



The Tree of Life: wisdom in health choices

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All beauty in the garden is free,
But one tree hides its mystery.
The Lord's command, both clear and kind:
To eat from all but one, confined.

A simple choice, a truth to see
In wisdom's seed, life's clarity.
The knowledge bright with shining grace,
Yet comes with costs we must embrace.

From every choice, a truth is found:
In food and vice, health's balance bound.
Guard our hearts and minds each day,
To walk in peace, abundance, and vitality.

Knowledge bloomed in the garden:
In the fruit, not in our thoughts,
To honor life and to cherish health.
It values wisdom and grace and as true wealth.

Although temptation calls, we stand and see,
For life thrives in simplicity.
God's key to health and heart
Leads us onward into brand new starts.

(Reflections from Genesis 2:16-17)

Submitted 25 Nov 2024, Revised 27 Feb 2025, Accepted 28 Feb 2025, Published 17 Mar 2025

Competing Interests: None declared.

Cite this article as: Gudelos J. The tree of life: wisdom in health choices. Christ J Glob Health. 2025 Mar; 12(1). <https://doi.org/10.15566/cjgh.v12i1.391>

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