

Practice Good Work Habits

Seest thou a man diligent in his business? he shall stand before kings; he shall not stand before mean men. Proverbs 22:29. {UL 146.1}

Dear son Edson: I fear that you do not always wisely regulate your labor. You sometimes do too much, and then allow precious hours to pass unimproved, thus creating a necessity for extra exertion. **Temperate, persevering, steady labor will achieve far more than can be accomplished by spasmodic efforts....** {UL 146.2}

Labor was appointed to man by his Creator. God provided employment for our first parents in holy Eden. And since the Fall, man has been a toiler, eating his bread by the sweat of his brow. Every bone of his body, every feature of his countenance, every muscle of his limbs, evinces the fact that he was made for activity, not for idleness.... {UL 146.3}

The faithful discharge of life's duties, whatever your position, calls for a wise improvement of all the talents and abilities that God has given you. Guard against being always hurried yet accomplishing nothing worthy of the effort. These fruitless efforts are often caused by a failure to do the work at the proper time. Whatever is neglected at the time when it should be performed, whether in secular or in religious things, is rarely done well. Many appear to labor diligently every hour in the day, and yet produce no results to correspond with their efforts.... {UL 146.4}

Be careful not to fritter away your time upon trifles, and then fail to carry out your undertakings that are of real account. The church and the world need calm, well-balanced men. To run well for a season is not enough. A steadfast adherence to a purpose is necessary in order to secure the end. **A distinguished man was once asked how it was possible for him to accomplish such a vast amount of business. His answer was, "I do one thing at a time." ...** {UL 146.5}

Henry Martyn, both as a man and a missionary, depended not a little upon his habits of regularity. To such an extent did he carry these, that he was known in the university as the student who never wasted an hour.... How many youths who might have become men of usefulness and power have failed because in early life they contracted habits of indecision which followed them through life to cripple all their efforts. Now and then they are filled with sudden zeal to do some great thing, but they leave their work half-finished and it comes to nothing. Patient continuance in well doing is indispensable to success. {UL 146.6}

My dear son, be thorough in all you undertake. Rely constantly upon your Saviour; go to Him for wisdom, for courage, for strength of purpose, for everything you need. May the Lord bless you is the prayer of your mother.—Letter

3, May 12, 1877, to her 27-year-old son Edson. {UL 146.7}

SOLDIERS OF CHRIST, ARISE

Soldiers of Christ, arise,
And put your armor on,
Strong in the strength which God supplies,
Through His eternal Son;
Strong in the Lord of Hosts,
And in His mighty pow'r,
Who in the strength of Jesus trusts
Is more than conqueror.

Stand then in His great might,
With all His strength endued;
And take, to arm you for the fight,
The panoply of God,
That, having all things done,
And all your conflicts past,
Ye may o'ercome through Christ alone,
And stand complete at last.

Leave no unguarded place,
No weakness of the soul,
Take every virtue, every grace,
And fortify the whole.
To keep your armor bright
Attend with constant care,
Still walking in your Captain's sight
And watching unto prayer.

Pray, without ceasing pray,
Your Captain gives the word;
His summons cheerfully obey,
And call upon the Lord:
To God your every want
In instant prayer display;
Pray always; pray, and never faint;
Pray, without ceasing pray.

From strength to strength go on;
Wrestle, and fight, and pray;
Tread all the powers of darkness down,
And win the well-fought day:
Still let the Spirit cry
In all His soldiers, "Come!"
Till Christ the Lord descend from high,
And take the conquerors home.

OPENING PRAYER

Temperate, persevering, steady labor will achieve far more than can be accomplished by spasmodic efforts.... Father let this be our prayer. In Jesus precious name we pray, Amen.

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# 8 Awesome Benefits of Sea Salt

**Learn the benefits of sea salt and why you should incorporate into your diet every day!**



You have probably heard of the common health warning, “Stick to a low-sodium diet for better heart health.” While there is some truth to salt causing hypertension, this only applies to **refined white table salt** that you will often see in saltshakers at restaurants. That is because these salts have been stripped of their beneficial minerals and only have sodium and chloride, which create imbalances and disease in the body.

Real sea salt has been used for thousands of years by our ancestors and have been a precious commodity to season food and boost their health. I’m talking about unrefined, health-promoting salt like **Celtic sea salt** and **Himalayan sea salt** that are gray, black, or pink in color. These salts are actually extremely helpful in balancing the body and providing the body the nutrients it is lacking from our modern diet. And it enhances the flavor our food!

So, what are some of the amazing benefits of sea salt? You may be surprised that there are many but here are just some of the important ones:

### 1. Keeps you hydrated

Contrary to popular belief, sea salt is extremely beneficial in keeping us **hydrated**. The amount of nutrients in sea salt also satisfies our thirst for a longer period and keeps us holding on to the fluids for longer.

