



# Healthy and Happy Seminar 5



## Let's Scale Mt. Everest! The Secret Strategy for Success.

In 1952, the elite Swiss Team tried but failed to scale Everest. When the British discovered that the Swiss had drunk less than two glasses of water per day, they decided to drink twelve glasses daily. On May 29, 1953 Edmund Hillary, a New

Zealander, and Tenzing Norgay, a Nepali Sherpa climber from India, became the first humans to conquer the highest mountain in the world! What was the secret? They drank more water!

### **1. To scale the Everest of Health, we also need water! Why?**

- Water is the main constituent of the human body.
- It is 65% of the body, 80% of the blood, 85% of the brain!
- Even the bones are 15% water! Every cell of our bodies requires water.

### **2. First Function: Water is the transportation agent of the body.**

1. Water allows our digested food to become water soluble.
2. Nutrients pass via the capillaries of the intestines into the blood.
3. Blood, which is 80% water, carries the nutrients to each body cell.
4. Water transports oxygen from the liver to every cell of the body.

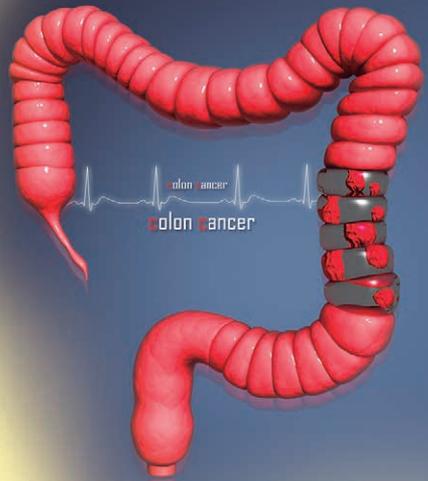
### **3. Function Number Two: Water is also the body's disposal agent.**

**Choose the right words: cup, kidneys, perspiration.**

- (a) Water transports the body's impurities to the \_\_\_\_\_ for disposal.
- (b) Waste disposal takes place through urine and \_\_\_\_\_.
- (c) Drinking little water is like washing dirty dishes in a \_\_\_\_\_ of water!

**4. Third function: Water helps to prevent many illnesses. True or False?**

- T  F  1. It combats constipation by aiding the removal of fecal matter.
- T  F  2. Water lessens risk of colon cancer by moving harmful toxins early.
- T  F  3. It increases the formation of kidney stones, which are painful.
- T  F  4. Water helps prevent joint pain by lubricating joints and cartilage.
- T  F  5. It fights obesity. Water-rich foods make us feel full. So we eat less.
- T  F  6. Good hand washing, which takes five seconds, prevents the spread of infectious diseases.



**5. Function Number Four: Water applied externally can give healing.**

**Muscular aches?** Alternating hot wet towels with cold wet towels improves blood flow, increases oxygen supply, and facilitates recovery.

**Injury and bruises?** Cold applications cool the injured area, reduce pain and inflammation, and enable the injured tissue to survive.

**Tired or aching feet?** Warm foot baths improve blood flow, relieve aches and pains, facilitate relaxation, and invigorate the body.

**6. Since water is so vital to life and health, we need to take action!**

**Action 1 is: Drink six to eight glasses of water daily.**

- The body loses 10 to 12 glasses of water per day. Food replaces 3 to 4.
- So we need to drink 6 to 8 glasses. 8x8 Rule: Drink 8 eight-ounce glasses.
- Check the color of your urine. Enough water will give clear urine.
- Even Jesus needed water! He asked the Samaritan woman for a drink.

**7. Action 2 is: Allow No Substitutes!**

**Choose the right words: caffeinated, sodas, twelve.**

- (a) Sweet drinks and \_\_\_\_\_ do not count. In fact, they are health hazards!
- (b) One can of soda contains eight to \_\_\_\_\_ teaspoons of refined sugar!
- (c) \_\_\_\_\_ drinks do not count either! In fact, they are harmful.

**8. Action 3 is: Create a Strategy. It can help you scale your Everest!**

- T  F  1. Start to drink early - one or two glasses when we wake up.
- T  F  2. Keep bottles of water handy and drink at regular intervals.
- T  F  3. Measure out a daily supply, then aim at emptying the container.
- T  F  4. Drink when you feel thirsty. Thirst is a good indicator to drink.

**9. When Christ comes again, Mt. Everest and all earth's mountains will be destroyed! Only one mountain will remain. Which is it?**

**Revelation 14:1.** Its name is Mt. \_\_\_\_\_.

**10. The well known strategy to be on Zion is the Blood of Jesus! But there is also a secret strategy. What did Jesus Himself say?**

**John 3:5** Unless one is born of \_\_\_\_\_ and the Spirit, he cannot be saved.

**Mark 16:16** "He who believes and is \_\_\_\_\_ will be saved."

**11. So what is the meaning of baptism?**

**See Romans 6:4. True or False?**

1. Baptism celebrates the death, burial and resurrection of Jesus.

2. It also signifies the death and burial of my old life of sin.

3. Then it symbolizes my resurrection to a new life in Christ.

4. Since babies know the difference, they should be baptized.

**12. Baptism means death and resurrection. So what's the Bible method?**

**Acts 8.38, 39.** It is not sprinkling. The Bible method is \_\_\_\_\_.

**13. Acts 8:35-39 tells a story of the baptism of the Treasurer of Ethiopia.**

1. He asked for time to think about this major decision.

2. The eunuch took the initiative and requested baptism.

3. He did not delay. This official got baptized right away!

4. Baptism brings joy! He went away rejoicing!

**14. Then, a successful businesswoman! Read her story in Acts 16:13-15.**

**Group Activity.** What are some excuses that she could have made?

How would you answer those excuses?





**15. Our greatest example is Jesus! He was sinless. Yet He got baptized!  
Matthew 3:13-17. What happened?**

When I follow Jesus in baptism, that voice will speak again! My Father will say, "This is **My** beloved son, **My** beloved daughter!  
I am very pleased!"

**16. Water! It's not only for all time. It's also for all eternity!**

**Revelation 22:1, 2.** "And He showed me a pure river of water of life."

The question is: Shall we gather at the river? What's your answer? \_\_\_\_\_ !

**My Choice.**

- I have decided to drink an adequate supply of water each day.
- I want to be on Mt. Zion! I accept the first strategy: The Blood of Jesus.
- I also accept the secret strategy: The Baptism of Jesus.

**Check Your Answers.** 2. 1T, 2T, 3T, 4F [lungs]. 4. 1T, 2T, 3F [decreases], 4T, 5T, 6F [15 seconds]. 8. 1T, 2T, 3T, 4F [thirst = overdue!]. 11. 1T, 2T, 3T, 4F. 13. 1F, 2T, 3T, 4T.

**Attention!** The information in this seminar is for health education only. It is not designed to be a substitute for the medical care of your physician.

**Contributors.** For a list of health professionals, go to the Leader's Guide on Website.



Illustrations: Pages 1, 4 by Arrol Jimenez; Pages 2, 3 by Dreamstime.  
Family Logo by Enrique Urquijo. Layout, Design & Health Logo by Elizabeth Valoyes.  
Copyright © 2018 by Gordon & Waveney Martinborough, Happy Family Bible Seminars International.  
Website: [www.HappyFamilyBSI.com](http://www.HappyFamilyBSI.com) – Email: [waveney@happyfamilybsi.com](mailto:waveney@happyfamilybsi.com)  
Telephone: 407-884-0859 or 800-291-3060