



Holy Nutrition

"I the LORD
am your healer."

Exodus 15:26

And thou shalt say unto the LORD thy God, "Save my soul, O LORD, for I am weak." And thou shalt say, "The LORD is my strength and my shield, my horn and my shield, my high tower and my refuge, my strength and my shield, my high tower and my refuge."

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John
Rothacker

About the Author

In 1964, John Philip Rothacker was dramatically and radically converted to the Lord Jesus Christ. Born in Fremont, Ohio, in 1935, he graduated from the College of Dentistry at Ohio State University in 1963, and completed an internship in pedodontics at Children's Hospital a year later, following which the Lord gloriously revealed Himself.

He then practiced dentistry for two years, dividing his time between private practice and working with children at the Columbus State School for the mentally retarded. Following a desire to serve the Lord full time, and stimulated to fasting and more prayer, John left to do missionary dentistry for three months in the summer program of Project Compassion in the West Indies in 1966. After this ministry, while traveling and working with other missionaries, God led John into the gifts of the Holy Spirit, and he experienced the power of God in many exciting, miraculous, and life changing ways.

After returning home, he was ordained in 1967 by the Lord Jesus "through prophetic utterance with the laying on of hands by the presbytery" (I Tim. 4:14). John was set apart as an apostle, "to plant the church," which is what the foundational book, *The church*, and his whole life and ministry, are all about. His first publication concerning women, *The Public Ministry of Women*, teaches about the biblical role that women are to have in the body of Christ, specifically in the assembly, along with many other foundational truths. The second, *A Woman's Headcovering*, is a booklet expounding "a biblical custom practiced faithfully by all godly women from the beginnings of recorded history until our present generations." A sequel entitled *Men's Headcovering* adds information concerning history on both men and women's headcovering that reveals how the errors concerning these practices have entered both Babylonian Judaism and Babylonian Christianity. *A Woman's Dress* is another booklet, teaching what God has to say from the creation of man in "Genesis" to "The Revelation of Jesus Christ" about modesty and dress for both men and women, but primarily the biblical and secular emphasis that is upon women.

In 1976, the Lord Jesus led John out of ten years of part-time dental practice ("tent making," Acts 18:3) and into a radio

ministry where he was “on call” teaching and discussing the scriptures and health related subjects over the air live for 20 years. An original “talk radio” format according to Acts 19:9, the “Truth for Today” program is an outreach through the media of radio, CDs, literature, and now the internet to “plant the church” in Christ, in His love, faith, holiness, righteousness, health, and healing, always endeavoring to speak the truth in love.

After his conversion he remained celibate for many years and then the Lord gave him a helpmate to minister with him. God is healing both naturally and supernaturally as John teaches, and his wife, Dulce, is also given manifestations of the Holy Spirit such as “a word of knowledge,” “gifts of healings,” and “spiritual songs” (Ex. 15:26; I Cor. 12:7-11; Eph. 5:19). As they minister together, the demonstration of the Holy Spirit and power brings wonderful surprises.

Among various ministries is a Basic Disciples Course available together with his books called “Apostolic Foundation Series.” This series of teachings from the Lord’s direction is very helpful for anyone who desires to build his life and God’s church in love and scriptural truth according to “the apostles’ doctrine” (Acts 2:42). These and other programs from Truth For Today are available from the Internet or upon request.

Another specific ministry given by revelation, scripture, and a dream, is “Holy Nutrition,” and now this book. In addition to teaching and public speaking, the “Health for Today” program provides literature, instructions, and certain products about health and healing. “Manna From Heaven” Whole Leaf Aloe Vera is their own brand of one of the most ancient and healing herbs that the Lord created, and He has directed them to provide it for the “health and healing” of His people.

John is also active in various ministries working to share our American Christian heritage and support religious freedom at home, and promoting unity, revival, and restoration in the body of Christ worldwide.



Holy Nativity

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(NAS) indicates New American Standard Bible

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International Standard Book Number 978-0-9674869-5-6

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Printed in the United States of America

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Thank You!

First, I want to thank the Lord for all the truth, the wisdom, instruction, and understanding, mercy and grace that He has given me in writing this book. It all started actually before I was born, by what He imparted to my parents, and then even in the natural method they used to bring this much prayed for boy child into the world. It has been and continues to be a fascinating, helpful, exciting, and health-producing journey. His desire for us is to walk in truth, so that truly we can be in health and prosper, even as our soul prospers. (3 John 1:2-3)

I will say again as I said in giving thanks in writing my book on *The church*, "I want to thank the Lord for everything! His instruction, enlightenment, the wonderful way He leads us into truth is amazing, and fills life with so much wonder and excitement. When writing on subjects such as are found in this book, to reflect on the direction, the inspiration, revelation, all of God's marvelous ways of bringing truth to us, it's just simply wonderful. Thank you Father, thank you Lord Jesus, and thank you Holy Spirit!"

Also, I want to thank my dear wife, Dulce, for her years of patience while writing this book, and for her commitment and application to the truths found herein, and for her proof reading and help.

To my friends Wilma, Jim, Donna, Brian, Sylvia, Galen, Susan, and Billy, for their input, help, prayers, support, or editorial assistance, I shall always be grateful!

And to Tom, because your artistic ability and skills in making the cover and graphics have been so amazing, working with you and the Lord and seeing the work accomplished has been also wondrously surprising! Thanks to you, and thanks again to all!

Preface

The Lord gave me a dream on Dec. 27, 1991 in which He instructed me to call what I was teaching "Holy Nutrition." I had been calling it Biblical Nutrition, but God has a more complete and explanatory term. Biblical Nutrition would refer to what is in the scriptures, but God wants not only what is in the scriptures, but also what He teaches us by His Holy Spirit. And the purpose is according to the scripture that He gave me also in the dream, **"But as He which hath called you is holy, so be ye holy in all manner of conversation [Gk.: behavior, manner of life]; Because it is written, "BE YE HOLY, FOR I AM HOLY." (1 Pet. 1:15-16, which Peter quotes from Lev. 11). So, in one aspect, we are talking about the nutrition of a holy diet. And secondly, we are to be holy as Romans 12:1-2 was referenced. "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."**

Now, in order for us to give ourselves to God as a holy sacrifice, we must first purify ourselves the best we can ahead of the time of offering. When the Israelites were instructed on how to offer their sacrifices, they were instructed to give animals, it is written, without **"defect."** Over and over again in Leviticus it mentions this. A bull, a lamb, a goat, **"without defect."** This means we must purify ourselves before we come to God to offer ourselves as a living and holy sacrifice! We must not touch unclean things, and we must **"cleanse ourselves"** as the scriptures says **"from all defilements of the flesh and spirit, perfecting holiness in the fear of God"** (2 Cor. 6:14 – 7:1).

Many years ago when I first started in my private practice of dentistry, about early 1965, the scripture that the Lord gave me, and which I prayed many times about and put on my business card, was 1 Thessalonians 5:23:

"And the very God of peace sanctify you wholly [that's completely]; and I pray God your whole spirit and soul and

body be preserved blameless unto the coming of our Lord Jesus Christ."

We read here that God wants us to be completely holy, all three parts of us, our spirits, our souls, and our bodies. And this we must do if we are going to please God, have an effective prayer life, and benefit from all of His precious promises (1 Jn. 3: 21-22; II Cor. 7:1).

So, in order for us to offer our bodies to God as a living and a holy sacrifice, let us consider what we must do in regards to the things of the flesh. The people of God of old were told what to eat and what they were not to eat in order for them to be holy. There is no difference today. God has not changed, His word is still true, and even modern science is proving more and more the truths of God's word concerning the foods that we are to eat, and those things that we are not to eat.

Holiness brings health, physically, mentally, emotionally, and spiritually. Adam and Eve died because they ate what God told them not to eat! And we are dying today for the very same reason. We think we can alter God's word and get away with it, or else we succumb to false teaching, and pay the same price our forefathers did, and everyone else down through history. So we are going to consider a number of things that the Lord has shown me we are to do and we can do if we are to be holy, healthy, and happy!

One, "Holy Water." Another, "Holy Food."

Under "Holy Water" we will consider ways to purify our water from contaminants such as bad chemicals and bugs.

Under "Holy Food" there are those things we should not eat, and there are those things that we should eat. And like Adam and Eve, there are many more things that we can eat than which we should not, but our culture and religious upbringing may be dead set against the truth. And I mean DEAD set! They are dead, and set in their dead and dying ways, but we are to be alive and set in the ways of health, abundant life, and godliness.

So, one of the first things we must understand is: "What is Food?" But before we can do that we must have our hearts prepared and our minds made up, that we want to know and do the will of God, concerning food or anything else. Therefore, let us look at the verses in context that the Lord gave me in the dream when he gave me the name, "Holy Nutrition."

Holy Nutrition

“Therefore, gird your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.

As obedient children, do not be conformed to the former lusts which were yours in your ignorance, but like the Holy One who called you, be holy yourselves also in all your behavior; because it is written, “YOU SHALL BE HOLY, FOR I AM HOLY.”

And if you address as Father the One who impartially judges according to each man’s work, conduct yourselves in fear during the time of your stay upon earth.”

(1 Peter 1:13-17 NAS)

Here we see clearly that God wants us to be holy just as He is holy. That means free from sin, and set apart for the glory of God! This verse tells us that we are to be holy in all of our behavior. The KJV is Old English and says “conversation,” but the word translated “behavior” is from the Greek word *αναστροφή*, *anastrophe*, and means, “manner of life, behavior, conduct.” This holiness results in what the scripture also says: **“Whether, then, you eat or drink or whatever you do, do all to the glory** [meaning the praise, honor, excellence, splendor, magnificence, exultation, dignity, the glory] **of God.”** (1 Cor. 10:31 NAS)

Now notice that Peter quotes from the Old Testament scriptures in Leviticus, chapter 11, where God is telling Moses and His children certain rules about what they are to eat or not to eat; it has nothing to do about religious ritual or ceremony, but about being holy. But we’ll have more to say on these scriptures later.

The other scripture which the Lord gave me was Romans 12:1-2, so let us look at this more carefully.

"I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect."

