



Arise and Walk : Biblical Principles of Health and Wellness

Rev. Sandra Teresa Davenport

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Based on the story of healing in John 5:2-7, Arise, and Walk is a handbook for biblical healing and recovery and written by a seminary-educated, ordained, female African-American, southern born-and-bred minister. Arise, and Walk! uses humor, personal stories and basic information to help you along your way! If you are interested in helping yourself to good health, if you believe the Bible is a good foundation for instruction in today's world, if you simply want to know how to use herbs and oils, this book is a great start! This writer discusses what the Bible says about health and gives you some simple guides to get well. You may surprised to know how often health, oil, herbs, bread and grains are mentioned! You will find in these pages simple ways to improve your health and wellness. You will also learn how physical habits such as rest and relaxation affect your health. Along the way, you will chuckle and learn a bit about what seminary learning is like. The Reverend discusses the part we all play in everyone's health and wellness. She calls the church to task for failing in this regard. But, then, ever so kindly and thoroughly, she helps them to get moving again. It all begins with a simple question, "Do You Want to Get Well?" If so, this is the book for you.

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