law of Divine Oneness:** Trusting in a higher power aligns us with the interconnectedness of all life.
- When we connect spiritually, we access divine guidance for healing.
- **Law of Cause and Effect:** Our spiritual connection has a profound effect on our mental and physical health.
- Trusting in divine power can manifest healing and balance in our lives.

Impact on Emotional & Stress Awareness & Response

- **Spirituality** offers comfort, purpose, and peace, reducing anxiety and stress.
- **Trusting** in a higher power allows us to release control over circumstances, lowering emotional tension.

Link to Health vs. Disease

- **Spiritual** health is linked to physical health—people with strong spiritual beliefs often have lower stress levels, better mental health, and improved resilience against illness.

EAT HEALTHY - God's Original Diet: Gen 1:29/3:18

- God as our Creator, knows what is best for us to eat and He gave us His original diet.
- God gave Adam and Even fruits, nuts, seeds, grains and legumes - Gen 1:29
- After sin entered, vegetables were added to their diet - Gen 3:18
- Flesh foods were not apart of man's diet until after the flood.

Connection to Universal Laws

- **Law of Vibration:** Every food we consume carries a vibration that affects our energy. Eating wholesome, nutrient-rich plant foods boosts our body's natural frequency, supporting both physical health and emotional well-being.
- **Law of Cause and Effect:** The food we eat directly affects our health outcomes. Healthy, balanced nutrition can lead to vitality and clarity, while poor dietary choices contribute to disease and imbalance.

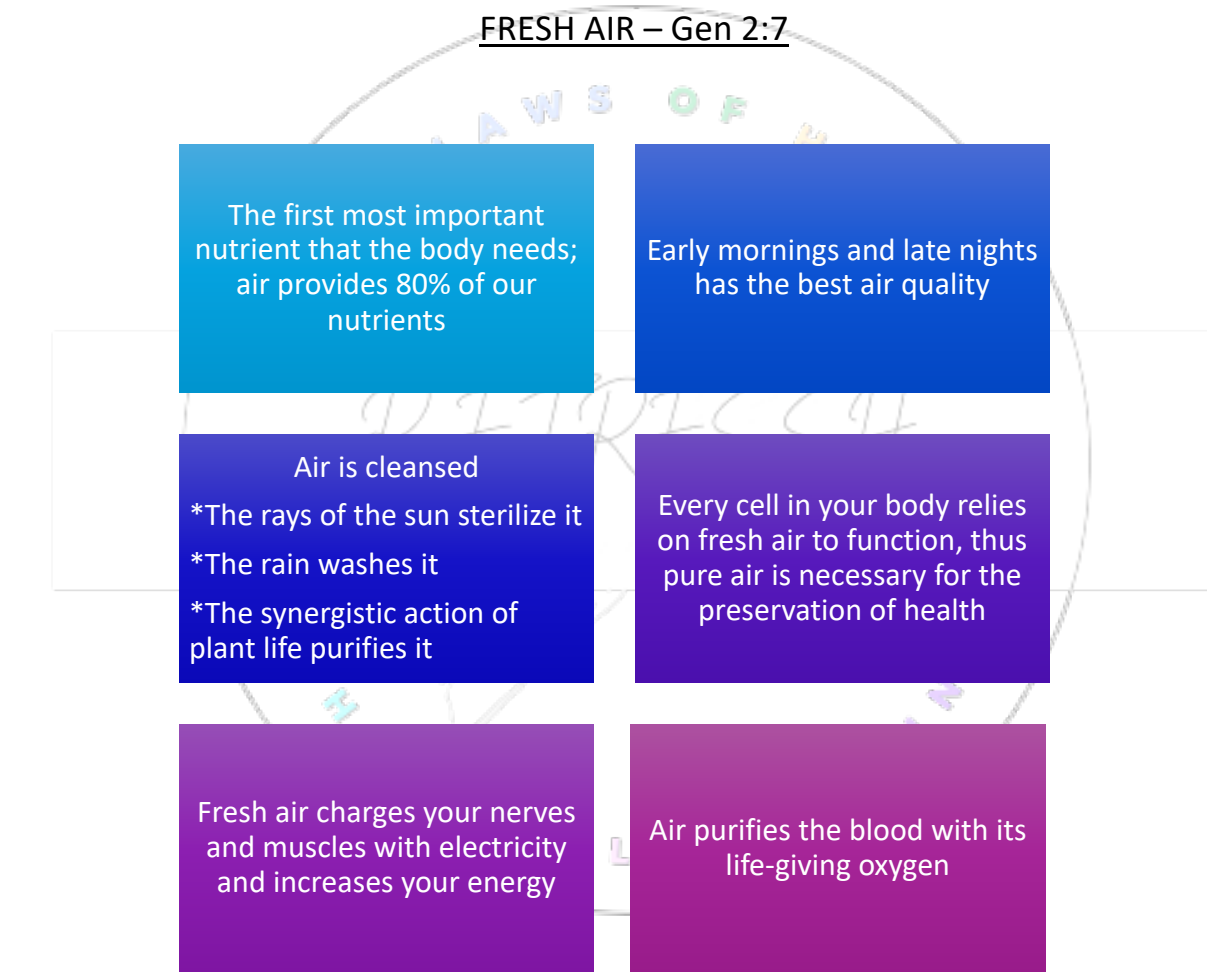
Impact on Emotional & Stress Awareness & Response