(NAS)

Here the Lord is urging us, beseeching us, the Greek word is: παρακαλω, *parakalo*, and means "to call, to exhort, to admonish, to urge, to beg, to entreat, to beseech, to comfort, to encourage." From this word we get the noun *Paraclete*, referring to the Holy Spirit, one called to our side to help us in our times of need. So the Lord is calling us with the help and power of the Holy Spirit, because of God's great mercy (which He had just related in the previous chapter of how God has bestowed mercy upon all of us while in our unbelief and disobedience), to a life of sacrifice. Specifically, that we would present, place at disposal, our bodies as Christ did for us, by His life and death, as a living sacrifice, and that this sacrifice of our bodies should be a holy sacrifice, and thus acceptable to God. That this living holy sacrifice of our bodies would then be accepted as true worship, spiritual worship, and the only reasonable service we can give to God who is holy.

Now for this sacrifice of our bodies (note He is speaking here of our bodies specifically and not our spirits and souls, which we are told elsewhere are to be totally yielded to Him) to be acceptable to God, that the giving of our bodies must be according to the will of God. And for us to know what the will of God is, we must understand something, and do something. Which is that we must not give our bodies according to the ways of this present evil age, to be "conformed" to its lusts and deceptions. The word "conformed" here is συσχηματιζεσθε, *suschematizesthe*, meaning to "conform oneself to another's pattern, to fashion oneself according to" (*Thayer's Greek-English Lexicon*). It is made up of two words, the *su*, meaning when used in composition with another word, "association, community, fellowship, participation" with. The other word is from the root, σχημα, *schema*, meaning "the habitus, as comprising everything in a person which strikes the senses, the figure, bearing, discourse, actions, manner of life, etc." (*Thayer*). Trench says it is the "whole outward presentation" and he quotes Bengel as the "character,

manner of life, dress, food, posture, speech, and actions" (Trench Synonyms of the New Testament). What a powerful revelation if we can get hold of this! The Holy Spirit is pleading with us not to allow our bodies to be used like those of the unregenerate world. That whatever we put in our bodies -- the food, the drink, the body preparations, the medications, the abusive substances, whatever we can put in our bodies -- must not be taken in when they are unhealthy and destructive to our bodies, just because the world or our pre-conversion lives have habituated us to them, or we've been tempted by the world or carnal (fleshly) or ignorant Christians to use them! Our bodies are the temples of the Holy Spirit! They belong to God! They were bought with the precious body and blood of our Lord Jesus Himself!

"Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body."

(1 Corinthians 6:19-20 NAS)

The word *suschematizethe* is in the present middle voice in Greek, meaning we allow this because of self, our own selfishness. This also includes what we put on our bodies, our clothes and the fashions thereof when they are against godly and scriptural modesty. It includes where we take our bodies, and what we do with our bodies in every sense.

Now, this is accomplished when you are willing and obedient by not being conformed to this age, but being **"transformed by the renewing of your mind."** The word transformed here is significant. It is μεταμορφουσθε, *metamorphousthe*, from where we get our common word metamorphosis. It is made up of two words, μετα, *meta*, meaning "exchange" and μορφη, *morphe*, meaning "the form by which a person or thing strikes the vision" (Trench). "Μορφη *form* differs from σχημα *figure, shape, fashion*, as that which is intrinsic and essential, from that which is outward and accidental" (Thayer quoting Lightfoot). A metamorphosis is what a caterpillar undergoes in becoming a beautiful butterfly. It is a change in form from the inside out. It is a complete change starting from within, within our spirits, giving us a new spirit, effecting then our minds, our souls, our emotions, intellect, and will, and then changing our bodies, our flesh from the blood and

bones to our bodies shape and form, our appearance to others. It is the same Greek word used of our Lord when he was on the Mount of Transfiguration when it was spoken that He was “transfigured” before them. (Mt 17:2; Mk. 9:2)

“Truly I say to you, there are some of those who are standing here who shall not taste death until they see the Son of Man coming in His kingdom. And six days later Jesus took with Him Peter and James and John his brother, and brought them up to a high mountain by themselves. And He was transfigured [“metamorphosized”] before them; and His face shone like the sun, and His garments became as white as light.”

(Matthew 16:28 - 17:2 NAS)

Talk about the power of God and His kingdom! Even His clothes were changed. This word is used one other time in scripture where we read:

“But we all, with unveiled face beholding as in a mirror the glory of the Lord, are being transformed [changed KJV] into the same image [eikon, literal, image] from glory to glory, just as from the Lord, the Spirit.”

(2 Corinthians 3:18 NAS)

Think of that! The Lord by His Spirit is “metamorphosizing” us. The Greek is in the present imperative passive voice, which tells us that it is a command now and He is doing it as we submit to Him. He is transforming, changing us from the inside out so that our image, what people see, is getting more and more like Him as He is now, in His glorified body! This is gradual, from one degree of glory to another, but someday those who turn many to righteousness shall actually shine as the stars forever and ever! (Daniel 12:3, 10) I believe His promise is that we can have some of that now, in this life. Isaiah the prophet promised:

“Arise, shine; for thy light is come, and the glory of the LORD is risen upon thee. For, behold, the darkness shall cover the earth, and gross darkness the people: but the LORD shall arise upon thee, and his glory shall be seen upon thee. And the Gentiles shall come to thy light, and kings to the brightness of thy rising.”

(Isaiah 60:1-3 KJV)

I've been waiting years for this! It is coming. Wait for it, as the scripture says:

“For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.”

(Habakkuk 2:3 KJV)

Oh, beloved, let us give our bodies back to Christ as living sacrifices, letting our minds be renewed so that we can be transformed into His likeness, and then we will be able to prove, by trial and error as we learn, what is God's will for us, His will which is good, nothing bad in or from it, acceptable, the only will that God accepts, and perfect, without flaw or fault. Oh, Praise the Lord!

If you're ready for this, let's pray!

“Father, we give ourselves to you. We give ourselves totally to you. Our whole spirit, our souls, and our bodies. To be sanctified completely, to be living sacrifices, so that we can be transformed by new minds with new hearts and bodies, so that we do your will perfectly and thus give glory to you. That we might bring glory, and honor, and praise to you, our Lord, in whatever we do, and forever we pray. Amen! And, Amen!”

Now, after I had written many chapters of this book, the Lord gave me another dream in which He instructed me to insert a portion on the fear of God. Remember the last verse, which we have at the beginning of this chapter:

“And if you address as Father the One who impartially judges according to each man's work, conduct yourselves in fear during the time of your stay upon earth.”

(1 Peter 1:17 NAS)

In fact, I think it would be meaningful to share the note I wrote on my computer the morning God spoke to me through the dream.

9/10/04 I had a dream as I awoke this morning. I was in a room of about 15 –20 people and we were standing and talking

among ourselves, and said something about diet, and one woman said what I was about to share with them, "it's a lack of the fear of God" and I said "you're exactly right." And then I thought of some information I was going to put at the end of this book, but that now I needed to move it up because the scripture tells us that **"the fear of the LORD is the beginning of wisdom"** and **"the fear of the LORD is the beginning of knowledge"** and **"the fear of the LORD is to depart from evil."** And then **"Come, and I will teach you the fear of the LORD."** Oh, how many times as a young Christian I prayed "Oh, Lord, teach me 'the fear of the Lord'!"

God tells us through the scripture here from Peter that He judges us all now according to how we live now. God tells us all sin is judged, some now and some goes after us to the eternal judgment.

"The sins of some men are quite evident, going before them to judgment; for others, their sins follow after."

(1 Timothy 5:24 NAS)

Jesus tells us that the day is coming when we shall have to give an account of even every idle word that we have uttered! He said:

"I say to you, that every careless word that men shall speak, they shall render account for it in the day of judgment."

(Matthew 12:36 NAS)

So, it behooves us, beloved, to walk in the fear of God. Some might still wonder why. Because:

"The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction."

(Proverbs 1:7 KJV)

"The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding."

(Proverbs 9:10 KJV)

"The fear of the LORD is to hate evil; Pride and arrogance and the evil way, and the perverted mouth, I hate."

(Proverbs 8:13 NAS)

“In the fear of the LORD is strong confidence: and his children shall have a place of refuge.

The fear of the LORD is a fountain of life, to depart from [avoid NAS] the snares of death.”

(Proverbs 14:26-27 KJV)

These are some of my favorite verses from the book of Proverbs, a few of the 14 verses just in this book alone referring to the fear of the Lord.

You see, beloved, these verses tell us that we cannot even begin to have proper knowledge unless we embrace the fear of the Lord. All of our humanistic, godless education today is leading us and our children away from God and the truth of what we need to know to be successful in this life and in the light of eternity. And how to apply true knowledge, the wisdom of God, begins with the fear of the Lord! And if we have it, we will hate the evil of this godless generation, the pride and arrogance it promotes, and the perversion that flows continually from the mouths of the media and educational systems of this world! Our dinner tables will be a refuge from the death and disease that the customary diets of our culture shove at us continually, and we will learn of God’s ways and feast confidently in them, and drink of the health giving fountains of life. Amen!

Now, a couple of other thoughts concerning the fear of God. Even some translations of the scripture water it down and change the word fear to reverence. To be sure, the fear of the Lord includes reverence, but it is much more than that. Listen to the Lord Jesus Himself while He was teaching His chosen disciples:

“And do not fear those who kill the body, but are unable to kill the soul; but rather fear Him who is able to destroy both soul and body in hell.”

(Matthew 10:28 NAS)

And again,

“But I will warn you whom to fear: fear the One who after He has killed has authority to cast into hell; yes, I tell you, fear Him!”

(Luke 12:5 NAS)

Yes, we are instructed by the Lord Jesus Himself to fear God! To fear Him in the same way that people normally fear those able to take their lives. This is much more than reverence. In fact, when Paul wrote about our having to stand someday before the Lord of the universe and give an account for our lives, he wrote that we would have to give account for every thing we've done and receive a proper recompense, whether it was something good, or something bad, gain reward or suffer loss, and that it would be a very sobering and profound experience. He said:

"For we must all appear before the judgment seat of Christ, that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad. Therefore knowing the fear [Greek: phobos -- fright, fear, dread, terror; KJV terror] of the Lord, we persuade men."

(2 Corinthians 5:10-11 NAS)

And again,

"Each man's work will become evident; for the day will show it, because it is to be revealed with fire; and the fire itself will test the quality of each man's work. If any man's work which he has built upon it remains, he shall receive a reward. If any man's work is burned up, he shall suffer loss; but he himself shall be saved, yet so as through fire."

