

## OUR ORGANS ARE LIKE A GARDEN

LOVE DAD 193 2021



Our organs are like a garden, think about it for in moment, it's true.

Think about all of our organs, our kidneys, our liver, or spleen, our lungs, our stomach, our pancreas, our intestines and our heart and a few other parts I forgot to mention like our bladder and our brain.

Our organs are like a garden and as such they need plenty of water so they can be properly hydrated and healthy and like a garden our organs need the proper nutrients as in healthy foods and minerals and vitamins in order to help in maintaining a healthy body.

And like a garden our bodies require lots of fresh air and sunshine in order to grow and to thrive.

If we take care of our garden then our garden will take care of us, if we give it plenty of good healthy food with the proper nutrients and clean fresh water then we will live a healthier life and if we are living a healthy life then we will have a healthy state of mind, body, and soul as well, I mean have you ever heard of Soul Food? Soul Food is very good for the soul.

1 Corinthians 6:19-20 Or do you not know that your body is the temple of the Holy Spirit, who is in you whom you have from God, and you are not your own for you were bought at a price, therefore glorify God in your body and in your spirit, which are God's.

So always remember to watch what you eat and drink and put into your body, think before you eat or drink, do research before taking any drug. Take essential vitamins like C and D, grape seed, fish oil, zinc, garlic, spirulina, vit. B and others. Read labels and always remember eating right and treating our bodies right is the right thing to do. So eat right and live a long healthy life for the glory of God.

Love DAD 193 John 14:27

Proverbs 3:5-6 Trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge Him and He shall direct your paths.