

Dare to Be Like Daniel

But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. **Daniel 1:8.** {UL 253.1}

The first chapter of Daniel teaches the lesson that what we eat and drink has an influence upon the powers of the mind, and that if we would have healthful bodies and clear minds, we must be careful of our diet. If we are careless in this matter and eat simply to gratify taste, the digestive organs are impaired and the brain is confused, and neither can act their part as fully as God intended they should.... {UL 253.2}

Daniel and his companions determined to banish from their diet everything that would defile, and a power from above worked in harmony with their efforts. As a result they had the privilege of following their own course in the obtaining of their education. And the education they gained was better than that gained by any of the magicians, astrologers, or wise men in all the king's realm. {UL 253.3}

Those **who desire to come into right relation to God need to study Daniel's plan.** That was a sum proved. You may take the sum and prove it also. There are many who think that those who adopt health reform suffer a loss of physical strength, but if these would test the matter for themselves, they would change their minds on this point.... {UL 253.4}

Daniel stood in a very responsible position in the kingdom of Babylon. **There will always be those who will occupy positions of lesser responsibility; but whatever our work, our example may be such that it will lead others in to right paths. We need to humble ourselves before God and pray to Him, and trust in Him....** {UL 253.5}

We cannot afford to miss any opportunity for perfecting a Christian character. Whatever experience may come to others, remember that you, in your lot and place, will be tested by God. There will be times when you will be placed in unfavorable positions, but at such times plead with God, trust in Him, and walk in simple faith before the Lord. Then angels of heaven will impress your minds. Let not your minds be filled with self and self-interests. {UL 253.6}

The Lord is looking upon us in mercy and love today. Who will follow out the will of the Lord? Who will study to overcome the hasty temper, remembering that the words they speak are spoken in the hearing of heavenly angels? **These heavenly agencies are continually ministering to us.**—**Manuscript 73, August 27, 1909**, "Lessons From the First Chapter of Daniel," sermon preached at Council Grove camp meeting. {UL 253.7}

DEPTH OF MERCY CAN THERE BE

1 Depth of mercy! Can there be
mercy still reserved for me?
Can my God His wrath forbear?
Me, the chief of sinners, spare?

2 I have long withstood His grace:
long provoked Him to His face;
would not hearken to His calls;
grieved Him by a thousand falls.

3 I my Master have denied,
I afresh have crucified,
oft profaned His hallowed name,
put Him to an open shame.

4 There for me the Savior stands,
shows His wounds and spreads His hands:
God is love! I know, I feel;
Jesus weeps, but loves me still!

5 Now incline me to repent!
Let me now my fall lament!
Now my foul revolt deplore!
Weep, believe, and sin no more.

Natural Relief from Arthritis Pain

- Weight
- Exercise
- Heat and cold
- Acupuncture
- Meditation
- Fatty acids
- Turmeric
- Massage
- Herbs

Arthritis pain

[Arthritis](#) refers to a range of conditions that involve pain and inflammation in the joints.

Is it a degenerative condition, which means the symptoms tend to worsen over time, or is it an autoimmune type of arthritis with associated extra-articular symptoms, characterized by inflammatory flares and a chronic clinical course?

These two types of arthritis include [osteoarthritis \(OA\)](#) and [rheumatoid arthritis \(RA\)](#).

OA mainly results when wear and tear of cartilage causes bones to rub together, leading to friction, damage, and inflammation.

RA is a systemic condition that triggers symptoms throughout the body. It's an [autoimmune disease](#) and happens when the immune system mistakenly attacks healthy joint tissue.

Doctors can prescribe medication to relieve the pain of arthritis, but they often recommend natural approaches, too.

Remember to talk to your doctor before trying any remedy for arthritis, whether it involves medication or not.

1. [Manage your weight](#)

Your weight can have a big impact on arthritis symptoms. Extra weight puts more pressure on your joints, especially your knees, hips, and feet.

Guidelines from the [American College of Rheumatology and Arthritis Foundation \(ACR/AF\)](#) strongly recommend losing weight if you have OA and overweight or obesity.

Your doctor can help you set a target weight and design a program to help you reach that target.

Reducing the stress on your joints by [losing weight](#) can help:

- [improve your mobility](#)
- [decrease pain](#)
- [prevent future damage to your joints](#)

2. Get enough exercise

If you have arthritis, **exercise** can help you:

- manage your weight
- keep your joints flexible
- strengthen muscles around your joints, which offers more support

Current guidelines strongly recommend starting an appropriate exercise program. Exercising with a trainer or another person may be especially beneficial, as it increases motivation.

Good options include **low-impact exercises**, such as:

- walking
- cycling
- tai chi
- water activities
- swimming

3. Use hot and cold therapy

Heat and cold treatments can help relieve arthritis pain and inflammation.

- **Heat treatments** can include taking a long, warm shower or bath in the morning to help ease stiffness and using an **electric blanket** or moist heating pad to reduce discomfort overnight.