(1 Corinthians 3:13-15 NAS)

In the beginning, one disobedient act, initiated by the deception of Satan, brought this whole world into sin, death, and destruction. In the New Covenant, we soon have the case of Ananias and Sapphira, who died under the judgment of God, and it brought the fear of God upon both the early church and the unsaved as well. (Acts 5:1-13) In fact, it says "great fear"!

"And great fear came upon the whole church, and upon all who heard of these things."

(Acts 5:11 NAS)

Many times in my life and ministry I have seen the Lord judge those who sin against Him and others, as well as themselves.

I think I should share a few incidences, and they will be applicable to the truths that we will be sharing in this teaching.

The first is a story of a young man, a husband and father of small children, who had developed brain cancer. He smoked cigarettes, but the Lord delivered him from smoking and healed him from the cancer. But later he went back to smoking, and then the cancer returned, and he died, leaving a wife and small children. He did not have the fear of God, and the hatred for sin and evil that goes with it. Jesus said, **"Remember Lot's wife!"** (Luke 17:32)

Another incident was when I had been teaching on live late night radio and a man who had a live program after me started to sow discord and dissention over what I was ministering. He died suddenly, and the Lord made His judgment very real to me.

Another was when I shared some truths about God's ways, and a "spirit filled" woman immediately rejected it very disparagingly, with the most disdainful and disgusting tone in her remark I've ever heard as she said slowly, "That's holiness." She then developed cancer and died a painful death from that dreadful disease. Beloved,

"God is not mocked; for whatever a man sows, this he will also reap. For the one who sows to his own flesh shall from the flesh reap corruption." And "Do not be deceived!"

(Galatians 6:7-8 NAS)

I know of a preacher who said to some Christians who told him of the truths they were hearing from my radio program on holiness in food and dress that he would never teach those things. His wife then left him, and the pain of that experience is tragic. The Lord let me know, if a preacher doesn't care for His bride, the church of the living God, to see that we are prepared for Him as a bride without spot or blemish, holy and blameless, then He will deal with our bride, our wives, and it won't be nice. (Ephesians 5:23-33)

Beloved, the fear of the Lord is the beginning of wisdom, and it causes us to hate sin and depart from evil. Paul wrote about this as being part of the true grace of God:

"For the grace of God that bringeth salvation hath appeared

to all men, Teaching [Gk. Paideuo: child training, disciplining, chastening] us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ; Who gave Himself for us, that He might redeem us from all iniquity [lawlessness], and purify unto Himself a peculiar people, zealous of good works."

(Titus 2:11-14 KJV)

Some time ago the Lord had my wife and I go to the Philippines to visit her mother. I took along a very popular book which a brother had given me, *The Purpose Driven Life* by Rick Warren. It quotes many scriptures using modern translations and paraphrases. At times this can be very helpful as Rick says, seeing "God's truth in new, fresh ways." But it also can be very misleading, as some modern translations and paraphrases completely miss the truth of God's word in a particular scripture. Therefore, I checked out every reference in both the King James Version and the New American Standard, both very accurate translations that I regularly use and recommend.

One verse that really spoke to me afresh was Psalm 25:14, particularly from the NAS literal notes in the margin. The paraphrase completely missed it, but the accurate literal translation really is profound:

"The secret of the LORD is for those who fear Him, and He will make them know His covenant."

(Psalm 25:14 NAS)

"The secret [counsel, intimacy] of the LORD is for those who fear Him, And His covenant, to make them know it."

(Psalm 25:14 NAS lit.)

Here we see that a very precious blessing of having the fear of God is that He will make us to know and understand His Covenant, what it means, and its promises. And when God emphasizes His Covenant, we can understand that all the aspects of blessings and benefits contained in His New Covenant, He will open our eyes to see and understand and cause our minds to comprehend so that we can appropriate them in our lives and ministry.

When we see that so many in the body of Christ do not

understand that healing is provided in God's New Covenant, we can then understand the great lack of the fear of God in the people of God. This is true of both supernatural healing provided which so many do not understand and appropriate, but also of natural healing through the many means God has also provided -- foods, herbs, nutrients, and various healing modalities.

The Lord says do not even touch unclean things, let alone eat them, and He will receive us and fulfill His conditional promises in our lives.

“Do not touch what is unclean; and I will welcome you. And I will be a father to you, and you shall be sons and daughters to Me,” Says the Lord Almighty.

Therefore, having these promises, beloved, let us cleanse ourselves from all defilement of flesh and spirit, perfecting holiness in the fear of God.”

(2 Corinthians 6:17 – 7:1 NAS)

The fear of the Lord must be taught and learned, so pray for it. God says:

“Come, you children, listen to me; I will teach you the fear of the LORD.”

(Psalm 34:11 NAS)

And do not be as many, especially the rulers of Christian synagogues (they call them local Churches), who fear men more than they fear God, and so will not confess certain truths about Jesus and His word.

Jesus revealed this to us:

“Nevertheless among the chief rulers also many believed on him; but because of the Pharisees they did not confess him, lest they should be put out of the synagogue: For they loved the praise of men more than the praise of God.”

(John 12:42-43 KJV)

Between the time that the Lord gave me the dream to put instruction here about the fear of the Lord and this writing, a brother mentioned a book by John Bevere entitled, *The Fear of the Lord, Discover the Key to Intimately Knowing God*. It is excellent, and I recommend it wholeheartedly. He shares many wonderful

scriptures and experiences, and so I will close with a statement he adds that goes along with our last scripture that is most important for us all concerning the truths of this book on Holy Nutrition before we proceed to the next chapter and find out what God really considers food to be. He writes:

"If you desire the praise of man, you will fear man. If you fear man, you will serve him – for you will serve what you fear."

And God says,

"The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe."

(Proverbs 29:25 KJV)

So then,

"Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man."

(Ecclesiastes 12:13 KJV)

“What is Food?”

Very simply, but very profoundly, food is what God says is food, what God says is to be eaten, and it is not what God says is not to be eaten!

As soon as God created man, He blessed Adam and Eve, and told them:

“Be fruitful, and multiply, and replenish [Heb.: fill, not “redo”] the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat [Old English word for food]. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat [food]: and it was so.

And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.”

(Genesis 1:28-31 KJV)

In His first words to man, God gave Adam and Eve what to eat. He told them from the beginning instructions for life, and what was to be their food. Notice that it was “every” kind of vegetable, fruits, nuts, and seeds. It was a wonderful, complete diet of good things. There was an emphasis on green herbs for the animals and birds. This is the first color mentioned in the scripture, and we’ll have more to say about green plant life for

food later – very important.

Now, let's take a closer look at this supernatural creation of man.

“And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed. And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil.”

(Genesis 2:7-9 KJV)

“And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it. And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.

And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.”

(Genesis 2:15-18 KJV)

Here we see that even before God even created a woman to be a helper, a counterpart for the man, perfectly suited for him, one we have discovered that would be skilled and proficient in preparing food, we see that God had established His authority over man by giving him commandment defining food, what was to be eaten, and what was not to be eaten, what was not food!

And we find that after the woman was created, this authority is immediately allowed to be tested and tried by the devil. And the devil is still doing the same job today. He is being used to try man as to God's authority, to test him concerning God's Word, and for this topic, “What is food?” Let's look at the test.

“Now the serpent was more subtle [crafty, shrewd] than any beast of the field which the LORD God had made. And he said unto the woman, ‘Yea [Is it so], hath God said, Ye shall not eat of every tree of the garden?’

And the woman said unto the serpent, ‘We may eat of the fruit of the trees of the garden: But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of

it, neither shall ye touch it, lest ye die.'

And the serpent said unto the woman, 'Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.'

And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat."

(Genesis 3:1-6 KJV)

The test is this. The devil, usually speaking through someone, but maybe directly into our mind, starts by questioning God's Word. Then he flatly contradicts and denies God's Word. And then he appeals to the selfhood of man, and to the things of this world, to its lusts and desires, to his pride. John put it this way:

"Love not the world, neither the things that are in the world. If any man loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever."

(1 John 2:15-17 KJV)

Jesus was tempted in these same three ways. He was hungry after forty days of fasting, and the devil tempted Him to turn stones into bread contrary to the will of God – the lust, desire of the flesh. But Jesus was victorious by quoting the Word of God and resisting! The devil then tempted Him to tempt God by taking Him up to the top of the high temple and to cast Himself down and claim a scriptural promise of protection. Jesus again quoted the Word of God! Then the devil tempted Him through lust, the desire of the eyes, and the pride of life by showing Him the glory of the kingdoms of the world and offering it to Him, if only He would bow down and worship him. Jesus rebuked the devil with the Word of God again, and then angels came and ministered to the Lord! Praise His name!

Now, notice also, that after God made Adam and placed him in a beautiful garden in Eden and gave him a job to do, "to

dress it and to keep it," (that means to keep it beautiful, cultivated and trimmed for God loves beauty and has made man the same way, and work is not a curse) that God allowed Adam and Eve to be tempted.

Satan attacks first through the weaker vessel, and so Eve is made to doubt, then has the Word of God that she knew contradicted by reasoning and an appeal to her pride. Eve had gotten this Word of God from Adam, her husband, who got it from God before she was created. She looks at the forbidden fruit and she desires to just taste it. Then she reasons it would be good for food after all, it looks so very good. And to be like God! WOW! She had either reasoned enough about the fruit herself or with Adam, or God had added later, not to even touch it. That is God's wisdom! Don't get near temptation! Don't handle it. Don't purchase it! Don't look at it! Flee lusts! (2 Tim 2:22) But she talked too long with the devil. She yields to the temptation. And Adam, who was right there with her yields to the desire of his wife, and the whole human race is still suffering! From deciding they knew better than God what was food, that which was good to be eaten, and listening to the devil, all of us are still paying the price today. From one bite each, and we think just a little piece won't hurt, "just a taste!"

Then we wonder why we have no power, why we have so many unanswered prayers, why this and why that. Why we are sick, and sick and tired of being sick and tired. Disobedience, my dear friend. Disobedience! Listening to false reasonings of the scripture, listening to the devil. Listening to the desires of our flesh and eyes, and letting carnal Christians feed our pride or attack us with rejection or persecution.

Dearly beloved, when you are threatened with rejection or more, rejoice, God is wanting to bless you. He is wanting to allow you to store up rewards in heaven. He is wanting to make the kingdom of God more real and powerful in your life now! Rejoice! Jesus said:

"Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so

persecuted they the prophets which were before you.

Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? It is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men."