- **Nutrition** plays a critical role in stabilizing mood and improving mental clarity.
- By **nourishing** the body with the right foods, we can maintain emotional balance and build resilience against stress.
- Healthy eating habits help **reduce** irritability and anxiety, allowing for a more positive response to stressful situations.

Link to Health vs. Disease

- A **well-balanced plant-based diet** supports the body's natural healing mechanisms, helping to **prevent disease**.
- By consuming whole, plant-based nutrient-rich foods, we help the body **detoxify**, reduce **inflammation**, and restore **balance** to the **gut**.
- **Hippocrates** is credited with saying, **Let food be your medicine and medicine be your food**.

FRESH AIR – Gen 2:7



Connection to Universal Laws

- **Law of Rhythm:** Breathing follows a natural rhythm, and deep, conscious breathing helps synchronize the body and mind, bringing **harmony**.

- **Law of Cause and Effect:** The **quality** of air we breathe affects our respiratory system, energy levels, and overall health. Poor air quality leads to disease, while clean, fresh air promotes vitality.

Impact on Emotional & Stress Awareness & Response

- **Deep**, conscious breathing helps to activate the body's relaxation response, promoting calmness and reducing the physical symptoms of stress.
- By **integrating** mindful breathing practices into daily life, individuals can become more attuned to stress and respond with greater composure and emotional clarity.

Link to Health vs. Disease

- **Breathing** clean, fresh air and engaging in deep, mindful breathing helps oxygenate the body and remove toxins through the respiratory system.
- This **reduces** the burden on the liver and gut, two key organs involved in detoxification.
- **Proper** breathing, deeply, also helps reduce stress and inflammation, which can contribute to mucus buildup and toxemia.

REST – Gen 2:3

- Restoration requires rest and relaxation because the body needs to renew itself
- Adequate rest is imperative for optimum health as it brings restoration and replenishes the resources we use
- Sleep is the most important medium for rest - 8 hours is optimal
- Sleep is nature's great restorative power for all recuperative measures
- Short naps, peaceful and relaxing environments, mental quietness and the avoidance of stress also contribute to rest for your body
- Rest is imperative for restoring and supporting the body's natural healing ability.
- Sleep patterns also influence the secretion of cortisol, growth hormone and melatonin, which all aid in optimal health

- Regular exercise and avoiding excessive fatigue are conducive to good sleep.

Connection to Universal Laws

- **Law of Rhythm:** Rest is a **critical** part of the natural cycle, allowing for recovery, restoration, and renewal. It's necessary for the body's healing process.
- **Law of Polarity:** The balance between activity and rest is **essential** for health. Just as we need wakefulness for energy, we need rest to restore and replenish our bodies.