- **Cold treatments** can help relieve **joint pain**, swelling, and inflammation. Wrap a **gel ice pack** or a bag of frozen vegetables in a towel and apply it to painful joints for quick relief. Never apply ice directly to the skin.
- **Capsaicin**, which comes from chili peppers, is a component of some topical ointments and creams that you can buy over the counter. These products provide warmth that can soothe joint pain.

4. Try acupuncture

Acupuncture is an ancient Chinese medical treatment that involves inserting thin needles into specific points on your body. Practitioners say it works by rerouting energies and restoring balance in your body.

Acupuncture may reduce arthritis pain, and the ACR/AF conditionally recommend it. While there's not enough evidence to confirm its benefits, the risk of harm is considered low.

Be sure to find a licensed and certified acupuncturist to carry out this treatment.

5. Use meditation to cope with pain

Meditation and relaxation techniques may help reduce the pain of arthritis by lowering stress and enabling you to cope with it better. **Reducing stress** may also help lower inflammation and pain.

The ACR/AF recommend tai chi and yoga. These combine meditation, relaxation, and breathing techniques with low-impact exercise.

According to the [National Institutes of Health \(NIH\)](#), studies have found that practicing mindfulness meditation is helpful for some people with RA.

Anxiety, stress, and depression are all common complications of conditions that involve chronic pain, such as arthritis.

6. Follow a healthy diet

A diet that's rich in fresh fruits, vegetables, and whole foods can help boost your immune system and your overall health. There's some evidence that dietary choices can affect people with both [RA](#) and [OA](#).

A plant-based diet provides antioxidants, which can help reduce inflammation by eliminating free radicals from the body.

On the other hand, a diet rich in red meat, processed foods, saturated fat, and added sugar and salt may aggravate inflammation, which is a characteristic of arthritis.

These foods can also contribute to other health conditions, including obesity, high cholesterol, high blood pressure, heart disease, and other complications, so they're likely not beneficial for people with arthritis.

Current OA guidelines do not recommend taking vitamin D or fish oil supplements as a treatment, but consuming foods containing these nutrients as part of a balanced diet may contribute to overall well-being.

What should you eat to stay healthy with arthritis?

Which foods should you avoid?

7. Add turmeric to dishes

Turmeric, the yellow spice common in Indian dishes, contains a chemical called [curcumin](#). It has antioxidant and anti-inflammatory properties. [Research](#) suggests it may help reduce arthritis pain and inflammation.

In an animal study that the [National Center for Complementary and Integrative Health](#) [Trusted Source](#) cited, scientists gave turmeric to rats. Results showed that it reduced inflammation in their joints.

More research is needed to show how turmeric works but adding a small amount of this mild but tasty spice to your dinner is likely to be a safe option.

[Spice up your life by grabbing some online today.](#)

8. Get a massage

Massage can provide an overall sense of well-being. It may also help manage joint pain and discomfort.

The ACR/AF do not currently recommend massage as a treatment, as they say there's not enough evidence to confirm that it works.

They add, however, that massage is unlikely to pose a risk and may provide indirect benefits, such as reducing stress.

Ask your doctor to recommend a [massage therapist](#) who has experience in treating people with arthritis. Alternatively, you could ask a physical therapist to teach you self-massage.

9. Consider herbal supplements

Many [herbal supplements](#) may reduce joint pain, although scientific research hasn't confirmed that any specific herb or supplement can treat arthritis.

Some of these [herbs](#) include:

- [boswellia](#)
- [bromelain](#)
- [devil's claw](#)
- [ginkgo](#)
- [stinging nettle](#)
- [thunder god vine](#)

The Food and Drug Administration (FDA) doesn't monitor herbs and supplements for quality, purity, or safety, so you cannot be sure exactly what a product contains. Be sure to buy from a reputable source.

Always talk to your doctor before trying a new supplement, as some can cause side effects and dangerous drug interactions.

CLOSING THOUGHTS

The first chapter of Daniel teaches the lesson that what we eat, and drink has an influence upon the powers of the mind, and that if we would have healthful bodies and clear minds, we must be careful of our diet. If we are careless in this matter and eat simply to gratify taste, the digestive organs are impaired and the brain is confused, and neither can act their part as fully as God intended, they should... Daniel and his companions determined to banish from their diet everything that would defile, and a power from above worked in harmony with their efforts. As a result, they had the privilege of following their own course in the obtaining of their education. And the education they gained was better than that gained by any of the magicians, astrologers, or wise men in all the king's realm.

CLOSING PRAYER

The Lord is looking upon us in mercy and love today. Who will follow out the will of the Lord? Who will study to overcome the hasty temper, remembering that the words they speak are spoken in the hearing of heavenly angels? These heavenly agencies are continually ministering to us. Father as we learn of you, as we seek you, as we be in constant harmony with you, let this be our desiring path. In Jesus name we pray. Amen.