(Matthew 5:10-13 KJV)

So occasionally you might have to go hungry. Fast! Again it is written:

"Blessed are ye that hunger now: for ye shall be filled. Blessed are ye that weep now: for ye shall laugh. Blessed are ye, when men shall hate you, and when they shall separate you from their company, and shall reproach you, and cast out your name as evil, for the Son of man's sake. Rejoice ye in that day, and leap for joy: for, behold, your reward is great in heaven: for in the like manner did their fathers unto the prophets.

But woe unto you that are rich! for ye have received your consolation.

Woe unto you that are full! for ye shall hunger. Woe unto you that laugh now! for ye shall mourn and weep.

Woe unto you, when all men shall speak well of you! for so did their fathers to the false prophets."

(Luke 6:21-26 KJV)

Now from the story of creation, we have learned what food is. It is what God says it is, and when God says something is not food, it is not food even if it has vitamins, minerals, proteins, or anything else we think would be good for us. This is important, for the deceitfulness of false foods, either that which is not really food or else real foods that have been corrupted or adulterated, is enormous.

We also learn from these scriptures that God is the original author of sickness and disease, not the devil. He told Adam that in the day they ate, they would die. Death means separation from God, and death and disease started then. He tells us:

"For the LORD shall judge His people See now that I, even I, am He, and there is no god with Me: I kill, and I make alive; I wound, and I heal: neither is there any that can deliver out of My hand."

(Deuteronomy 32:36, 39 KJV)

"The LORD'S voice crieth unto the city, and the man of wisdom shall see thy name: hear ye the rod, and who hath appointed it. . . . Therefore also will I make thee sick in smiting thee, in making thee desolate because of thy sins."

(Micah 6:9, 13 KJV)

"The LORD will make the pestilence cling to you until He has consumed you from the land, where you are entering to possess it. The LORD will smite you with consumption and with fever and with inflammation and with fiery heat and with the sword and with blight and with mildew, and they shall pursue you until you perish. . . . The LORD will smite you with the boils of Egypt and with tumors and with the scab and with the itch, from which you cannot be healed. The LORD will smite you with madness and with blindness and with bewilderment of heart . . . The LORD will strike you on the knees and legs with sore boils, from which you cannot be healed, from the sole of your foot to the crown of your head. . . . Then the LORD will bring extraordinary plagues on you and your descendants, even severe and lasting plagues, and miserable and chronic sicknesses. And He will bring back on you all the diseases of Egypt of which you were afraid, and they shall cling to you. Also every sickness and every plague which, not written in the book of this law, the LORD will bring on you until you are destroyed."

(Deuteronomy 28:21-22, 27-28, 35, 59-61 NAS)

"For he who eats and drinks, eats and drinks judgment to himself, if he does not judge the body rightly. For this reason many among you are weak and sick, and a number sleep. But if we judged ourselves rightly, we should not be judged. But when we are judged, we are disciplined by the Lord in order that we may not be condemned along with the world."

(1 Corinthians 11:29-32 NAS)

"And I will kill her children with death; and all the churches shall know that I am He which searcheth the reins and hearts: and I will give unto every one of you according to your works."

(Revelation 2:23 KJV)

"For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things,

God shall add unto him the plagues that are written in this book: And if any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life, and out of the holy city, and from the things which are written in this book."

(Revelation 22:18-19 KJV)

The following are additional scriptures for your consideration:

Ex. 15:26; Num. 11:33-34; Deut. 7:15; Lev. 26:16-46; Psa. 38; Psa. 107:17-18; Hos. 4:6, 6:1; 2 Chr. 21:14-19; Mt. 18:23-35; Jn. 5:14; Acts 5:1-11, 12:23, 13:11; Heb. 12:6; Rev. 11:3-6. For more scriptures and complete quotes, see chapter 25 on "Sickness – Its Causes and Cures."

So we have seen in this chapter what food is according to God. It is what He says it is, and when He says something is not to be eaten, then it is not food for us. This understanding must be realized throughout the scriptures if we are going to properly interpret them regarding food. We shall find now as we go through various scriptures that have confused Christians, and caused them to misunderstand the true meaning of God's Word concerning eating, that they can be understood properly only when we realize that God sets the definition of food, what is to be eaten or not. So with this in mind, realizing the seriousness of knowing and obeying the truth as we have seen and been warned, let us look at some individual scriptures, often overlooked or misunderstood, for the truth of God's word, and for our health and holiness, and therefore happiness, both now and forever.

Exodus 15:26

Four requirements for Health

“Then Moses led Israel from the Red Sea, and they went out into the wilderness of Shur; and they went three days in the wilderness and found no water. And when they came to Marah, they could not drink the waters of Marah, for they were bitter; therefore it was named Marah [Bitter]. So the people grumbled at Moses, saying, “What shall we drink?” Then he cried out to the LORD, and the LORD showed him a tree; and he threw it into the waters, and the waters became sweet. There He made for them a statute and regulation, and there He tested them. (:26) And He said, ‘If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the LORD, am your healer.’

Then they came to Elim where there were twelve springs of water and seventy date palms, and they camped there beside the waters.”

(Exodus 15:22-27 NAS)

I shall never forget when God first gave me this scripture concerning natural healing. It was in 1973. However, to better understand and appreciate the revelation, I will share some experiences beginning seven years earlier when the Lord had taken me to the mission field in 1966 as a dentist. I had given my life to Him for His service with the only talent that I knew at the time, and that was my profession of dentistry. So the Lord opened

for me a short missionary trip to the West Indies for a three-month pilot program, called Project Compassion. I did the dental work, there was a surgeon and nurses who did the medical work, and we all did evangelism. At the end of the three months, they all went back to the States for school, but as I had given myself for the Lord's work, I traveled to other islands for two more months, seeking where I might set up a dental missionary ministry and visiting various missionaries I had met during our program. When I got to Puerto Rico, I was invited to a Sunday service where I saw miracles and healings that just amazed me. Arthritics and paralytics were healed, and a little child had her short leg grow out even with the other by prayer to "Dr. Jesus" as she sat on the evangelist's lap, Peter Nell. I myself was healed of three conditions — hay fever, athletes feet, and from the need of eye-glasses which I had worn for over 15 years. And I was given a prophecy that I was called to be "an end-time preacher." It changed my life! I had gone to the mission field having been taught that God didn't do miracles today, but now I not only knew He did, but was restoring the five-fold ministry as well (Eph. 4:11).

But a couple years later I was in a meeting in Columbus when the same evangelist came through whom I had seen in Puerto Rico, and when he asked how many had cancer, or heart disease, or one of many other conditions, hands went up all over the large auditorium. This surprised me, as this was a congregation of people that believed in healing and miracles, and yet most were sick with something. So I prayed and asked God what was the answer. He did not reveal the answer to me at that time because He was preparing me for the answer.

In 1969 I took my mother and dad to a healing meeting because of my dad's glaucoma. The evangelist called my mother out and told her that she had a growth on her right eye, and that it had been there for a couple of months. She said that it had. And after prayer, it came off and I rubbed it between my fingers. Then he told her by a Word of Knowledge that she had arthritis in both shoulders, but that it was worse in her left one. That was correct, but she wasn't healed of this condition. Then she said that we had actually come for "Daddy's healing" so the evangelist prayed for him and he was healed, the pressure never went up again. But the fact that mother had been healed of her eye condition, and told about her arthritis but not healed, puzzled me, and I prayed a lot about this.

It wasn't until four years later when I received a testimony

from a fine preacher and teacher about how he had been healed that I got my answer. The man had sought healing in many ways. He had tried orthodox medicine, anointing with oil and the laying on of hands, many prayers, but all to no avail. Then someone told him about taking a little food supplement, but he rejected it. However, after more time and attempts to be healed, he thought he would try it, and so after taking a little food supplement, he was healed. The light went on! My mind was enlightened, and I knew that what I had been asking God about was this. So I sent for a month's supply for myself, and immediately I noticed a difference. I felt healthy, but yet I realized that instead of about twenty pushups in my daily exercise routine, I could do thirty, then forty, before my muscles began to ache. There was something different in my body, and I was pleased. So I sent for three months' supply – one for my mother, one for my father, and another for myself. At the same time, I had been given Dr. Atkins' new book on *The Diet Revolution*, and was learning about carbohydrate metabolism, and so I convinced my mother to stop eating all white refined sugar and take these little vitamin-mineral tablets. Wow! That very month all her pain from arthritis went away which she had had for as far back as I could remember. This was the first of the year, and the pain didn't come back until about two weeks before Christmas that year. I asked my mother what she was eating, and sure enough, as her custom had been for years, she had been baking "Christmas goodies," Seafoam and Divinity candy for baskets and gifts, and had been sampling it as she made it. When she quit, the pain all went away again!

One might wonder why it took so long for me to get my eyes opened to natural healing through vitamin-mineral supplementation. One big reason is that I had been taught erroneously in dental school, the same as most in medical school, that if you "just eat a well balanced diet, you get all the nutrients you need." That is a colossal and serious lie. There are many reasons why that is not true. First, our soils are not what they once were. Soil conservation is not what it once was. Modern fertilization methods produce large crops, but the fertilizer doesn't have the many minerals needed for good health, so the crops are low in these very essential nutrients. Food processing also depletes the food of many nutrients, and then many harmful chemicals are added for various purposes. Many cooking methods further deplete the vitality of our foods, and so one can pick out the finest fruits and vegetables available, but they are not

what God originally created and intended for us to eat so that we would be healthy and filled with vitality ourselves.

Another reason I was so slow in realizing the truth of the need for vitamin-mineral supplementation was that since I had been trained as a “doctor,” taken post graduate training in Pedodontics (interned at Children’s Hospital in children’s dentistry), I thought since I had gotten so much education and understanding of human physiology, anatomy, histology, biology, and so forth, that what I had been taught was correct and the latest information necessary for good health. The trouble was that although most of my training was correct, there were some serious errors and deficiencies when it came to human nutrition. Also, since I knew so much more than most people, I didn’t readily accept the suggestion of one of my patients that vitamins were a good thing to take and necessary for good health today. That is human pride, and God had not sufficiently delivered me as yet from that destructive and serious to have spirit, and that attitude of fallen human nature. Learning knowledge without love “puffs up,” as the scripture says (1 Cor. 8:1). But after years of prayer, when I heard the testimony of someone I respected, the Spirit of God opened my eyes and delivered me from erroneous doctrines propagated by professional pride, ignorance, and prejudice, and if we go back a little way in our medical and dental training, greed, not just by doctors, but by the pharmaceutical industry and governmental agencies involved.