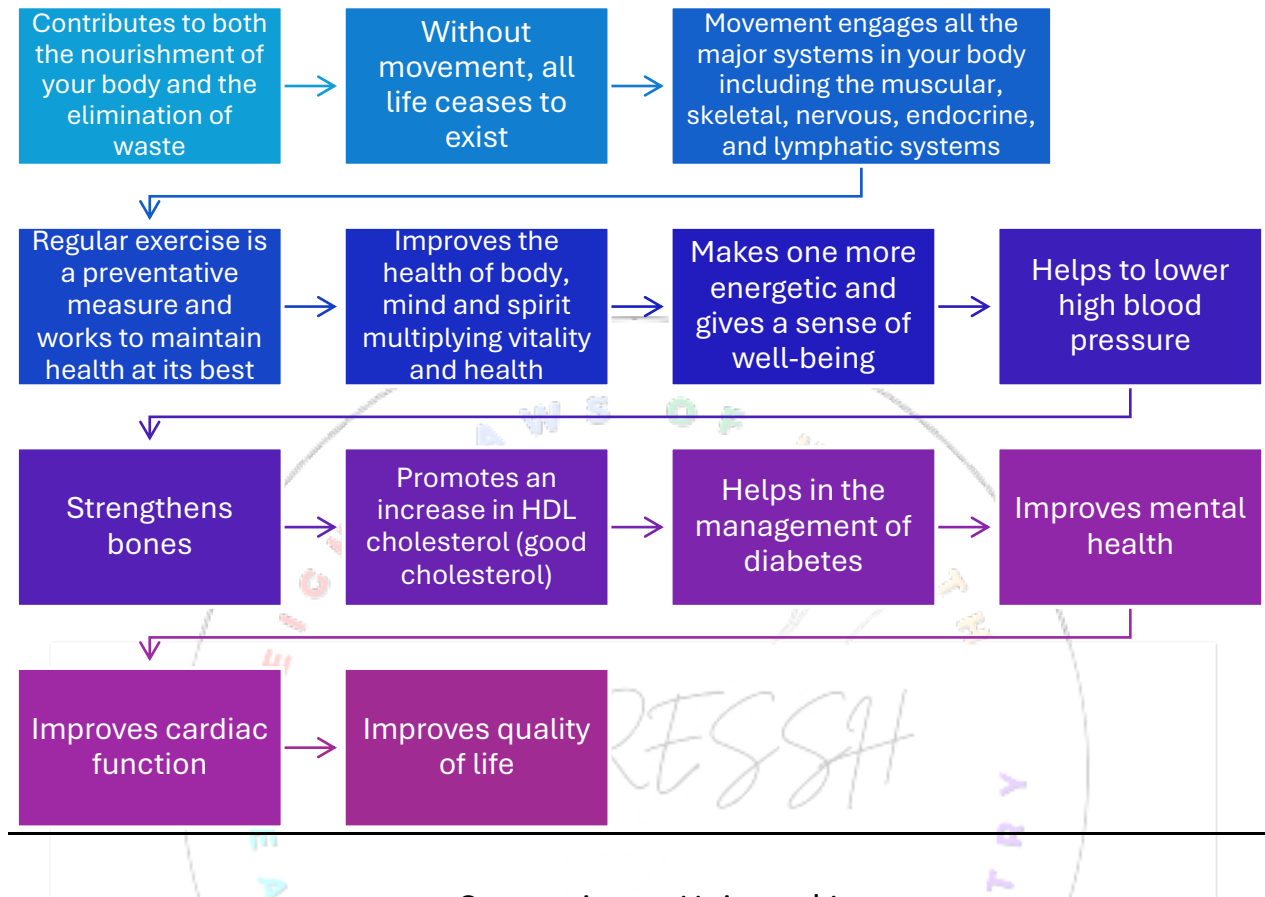
Impact on Emotional & Stress Awareness & Response

- **Adequate** rest and **quality** sleep are essential for emotional well-being.
- When we rest, the body and mind **rejuvenate**, allowing us to handle stress with a clearer, calmer perspective.
- **Proper** rest also supports mental resilience, making it easier to manage emotional responses to stressful events.

Link to Health vs. Disease

- **Adequate** rest allows the body to repair and detoxify.
- During sleep, the body **removes** toxins and **reduces** inflammation, balancing mineral levels and promoting gut health.
- **Sleep** is essential for managing emotional well-being and stress, which in turn prevents chronic disease by allowing the body to restore its natural balance.

EXERCISE – Gen 2:15



Connection to Universal Laws

- **Law of Rhythm:** Exercise promotes a natural rhythm in the body, encouraging a flow of **energy** and the **cyclical** nature of physical activity and recovery.
- **Law of Polarity:** Exercise provides a **balance** between **action** and **rest**, ensuring that the body experiences both movement and recovery phases for optimal health.

Impact on Emotional & Stress Awareness & Response

- **Regular** physical activity is key to strengthening the body's response to stress.
- Exercise **releases** endorphins, which naturally improve mood and reduce feelings of anxiety.

- It helps to develop **emotional resilience** by enabling the body to recover quickly from stress and maintain a positive outlook, even in challenging times.

Link to Health vs. Disease

- **Regular** physical activity promotes circulation and helps the body remove toxins, reducing toxemia and inflammation.
- Exercise also supports **healthy** mineral balance, improves digestion, and helps maintain gut health, which are all key in preventing the buildup of mucus and inflammation.
- By moving the body regularly, we **enhance** our natural healing processes and prevent disease.

SUNLIGHT – Gen 1:3

Benefits of sunlight:

- All life needs sunlight
- Helps with the production of vitamin D in the skin
- Helps the body absorb certain minerals and nutrients
- Overall improvement in metabolic function and efficiency
- Sunlight draws the blood to the surface, vitalizes the skin and stimulates its respiratory and eliminative functions; relieving the overworked lungs, liver and kidneys

Connection to Universal Laws

- **Law of Divine Oneness:** The sun represents the divine source of energy that connects all life forms. Just as the sun's energy nurtures the Earth, it nourishes our body's systems.
- **Law of Polarity:** Sunlight provides balance—daylight promotes activity and energy, while nighttime promotes rest and restoration.