**Table salt**, on the other hand, **dehydrates** us and takes essential minerals from the body. It also makes us crave it more because our bodies need nutrients that it wants in natural sea salt that cannot be satisfied by processed table salt.

### 2. Reduces fluid retention

Some people think that salty food makes you bloat or retain water, and yes, this happens when you consume **white table salt** and **refined salt** used in processed foods.

However, with **real sea salt**, the opposite happens because of its balanced ratio of minerals, especially potassium and sodium, which help release retained water. Eating real food and salting your own food with sea salt will help eliminate bloat and water retention.

### 2. A great source of minerals

Did you know that high-quality sea salt has **84 trace minerals** that nourish and strengthen our body? We used to be able to get enough minerals from the food we eat. However, with monocropping and improper farming methods, our soil has been depleted of these essential minerals and does not provide the nutrients to our food like it used to.

However, we can supplement with **sea salt** and replenish our bodies with these easily **absorbable minerals**. It's good to put a pinch of **sea salt** in my water each day for that **extra nutrient** profile!

### 3. Balances electrolytes

Because of its amazing mineral content, **sea salt** is a great source of **electrolytes** like **magnesium, calcium, potassium, and sodium**. These electrolytes are vital for muscle, brain, and heart health, because of its critical role in the nervous system. Instead of the typical sugar-filled electrolyte drinks you can find at the supermarket, try adding **sea salt** to water with a squeeze of lemon juice.

#### 4. Prevents muscle cramps

When your electrolytes are low, you can experience muscle soreness, cramps, charley horse, and even restless leg syndrome. The lack of minerals keeps the muscles from relaxing and cause contractions that are out of your control. Therefore, **Epsom salt** baths are recommended for any kind for muscle fatigue. The magnesium in **Epsom salt** plays a huge role in loosening and calming the muscles and your entire body.

If you know you will be doing a strenuous activity, make sure to add **sea salt** to your water before and after to replenish your body with the minerals that it loses during the exercise.



#### 5. Great for skin health

Because of its potent mineral content, **sea salt** has **anti-inflammatory properties** that are beneficial for skin health. There are many beauty products that use sea salt because it has the power to detoxify the skin, while exfoliating, increasing circulation, and providing the skin with nutrients. Sea salt has been shown to be especially beneficial for **acne, psoriasis, eczema, and anti-aging**.

#### 6. Improves digestion

**Sea salt** is necessary in the role of digestion, and it starts in the mouth. The salivary amylase, an enzyme which helps break down carbohydrates in the saliva, is activated by the flavor of salt.

Also, salt plays a huge role in the making of hydrochloric acid, which is secreted in the stomach for the breakdown of food, especially protein. Most people are insufficient in hydrochloric acid, and this can cause numerous digestive issues like **bloating, gas, heartburn, indigestion, and can eventually lead to leaky gut and chronic disease**.

## 7. Nourishes the adrenal glands

Adrenal fatigue of varying degrees is extremely common today, resulting from **stress** and **poor diet**. With adrenal insufficiency, one of the main symptoms is salt cravings. This is because the body is craving the nutrients it needs from **sea salt**.

Among their numerous demanding functions, our adrenal glands release hormones that regulate **sodium** and **potassium** in the body. So, to make this particular job easier, the adrenals need a balance of these minerals through high quality **sea salt**. This is especially important when they are already tired from the **stress**, we put through them every day.

## 8. Regulates blood pressure

Yes, high quality **sea salt** is greatly beneficial for regulating blood pressure. The rise in blood pressure is the result of inflammation in the body, which is primarily caused by a **high sugar, processed food diet**, which also includes **white table salt** that is devoid of most nutrients.

Real **sea salt** reduces inflammation by bringing in the necessary minerals that the body uses to boost its immunity. By providing the body with enough **water** and **potassium**, it helps prevent heart disease and improve cardiovascular health.

## CLOSING THOUGHTS

The faithful discharge of life's duties, whatever your position, calls for a wise improvement of all the talents and abilities that God has given you. Guard against being always hurried yet accomplishing nothing worthy of the effort. These fruitless efforts are often caused by a failure to do the work at the proper time. Whatever is neglected at the time when it should be performed, whether in secular or in religious things, is rarely done well. Many appear to labor diligently every hour in the day, and yet produce no results to correspond with their efforts.

## CLOSING PRAYER

A distinguished man was once asked how it was possible for him to accomplish such a vast amount of business. His answer was, "I do one thing at a time." Father please direct our steps and guide our path. In Jesus name we pray, Amen.



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