So now it’s 1973, and after having my eyes opened to natural healing, I asked the Lord where this was taught in the scriptures, as I believed that everything I taught needed to be supported by God’s Word. God spoke to me, “Exodus 15:26.”

As I read this scripture, and its context, I immediately recognized another error that I had been taught by the church. I was taught that when this verse was speaking of God being our healer, Jehovah Rapha, that it was to be interpreted as support for supernatural healing, which I had come to believe in and read about. But although God may choose to heal us supernaturally, and I have experienced it and seen it hundreds of times, this verse is primarily speaking of natural healing and health. So let’s look at it closer.

God tells us four things we are to do, and if (please notice the big I), if we do these four things then He will be our physician, and we won’t get sick and diseased with all the diseases of the world (Egypt) which He puts upon people who are disobedient

to His word and will!

The first thing we must do is heed, that is listen and obey the voice of God! **"If you will give earnest heed to the voice of the LORD your God."** (vs. 26) Many people are taught that God doesn't speak today like He has in times past. That is a lie! Jesus said, **"My sheep hear my voice, and I know them, and they follow me"** (Jn. 10:27).

I can remember years ago when I was just a very young lamb in the faith, that I spoke up in a prayer meeting how that God had spoken to me and said, "Psalm 35" when I had been praying about being sued and about to go to court. The Christians looked at me in amazement, that I would believe such a thing. Well, God did speak to me, and that Word caused me to stand strong against even the advice of my Christian lawyer, the amazement of the judge and bailiff, so that I never paid one cent to those who were falsely accusing me and attempting to take revenge and get a lot of money from this young "doctor" who they thought would be easy pickin's. God still speaks today, and we must be obedient to His voice if we want to succeed in life and walk with Him.

The second thing we must do is just learn to do what God says is the right thing to do, what God teaches us by His Word and Spirit is right, and not do what we may think is best for us, but to do what we believe is the right thing to do according to the truth of God's Word and ways. He said, **"Do what is right in His sight."** (vs. 26) Often we may think of a lot of ways to do something, or ways to get out of something, that are not the way God wants us to do it. But God says, **"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths."** (Pro. 3:5-6 KJV). He says, **"And thou shalt do that which is right and good in the sight of the LORD: that it may be well with thee, and that thou mayest go in and possess the good land which the LORD sware unto thy fathers, To cast out all thine enemies from before thee, as the LORD hath spoken."** (Deut. 6:18-19 KJV)

The third thing we must do if God is to be our healer and keep us well is that we must **"give ear to His commandments."** We must study God's Word in order to obey His Law, His Commandments given to us throughout His Word. We must listen to Him and give heed.

The fourth thing we must do is **"keep all His statutes."** His statutes are "things prescribed or owed, enactments, ordinances, decrees, codes" of conduct. There are many statutes for many

different purposes, such as statutes concerning idolatry (the statutes of the heathen, and Israel's false statutes, 2 Ki. 17:7-19), vows (Num. 30), and ethical, moral, social, and spiritual behavior (Lev. 18 - 20). And there are many statutes directly concerning health such as for the cleanliness of priests and their sacrifices, of which we all are both priests and the sacrifice. Also, cleanliness of food, hands, bodies, clothes, eating and storage vessels, houses, and from disease (Ex. 29:4, 17; 30:18-21; Lev. 11 - 15). Quarantine of those with infectious disease was necessary, and the washing of the clothes they touched and burning of them if the clothing was infected (Lev. 13:45-59). Also, statutes of sanitation (Deut. 23:12-14). And there are statutes concerning not eating blood or the fat (Lev. 17:10-14; 3:16-17; 7:22-34; Deut. 12:16, 23-25, 27; Acts 15:20, 29; 21:25).

And so we see from this scripture that there are four things we must do if we are to expect God to heal us or keep us free from the world's diseases. And many of the statutes that we must keep are dietary, and for those who have been taught and understand, many are recognized as good medical and health practices.

And then the very next verse, which the Lord had me reading at that time in the New American Standard Version, mentions that the Israelites came to Elim, where there was something good to eat, dates, and water. As I was hungry for the scriptures that teach the necessity of nutrition, I kept reading that day until I came to the twenty-third chapter, and I began to rejoice. Lets look at these scriptures and see why.

Exodus 23:25-26

The Fruit of Blessed Bread and Water

“But you shall serve the LORD your God, and He will bless your bread and your water; and I will remove sickness from your midst. There shall be no one miscarrying or barren in your land; I will fulfill the number of your days.”

(Exodus 23:25-26 NAS)

The reason I began to rejoice that day as I read these scriptures was because I had just read the book, *Vitamin E: Key to a Healthy Heart* by Herbert Bailey, Best-selling Health Sciences Author.

In this book, I had learned that the number one health problem of Americans, and much of the world, heart disease, was prevented and cured by supplementation with this simple vitamin, vitamin E. And that it was insufficient in our diets due to dangerous and unhealthy food processing methods. Most of the world has been deceived into eating refined white flour. It was once considered the flour for the rich, so the poor wanted it also, and consequently it became the tasty delicacy for all throughout the world. But behind this all is God's judgment. When people turn away from the true and living God, and commitment to him, they are led into many hurtful lusts and desires, and their table becomes a snare and a trap (Rom. 11:8-10) which I'll say more about later. But at the same time as this food refining takes out health giving properties, it puts in wealth for those who process

the food, and retailers, as this kind of flour will literally last for years on the store shelves, where even the bugs won't touch it -- they have more wisdom than man who has been deprived of the wisdom of God and given over to the lusts of their flesh.

Most people do not realize that the wonderfully created wheat berry or seed, for example, has over fifty, that's 50, known good, helpful, healthful nutrients in it, but after the refining process to make white flour, all of the vitamins, minerals, and lipoproteins have been removed. Then by State law in most places, three to five cheap synthetic vitamins and minerals are added back in and the white flour is labeled "enriched" or "fortified." Let me ask you. If I took fifty dollars from you, and then gave you a three-dollar bill in return, would you say you've been "enriched," or "robbed?" They have taken out the wheat germ (with its essential fats and vitamins, among which is the vitamin E), and the bran (with all its fiber and minerals), and there is nothing left but what we used to make paste out of when we were children. And that's what it becomes in our intestines, a clogging mass of non-nutritive so called "food" that is one of the chief causes of the epidemic of constipation and colon cancer, as well as coronary disease from lack of Vitamin E. Herbert Bailey outlines this so beautifully in his book, which has since I originally read it sold over a million copies and been updated as *Vitamin E For a Healthy Heart and a Longer Life*.

Another thing I learned while reading his book was that lack of sufficient amounts of vitamin E cause women to have miscarriages, and prevents them from being able to conceive and become even pregnant to begin with. And since vitamin E is so essential for a healthy heart, and so many are diseased and dying prematurely because of its insufficiency, you can see why I rejoiced when I read that if we meet God's conditions, He would bless our bread, it would have God's designed health giving ingredients in it, and we would not have these terrible results: sickness, miscarriages, inability for the female to even conceive and male sterility as well, and premature death, principally from heart disease and cancer. He said,

(25) But you shall serve the LORD your God, and He will bless your bread and your water; and I will remove sickness from your midst.

(26) There shall be no one miscarrying or barren in your land; I will fulfill the number of your days.

What beautiful truth! And there is more. The day I read this scripture and received this revelation, I went to a meeting at night where I saw a filmstrip called, *"World Without Cancer."* It was very informative, and tells the tragic story of the "Politics of Cancer" as well as the "Science of Cancer." It explained how mankind is being deceived and led astray from the answers because of pure GREED, and human pride, and the pharmaceutical-medical-insurance-governmental complex that is constantly fighting to keep the world in darkness for its own benefits. After the presentation, I shared with those present what God had revealed to me that day, how that our bread was not blessed, but cursed, and how we were suffering because of it. When they realized I was a dentist, they gave me a lot of information about the controversy of putting fluoride in the water. That night after I returned home, I prayed for those I had spoken to, because I could tell that many had not really understood what I had shared with them. So I prayed that God would open the eyes of those present to the truth of the scripture which I had shared. Immediately the Lord opened my eyes, whereas I had shared with them how their bread was cursed, they had shared with me how our water was cursed. My training as a dentist had been that putting fluoride in the drinking water, or in tooth paste or vitamins, was good, that it reduced dental carries (tooth cavities), and so I had believed that this was good for everyone. The Lord revealed to me then that this was a deadly lie. And as I then read and studied the literature that I had been given, I realized the "science" and "politics" of fluoride was corrupt, and came to understand the truth.

Sometime later, when attending hearings at the State of Ohio House of Representatives concerning fluoride, I heard a comment I shall never forget, and that was the answer asked of our Oral Pathologist from my alma mater, Ohio State University College of Dentistry, to the question of what does fluoride do in the human body. He said, "We don't know, but we do know it's an enzyme inhibitor." WOW! That alone should sound an alarm. Every chemical reaction in the body is due to the action of enzymes, and if anything inhibits the action of any of our thousands of enzymes, it inhibits the health and normal function of our body! The true science of fluoride has been revealed. It is very harmful and a major cause of cancer. John Yiamouyiannis, PhD Biochemist, and Dr. Dean Burk, Chief Chemist Emeritus of the U.S. National Cancer Institute did research in which they determined that fluoridated water causes over 10,000 cancer deaths each year. Dr. Burk said,

“fluoride causes more human cancer death, and causes it faster, than any other chemical” (pg. 72, *Fluoride the Aging Factor* by John Yiamouyiannis). I interviewed Dr. Yiamouyiannis many times over the radio, and his book gives the scientific evidence of how fluoride “disarms the immune system” and accelerates the aging process. It breaks down the collagen, the body’s glue. Too much fluoride causes fluoride poisoning, which happens in some parts of the world naturally, and the people suffer horribly. Fluoride poisoning can cause: bloody vomit, nausea, stomach cramps or pain, weakness, constipation, loss of appetite, skin rashes and sores in the mouth, aching bones, and discoloration of the teeth, and more. Too much fluoride in the water can cause acute death, but in smaller amounts over a period of time fluoride poisoning also causes brittle bones, wrinkled skin, arthritis, arteriosclerosis, osteoporosis, genetic damage, birth defects, cancer, heart, lung, and kidney disease. Dental fluorosis, known to all dentists, causes white, yellow, brown, or black mottled enamel from lack of proper calcification. All these conditions are from cursed water, not blessed water as the Lord promises to those who listen and obey. And I tell you as a dentist myself, who was taught otherwise in my days of agnosticism and unbelief and then re-taught by the Lord, do not use fluoridated water, toothpaste, supplements, or products! Be blessed, and be a blessing to others! And I should add, having consequently recommended and sold Distillers and Reverse Osmosis water purification systems with filters for many years, that they take out the fluoride, but filters alone do not. Carbon filters remove the bad tasting and smelling pollutants, but not the most toxic elements. With our whole ecosystem polluted as it is today, even well water is not usually safe anymore. And mineral water that you buy is pathetic, having minerals not in their most health giving form, and usually polluted and toxic in many ways. Most bottled water is misrepresented and also not healthy. Purify your water yourself!