Impact on Emotional & Stress Awareness & Response

- Exposure to natural sunlight **stimulates** the production of serotonin, a neurotransmitter that plays a key role in mood regulation.

- This can help **foster** a sense of well-being and emotional balance, making it easier to maintain a calm, positive response when faced with stress.

Link to Health vs. Disease

- Sunlight **boosts** vitamin D levels, which are vital for mineral absorption and maintaining a healthy immune system.
- It **supports** the reduction of inflammation and enhances overall mood, which can have a direct impact on reducing stress and improving gut function.
- Sunlight also **helps** the body detoxify by stimulating the production of beneficial hormones and promoting healthy cellular activity.

SELF-CONTROL- Gen 2:17

- Self-control undergirds all of the other 7 laws of health.
- It needs to be practiced in eating and properly combining good foods, supplementing with vitamins, minerals and using herbs and other specialized products
- Self-control needs to be employed when we exercise as well as when we rest
- Self-control is generally associated with avoiding harmful things (alcohol, tobacco, caffeine), but it also includes the wise and judicious use of things that are good

Connection to Universal Laws

- **Law of Attraction:** Practicing self-control attracts balance and **harmony** into life, as moderation in all things fosters peace and alignment.
- **Law of Compensation:** What we choose in terms of excess or moderation is returned to us in the form of health or imbalance. **Overindulgence** in anything can lead to negative consequences.

Impact on Emotional & Stress Awareness & Response

- **Self-control** helps individuals find emotional and mental balance by avoiding **extremes**.
- It teaches the importance of **moderation** in both thoughts and behaviors, helping to prevent burnout and emotional overwhelm.
- By **practicing** self-control, we can respond to stressors with more calm, mindfulness, and clarity.

Link to Health vs. Disease

- Self-control in **all areas** of life—diet, work, and rest—helps maintain a healthy balance, reducing the risk of toxemia, gut imbalances, and mineral deficiencies.
- By **avoiding** overindulgence in foods, stress, or unhealthy habits, we allow the body to detoxify more effectively and prevent inflammation, which is often the root cause of chronic diseases.

HYDRATION – Gen 1:2

The second most important nutrient that the body needs is
WATER

Almost every cell and tissue in our body contains a percentage of water

- Most of the systems in our body require water to function

Circulation, digestion, and elimination all require the presence of water

Water is the elixir of life as all living organisms need it for survival

The body requires at least 40-50% of body weight in ounces a day. For example, a 160lb person requires 64 ozs of water per day - 6.4 ozs every hour over a 10 hour period

Water is the most ancient of all remedial agents for disease, both internally and externally

Connection to Universal Laws

- **Law of Correspondence:** As water nourishes our bodies, it **symbolizes** the flow of life itself.
- Just as the outer world needs water to **flourish**, so do our cells, tissues, and organs.
- **Law of Perpetual Transmission of Energy:** Water is **vital** for maintaining the energy exchange within our bodies, regulating temperature, detoxification, and cellular functions.
- **Hydration** is an ongoing process, just as energy is constantly flowing.

Impact on Emotional & Stress Awareness & Response

- **Staying** hydrated supports mental clarity and emotional stability.
- **Dehydration** can contribute to irritability and stress, but adequate water intake helps regulate mood and provides the energy needed to handle stress more effectively.
- It **encourages** a calm, centered response to daily challenges.

Link to Health vs. Disease

- **Proper** hydration is crucial for flushing out toxins and preventing toxemia.
- Water helps **regulate** mucus production, supports mineral absorption, and ensures proper digestion, which in turn maintains gut health.
- Adequate hydration is **essential** in helping the body detoxify, preventing the buildup of waste that contributes to chronic disease.

Key Takeaways

- The health of the mind directly impacts the health of the body, and vice versa.
- Mental renewal leads to physical transformation, promoting overall vitality and healing.
- A renewed mindset allows you to overcome past limitations, emotional baggage, and negative patterns that can impact your health.
- Shifting your thought patterns towards positivity, healing, and growth allows your body to respond more favorably and work towards health and balance.
- The 8 Laws of Health, Relationship with God, Eating Healthy, Fresh Air, Rest, Exercise, Sunlight, Self-control, and Hydration, serve as the guiding principles for optimal well-being.
- Integrating these laws into daily life fosters a holistic approach to health, where mind and body work together in harmony.
- Focusing on both mind and body through these 8 laws leads to transformation and healing, improving emotional and physical well-being.

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