Now that we’ve seen how our bread and water needs to be blessed, not cursed, lets examine in more detail some of the conditions God said He requires for this to be reality. And please don’t think a prayer given over what is cursed by adulteration, corruption, and pollution will change it. Don’t be ignorant but educate yourself and pray about it before you purchase, then ask God for additional blessing when you consume it.

Exodus 23:20-33

The True Service of God

“Behold, I am going to send an angel before you to guard you along the way, and to bring you into the place which I have prepared. Be on your guard before him and obey his voice; do not be rebellious toward him, for he will not pardon your transgression, since My name is in him. But if you will truly obey his voice and do all that I say, then I will be an enemy to your enemies and an adversary to your adversaries. For My angel will go before you and bring you in to the land of the Amorites, the Hittites, the Perizzites, the Canaanites, the Hivites and the Jebusites; and I will completely destroy them. You shall not worship their gods, nor serve them, nor do according to their deeds; but you shall utterly overthrow them, and break their sacred pillars in pieces.

(25) But you shall serve the LORD your God, and He will bless your bread and your water; and I will remove sickness from your midst.

(26) There shall be no one miscarrying or barren in your land; I will fulfill the number of your days.

I will send My terror ahead of you, and throw into confusion all the people among whom you come, and I will make all your enemies turn their backs to you. And I will send hornets ahead of you, that they may drive out the Hivites, the Canaanites, and the Hittites before you. I will not drive them out before you in a single year, that the land may not become desolate, and the beasts of the field become too numerous for you. I will drive them out before you little by little, until you become fruitful and

take possession of the land. And I will fix your boundary from the Red Sea to the sea of the Philistines, and from the wilderness to the River [Euphrates]; for I will deliver the inhabitants of the land into your hand, and you will drive them out before you.

You shall make no covenant with them or with their gods. They shall not live in your land, lest they make you sin against Me; for if you serve their gods, it will surely be a snare to you."

(Exodus 23:20-33 NAS)

These scriptures reveal to us some understanding of what it means to **"serve the Lord"** our God, which is the condition for Him to bless our bread and water, and thereby to take sickness, barrenness, and premature death from us.

He tells us that we must obey the voice of His angel, His holy messenger, the one who will instruct us and lead us in the way of the Lord. God still sends literal angels from heaven today, as we can read throughout the scriptures. He also enlightens His holy messengers, His men of God who commune with Him and then preach His unadulterated and undefiled Word. And the greatest messenger of all is the Lord Himself who we must come to know personally and to obey. The problem as we see in these scriptures is that we are brought into a land of idol worshippers, who worship everything except the true and living God. And we have six nations, six different types of people listed repeatedly in the scriptures, sometimes another one or two, which we must conquer.

First we have listed the Amorites, meaning "mountaineer," a tall and strong people who inhabited much of the land then known as Canaan. They were descended from Canaan, the "cursed" fourth son of Ham, the younger son of Noah. They worshiped a variety of gods, and built "High Places" for their idol worship, among which was "the horrid rite of human sacrifice," and in its most repulsive form, "the sacrifice of the firstborn." And isn't that one of the great sins of our society today, and even of the church. Abortion usually takes the life of one's firstborn, and is so common and legally accepted among us. It's so reasonable, when one does not know God, or has been taught to believe in Evolution and has been taken **"captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ"** (Col. 2:8 NAS). It is so reasonable when this little interference with one's life and dreams comes along and our

plans are so interrupted by an unwanted pregnancy. But what about Christians? Ignorance, immaturity, and lack of significant preaching, teaching, and shepherding, and the lack of the fear of God and the understanding of His judgment upon our sins, is the problem. We must repent! The killing of millions of our unborn children has brought terrible judgment upon our land, and the cries of innocent blood literally cry out in the ears of Almighty God and those who have ears to hear. Please read *God's Final Warning to America* by John McTernan for a remarkable and eye opening rendition of God's judgment upon America for this terrible sin against ourselves and crime against God. And three other national sins as well! Thank God for His grace and mercy. Let's pray!

"Do not remember the sins of my youth or my transgressions; According to Thy lovingkindness remember Thou me, For Thy goodness' sake, O LORD."
(Psalm 25:7)

"LORD, I have heard the report about Thee and I fear. O LORD, revive Thy work in the midst of the years, In the midst of the years make it known; In wrath remember mercy."
(Habakkuk 3:2)

Next we have the Hittites, descendants of Heth, also a son of Canaan. They used cuneiform writing and jurisprudence, influenced greatly by the Babylonian culture. And this is what has happened in Western culture, and is increasing now at an alarming rate. The teachings of ancient Babylon are what have influenced the church from the beginning, which I write extensively about in my book on *The church*. It has been increasing steadily, from the days of Paul, but got its main grip upon the church in the days of Constantine. Now we are seeing our laws changed from what our Christian Founding Fathers gave us, in our historical founding documents, including of course our Declaration of Independence and Constitution, and individual State Constitutions, all based upon the laws in the scriptures and the Ten Commandments. Civil laws from the Old Covenant for ruling a society, and the spiritual laws of the New Covenant kingdom of God for ruling the church. They are now being changed into the Babylonian heathen laws of idolatrous man, reaching for the culmination of ungodly religious and then secular humanism. This is being accomplished first by the

corrupted, compromising Institutions of the Babylonian Church, racing toward their culmination in "Babylon the great," followed by Judicial Tyranny, and the writings controlled by the distorting mass-media, ungodly government bureaucracies, and converted and perverted educational Institutions of so called "Higher Learning." If we want our bread and water to be blessed and God's will to be done in our lives, to **"prosper and be in health, even as thy soul prospereth"** (3 Jn. :2), we must renounce our Babylonian teachings and ways and practice the Word of God!

Next we have the Perizzites, who were "dwellers in unwallled villages" and "intermarried" with the Israelites, against God's instructions (Deut. 7:1-16; Judg. 3:1-8). How tragic it is when Christians enter in with unbelievers, which seems so wonderful and harmless, and make marriage covenants with them, and therefore later discover their lives have become so devastated. Paul warned us about this clearly (2 Cor. 6:14 - 7:1), and when I recall the family destruction that has resulted from such false, denominational teachings, controlled by the spirits of Babylon, I grieve for those who have so suffered from this tragic mistake, a violation of God's plain holy Word! And sickness and disease are also the result of this sin (Deut. 7:14-15).

Next we have the Canaanites, a strong people living in stout walled cities with excellent fortification, who were talented in arts, science, music, and architecture. They built ornate palaces and temples, filled with ivory, gold, and alabaster, but also immoral gods and prostitute goddesses. They were morally corrupt, sexually perverted, and "Canaanite fertility cults were seen to be more base than elsewhere in the ancient world." They were "dangerously contaminating" and deserved the sentence of divine judgment. But first, Israel became infected, accepted their presence and refused to destroy them as God had commanded. And aren't we doing the same today? We are so enamored and taken in by the lust of our eyes and flesh, especially by TV, movies, and magazines, that we don't realize what sin we've entered into, and the consequent judgment upon us by a holy God. We must repent if we wish to become healthy, and desire to be nourished by the good things God has provided in such abundance.

The next idol worshippers from Babylonian influence were the Hivites. They were a peaceful, pleasant people, commercially industrious, but they worshipped the god Baal-berith, meaning "The Baal [Lord] of the covenant." We find that these people tricked the Israelites into making a covenant with them so that

they would not be destroyed (Josh. 9). And so today, we find unbelievers wanting to enter into a covenant, legal contacts, business partnerships, marriage covenants, with believers for various reasons, but God has told us and given us reasons over and over again not to do this (2 Cor. 6:14 - 7:1; Ex. 34:12-16; 1 Kings 11:2; Neh. 13:25-27; Num. 33:55). Who wants the devil to be their father-in-law -- or a business partner? (Eph. 2:1-10) It is so easy to be deceived by outwards appearances, circumstances, and persuasive words, but God's Word remains true. It is impossible to enter into these kinds of agreements with unbelievers, and have the venture to be successful for the glory of God. We are told:

"Whether, then, you eat or drink or whatever you do, do all to the glory of God."

(1 Corinthians 10:31 NAS)

"And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father."

(Colossians 3:17 NAS)

The last people listed here that we are not to enter into covenants with, follow their ways, or partake of their spirits, are the Jebusites. They were also as the others the sons of Canaan, the son of cursed Ham, a mountainous, warlike people who lived in the hill country and cities around Jebus, their royal, elevated, and highly fortified city. Now it is significant that this is where, by Gods direction, Abraham had first climbed what was then known as Mount Moriah, where God had tested Abraham concerning the sacrifice of his son Isaac, but at the last possible moment God told him to stay his hand as He knew that Abraham truly feared God, and that He would **"provide Himself,"** (Gen. 22:8 KJV), **"cause to be seen Himself"** (lit. Hebrew) the sacrifice, which God did centuries later on this very spot, when He gave the world His son, our Lord Jesus Christ, on the hill then known as Calvary, meaning the place of the skull.

This spot in the days of King David was where the threshing floor of Ornan [Araunah] the Jebusite was located, which David purchased by God's direction through the prophet Gad. For us today, this is a most interesting and appropriate incident in the life of God's people, as it relates how that God was angry with the nation of Israel (2 Sam. 24:1), and so when Satan stood up against Israel, God allowed Satan to move David as king to number the

Israelites, which was sin (1 Chr. 21). Then the judgment of God caused the death of 70,000 men of Israel, and King David offered sacrifices to stay the hand of God's angel of judgment. It was then that David said of this place, **"This is the house of the LORD God, and this is the altar of the burnt offering for Israel"** (1 Chr. 22:1), and gave the orders to start preparing the materials for the Temple which then Solomon built on this very spot. Although the Israelites had dispossessed the Jebusites during the time of Joshua (Josh. 11), the fortified city of Jebus, considered "virtually impregnable," had not been taken until David took it, and this stronghold became then known as Zion, the city of David, part of the city of Jerusalem (2 Sam. 5:6-9; 1 Chr. 11:4-9), **"the city of the great King"** (Psa. 48:2; Matt. 5:35).

This history tells us that we must totally dispossess the enemy from our land, and convert the heathen to servants of our God (Zec. 9:7), who like Ornan the Jebusite not only did not hinder the true worship of our great God but offered what he possessed for God's service, in the declaration of the gospel in which God gave Himself for the sacrifice of our sins in the person of His son at Calvary. However, we must rid the church of sin, and then our land, so that God's anger does not continue to cause our leader to be blinded so as to bring continued judgment upon our land. This is happening now more than most Christians realize, but God is gracious and merciful, and if we repent and serve God His way, we can recover ourselves to a remarkable and significant degree. Let us pray and work for this.

So then beloved believer, let us meet God's conditions and standard of service for Him, so that **"He will bless your bread and your water; and I will remove sickness from your midst. There shall be no one miscarrying or barren in your land; I will fulfill the number of your days."**

Then God will continue and send His terror, His fear, upon the heathen in our midst, and either convert or silence them, and we can be the shining light that is set upon a hill that we were called and ordained to be. Amen!

Psalm 23

What and Where we Eat

A Psalm of David.

The LORD is my shepherd; I shall not want.

He maketh me to lie down in green pastures: He leadeth me beside the still waters.

He restoreth my soul: He leadeth me in the paths of righteousness for His name's sake.

Yea, though I walk through the valley of the shadow of death [lit. deep darkness], I will fear no evil: for Thou art with me; Thy rod and Thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies: Thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

(Psalm 23:1-6 KJV)

This Psalm of David is one of the most beloved portions of scripture in all the bible, for both Jews and Christians.

It has so many wonderful truths to share with us, and many years ago I had a most interesting and profound experience that can help us to have the health and healing that God wants us to have.

A brother asked to see me about his wife who was suffering

and dying with cancer of the bones. The morning as I was praying about it before he came the Lord had me read this blessed Psalm, and quickened to me that He was interested in both what we eat and where we eat.

He maketh me to lie down in green pastures: He leadeth me beside the still waters.

I asked the brother what they usually ate and where. He told me about their diet, and that because their children were grown and out of the house and they both worked, they usually ate supper in a restaurant before going home. So I instructed him about good healthy foods, and cancer causing fluoridated city water and sugary desserts, and that they should not be eating where they were. I visited his wife in the hospital and prayed for her, and talked to her about Psalm 23 and what the Lord had given me for them, and she repented and agreed to change her ways. Well, praise the Lord, she did, and God did. She was healed and went back to work and was fine.

Sometime later, I was showing a filmstrip to a couple and a preacher's wife, "World without Cancer." It told of both the politics and science of cancer, and was very informative. After I showed the filmstrip I mentioned that the Lord had given me a scripture that morning that I was to share with them, but didn't know whom it was for.

"Be not wise in thine own eyes: fear the LORD, and depart from evil.

It shall be health to thy navel, and marrow to thy bones."

(Proverbs 3:7-8 KJV)

The preacher's wife immediately spoke up and said she knew whom it was for. The sister from their congregation who had been healed of bone cancer before was now suffering very badly again. She and her husband had gone back to eating like they had before, eating in the restaurants as they had before, and now was dying with a very painful and debilitating cancer of her bones.

Sad to say, the sister died from this painful cancer. You see, she had been wise in her own eyes. She had not feared the Lord enough to stay departed from the evil that had caused her cancer, and the evil of disobedience to a living word from the Lord. So

instead of health to her navel, a picture of life giving nutrients being supplied into her whole body, and giving her healthy bones, the cancer returned and destroyed her bones. She lost her life very painfully, and her husband lost his wife, very painfully.

Oh, beloved, **“the fear of the Lord, that is wisdom; and to depart from evil is understanding”** (Job 28:28 KJV).

This incident (and many others) reminds me of some more precious wisdom that the Lord gives us from the book of Proverbs.

[20] **“My son, attend to my words; incline thine ear unto my sayings.**

[21] **Let them not depart from thine eyes; keep them in the midst of thine heart.**

[22] **For they are life unto those that find them, and health to all their flesh [their whole body NAS].”**

[23] **Keep thy heart with all diligence; for out of it are the issues of life.”**

(Proverbs 4:20-23 KJV)

Beloved, we must keep our hearts with all diligence, for good health and life surely issue forth from a heart fully committed to the Lord’s will in every area of our lives.

With that in mind, let us pray before we go to the next chapter.

“Lord, help us to be so surrendered to Thy precious will, that we will be able to hear Your word clearly; that our hearts would be cleansed from all self-will and our flesh from all bondages. Amen!”

Leviticus 11

Deuteronomy 14

The Unclean: What & Why?

"The LORD spoke again to Moses and to Aaron, saying to them, "Speak to the sons of Israel, saying, "These are the creatures which you may eat from all the animals that are on the earth. Whatever divides a hoof, thus making split hoofs, and chews the cud, among the animals, that you may eat. Nevertheless, you are not to eat of these, among those which chew the cud, or among those which divide the hoof: the camel, for though it chews cud, it does not divide the hoof, it is unclean to you. Likewise, the rock badger, for though it chews cud, it does not divide the hoof, it is unclean to you; the rabbit also, for though it chews cud, it does not divide the hoof, it is unclean to you; and the pig, for though it divides the hoof, thus making a split hoof, it does not chew cud, it is unclean to you. You shall not eat of their flesh nor touch their carcasses; they are unclean to you.

'These you may eat, whatever is in the water: all that have fins and scales, those in the water, in the seas or in the rivers, you may eat. But whatever is in the seas and in the rivers, that do not have fins and scales among all the teeming life of the water, and among all the living creatures that are in the water, they are detestable things to you, and they shall be abhorrent to you; you may not eat of their flesh, and their carcasses you shall detest. Whatever in the water does not have fins and scales is abhorrent to you.

'These, moreover, you shall detest among the birds; they are abhorrent, not to be eaten: the eagle and the vulture and the buzzard, and the kite and the falcon in its kind, every raven in its kind, and the ostrich and the owl and the sea gull and the hawk in its kind, and the little owl and the cormorant and the great owl, and the white owl and the pelican and the carrion vulture, and the stork, the heron in its kinds, and the hoopoe, and the bat.

'All the winged insects that walk on all fours are detestable to you. Yet these you may eat among all the winged insects which walk on all fours: those which have above their feet jointed legs with which to jump on the earth. These of them you may eat: the locust in its kinds, and the devastating locust in its kinds, and the cricket in its kinds, and the grasshopper in its kinds. But all other winged insects which are four-footed are detestable to you.

'By these, moreover, you will be made unclean: whoever touches their carcasses becomes unclean until evening, and whoever picks up any of their carcasses shall wash his clothes and be unclean until evening. Concerning all the animals which divide the hoof, but do not make a split hoof, or which do not chew cud, they are unclean to you: whoever touches them becomes unclean. Also whatever walks on its paws, among all the creatures that walk on all fours, are unclean to you; whoever touches their carcasses becomes unclean until evening, and the one who picks up their carcasses shall wash his clothes and be unclean until evening; they are unclean to you.

'Now these are to you the unclean among the swarming things which swarm on the earth: the mole, and the mouse, and the great lizard in its kinds, and the gecko, and the crocodile, and the lizard, and the sand reptile, and the chameleon. These are to you the unclean among all the swarming things; whoever touches them when they are dead becomes unclean until evening. Also anything on which one of them may fall when they are dead, becomes unclean, including any wooden article, or clothing, or a skin, or a sack -- any article of which use is made -- it shall be put in the water and be unclean until evening, then it becomes clean. As for any earthenware vessel into which one of them may fall, whatever is in it becomes unclean and you shall break the vessel. Any of the food which may be eaten, on which water comes, shall become unclean; and any liquid which may be drunk in every vessel shall become unclean.

Everything, moreover, on which part of their carcass may fall becomes unclean; an oven or a stove shall be smashed; they are unclean and shall continue as unclean to you. Nevertheless a spring or a cistern collecting water shall be clean, though the one who touches their carcass shall be unclean. And if a part of their carcass falls on any seed for sowing which is to be sown, it is clean. Though if water is put on the seed, and a part of their carcass falls on it, it is unclean to you.

‘Also if one of the animals dies which you have for food, the one who touches its carcass becomes unclean until evening. He too, who eats some of its carcass shall wash his clothes and be unclean until evening; and the one who picks up its carcass shall wash his clothes and be unclean until evening.

‘Now every swarming thing that swarms on the earth is detestable, not to be eaten. Whatever crawls on its belly, and whatever walks on all fours, whatever has many feet, in respect to every swarming thing that swarms on the earth, you shall not eat them, for they are detestable. Do not render yourselves detestable through any of the swarming things that swarm; and you shall not make yourselves unclean with them so that you become unclean. For I am the LORD your God. Consecrate yourselves therefore, and be holy; for I am holy. And you shall not make yourselves unclean with any of the swarming things that swarm on the earth. For I am the LORD, who brought you up from the land of Egypt, to be your God; thus you shall be holy for I am holy.”

This is the law regarding the animal, and the bird, and every living thing that moves in the waters, and everything that swarms on the earth, to make a distinction between the unclean and the clean, and between the edible creature and the creature which is not to be eaten.”

(Leviticus 11:1-47 NAS)

“For you are a holy people to the LORD your God; and the LORD has chosen you to be a people for His own possession out of all the peoples who are on the face of the earth.

“You shall not eat any detestable thing. These are the animals which you may eat: the ox, the sheep, the goat, the deer, the gazelle, the roebuck, the wild goat, the ibex, the antelope and the mountain sheep. And any animal that divides the hoof and has the hoof split in two and chews the cud, among the

animals, that you may eat. Nevertheless, you are not to eat of these among those which chew the cud, or among those that divide the hoof in two: the camel and the rabbit and the rock-badger, for though they chew the cud, they do not divide the hoof; they are unclean for you. And the pig, because it divides the hoof but does not chew the cud, it is unclean for you. You shall not eat any of their flesh nor touch their carcasses.

"These you may eat of all that are in water: anything that has fins and scales you may eat, but anything that does not have fins and scales you shall not eat; it is unclean for you.

"You may eat any clean bird. But these are the ones which you shall not eat: the eagle and the vulture and the buzzard, and the red kite, the falcon, and the kite in their kinds, and every raven in its kind, and the ostrich, the owl, the sea gull, and the hawk in their kinds, the little owl, the great owl, the white owl, the pelican, the carrion vulture, the cormorant, the stork, and the heron in their kinds, and the hoopoe and the bat. And all the teeming life with wings are unclean to you; they shall not be eaten. You may eat any clean bird.

"You shall not eat anything which dies of itself. You may give it to the alien who is in your town, so that he may eat it, or you may sell it to a foreigner, for you are a holy people to the LORD your God. You shall not boil a kid in its mother's milk."

(Deuteronomy 14:2-21 NAS)

As one reads the above scriptures, you cannot help but understand the very plain teaching that God wants His people to be holy, separate from the unbelieving peoples of the world. And if one understands even some basic knowledge about germs, the viruses, bacteria, and parasites that are everywhere, one cannot help but be astounded at these revelations, and that it was most assuredly true that it was God who spoke these health principles to Moses and Aaron. These men had come out of Egypt where they were smearing manure on wounds (and worse) in an attempt for healing, and these instructions are quite different from the culture from whence they came. Just read the ancient Egyptian *Papyrus Ebers* to discover all that their culture had taught.

These instructions are from a faithful Father who tells us what to eat and what not to eat, and how to maintain cleanliness for good health. It has absolutely nothing to do with religious

ritual or ceremonial law at all! (And if your translation interjects the word “ceremonial” as some do, it is because of the false, carnal teaching of the translators, and it is not the Word of God! And you’ll find further error throughout that translation.)

For anyone who has studied in the health professions, or taken even an elementary course in bacteriology, these revelations are amazing. Truth about which animals, birds, and fish are clean from the various deadly and disease causing germs is not only amazing, but so up-to-date. Especially when selfish and sinful humanity is lowering the standards that godly science has brought to them. The statements in these scriptures about not even touching the dead carcasses of clean or unclean animals, and the contamination that occurs when an unclean creature touches anything, **“including any wooden article, or clothing, or a skin, or a sack,”** any article which is used, and that the article must be washed in water and set aside for environmental drying and cleansing from the air, and heat and ultraviolet rays of the sun until that evening are simply amazing. The instruction concerning earthenware which of course would absorb the germs within its substance and therefore must be broken and discarded, and the seed that has become contaminated when soaked with water and then has touched an unclean creature and so must not be used is so scientifically accurate and up-to-date.

After these instruction when God concludes by saying --

“For I am the LORD your God. Consecrate yourselves therefore, and be holy; for I am holy. . . . For I am the LORD, who brought you up from the land of Egypt [saved you from this sin cursed world], to be your God; thus you shall be holy for I am holy.

“This is the law regarding the animal, and the bird, and every living thing that moves in the waters, and everything that swarms on the earth, to make a distinction between the unclean and the clean, and between the edible creature and the creature which is not to be eaten.”

(Leviticus 11:44-47 NAS)

-- we should now have a better appreciation and understanding of why God has given us these instructions, and what this aspect of holiness means.

This portion of scripture is simply teaching about holiness,

purity, cleanness, and of course we get the benefits of health and happiness from it. When God began His instructions in Deuteronomy, He states the scripture Peter quotes in saying that we are called to be a holy nation and a people for God's own possession.

The Old Covenant says:

"For you are a holy people to the LORD your God; and the LORD has chosen you to be a people for His own possession out of all the peoples who are on the face of the earth."

(Deuteronomy 14:2 NAS)

And the New Covenant says the same, plus more:

"But you are a chosen race, a royal priesthood, a holy nation, a people for God's own possession, that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light; for you once were not a people, but now you are the people of God; you had not received mercy, but now you have received mercy.

Beloved, I urge you as aliens and strangers to abstain from fleshly lusts, which wage war against the soul."

(1 Peter 2:9-11 NAS)

Why then do so many Christians believe otherwise? I believe the answer is simple. Practically all of us have been taught by a Babylonian Church system (in order to understand this I would recommend that you read my book on *The church*), have been taught false doctrine by a Carnal Christianity, a divided church with all its consequential failings, errors, unholiness, and impotency. The church under the Old Covenant was continually falling into the same errors that we do today, because it is human nature -- sinful, carnal nature that must be brought to the cross and recognized as crucified, dead, and buried with our Lord in order to walk in a resurrected life of holiness, purity, sanctification, to walk in love toward God and our fellowman. God rebuked His pastors and teachers of old saying:

“Her priests have violated my law, and have profaned mine holy things: they have put no difference between the holy and profane, neither have they showed difference between the unclean and the clean, and have hid their eyes from my sabbaths, and I am profaned among them”

(Ezekiel 22:26 KJV)

I would suggest you read all of verses 23-30). But to the faithful teachers He said:

“And they shall teach my people the difference between the holy and profane, and cause them to discern between the unclean and the clean. And in controversy they shall stand in judgment; and they shall judge it according to my judgments: and they shall keep my laws and my statutes in all mine assemblies; and they shall hallow my sabbaths”

(Ezekiel 44:23-24)

The biggest error that is commonly taught about this is that we are not under the Old Covenant, and therefore these teachings do not pertain to us as New Covenant Christians. This is an error of course, as these truths were given to Adam and his family in understanding the creation and sacrifices (Gen. 4:4), and we see it clearly through Noah, long before the Old Covenant was given (Gen. 7:1-9). Also, these truths through Moses were for holiness, and so how can that which made the saints of old unholy and unclean, not make us unholy or unclean? No one in their right mind would go out and eat road-kill, but would say that it is unclean. The problem is that we have not been taught sufficiently about what is really unclean, or unhealthy. These unclean creatures are full of harmful bacteria, viruses, and parasites, and deadly chemicals from doing their job of cleaning up the environment. Why do we want to eat out of a hog pen second hand, when swine have over fifty diseases that we can get from them? It is scientific fact that when bred and raised in sterile environments, there is still a retro-virus that scientists have tried repeatedly but unsuccessfully to breed out. Aids is a retro-virus I might add. UNCLEAR! UNCLEAR! I want to shout it from the housetops! And so I am thankful that God told me to write this book, and in the following chapters will answer many of the objections to the truth that are usually given. But first, let me share how I first came to believe the truth concerning “the clean and unclean.”

It was in 1973 when I had my eyes opened to natural healing through vitamin/mineral supplementation that I began praying more and more about it. Gradually I felt uneasy about buying a certain type of bologna which I liked, and often ate in sandwiches. I just felt something was not right about it but did not know why, so I just prayed, but quit buying it. Then a friend, one of the trustees at the radio station I was associated with, gave me a book entitled *God's Key to Health and Happiness* by Elmer Josephson (www.bible-light.com). I only got through a few chapters before I headed for the cupboard and started throwing out my pork and beans. My eyes were opened! Elmer was a preacher who was dying of heart disease, cancer, and serious gall bladder infection as he had been vomiting green for days. In prayer, God told him to eat according to the scriptures, and when he did, he was healed of all three serious life-threatening conditions, and lived another forty years to teach and practice the truth of God's Word. I recommend his book, which is still available, and I've seen many people healed after reading it and applying the truth of God found therein. After teaching over twenty years on the radio, I still find God leading me to share these truths often, as His people are suffering terribly. Recently, a leading international TV Evangelist said that the most frequently asked prayer request was no longer for salvation, but was now for healing. I believe it, for the diet of the average American is becoming worse and worse, and "Christians" are not eating much differently than the world. What a shame! And so "Christians" are suffering the same ills and diseases as the world, which God promised His people that they would not have if they were obedient (Ex. 15:26).

In recent years another excellent book which I have distributed hundreds of and highly recommend is one by a Christian physician, Rex Russell, M.D., entitled *What the Bible says about Healthy Living*. One of the reasons I now use this is because he has a chapter on the clean and unclean in which he cites the research done by Dr. David Macht of Johns Hopkins University, a world renowned institution, in which he reported the nontoxic and toxic effect of the flesh of various animals, birds, fish, shellfish, and insects. It is most revealing, and the research shows that the blood of all animals is even more toxic than the flesh, which is what one would expect from what God said about the blood (Gen. 9:4), and that He told us before the Old Covenant, later under the Old Covenant, and now during the New Covenant, that we are not to eat the blood of any flesh, clean or unclean (Lev. 3:17; Deut.

12:23-25; Acts 15:20, 29)!

Another excellent book that is a classic on understanding the science and accurate instructions of God's Word on all kinds of health related matters is *None Of These Diseases*. Written originally by S. I. McMillen, M.D., it has been revised, updated, and expanded by his grandson, also a physician, David E. Stern.

Now that you've seen what God expects of us concerning holiness, and not defiling ourselves with unclean flesh, and how I came to understand and believe the truth, what happens to us if we do not obey, if we do not wish to believe the truth?

We have found in the scriptures that God says we will have sickness and disease, and that it will not go well for us in life. But what, some might ask, about the grace of God? And here is where many have been misled about God's grace. Let's look at what He says through His apostle, Paul, to Titus, a young apostle in the faith.

"For the grace of God has appeared, bringing salvation to all men, instructing [KJV: teaching; Greek: παιδεύουσα, *paideuoussa*, child (*pais*) training = teaching, instructing, correcting, disciplining, chastening] us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus; who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself a people for His own possession, zealous for good deeds.

These things speak and exhort and reprove with all authority. Let no one disregard you."

(Titus 2:11-15 NAS)

Notice that these New Testament words are the same as the Old Testament. That God wants us for Himself, to be pure and free from the violation of the laws of God. Delivered from the fleshly desires of this world in order to live righteously, righteous meaning in "conformity to the divine law," and "signifies holiness, justice, and right-doing." **"For this is the will of God, even your sanctification"** (1 Thes. 4:3).

How then does God by His grace bring this about? By **"Child-training."** God first teaches us, and then gives us specific

instruction, examples of which have been given in this book thus far. If we disobey, He corrects us in His love, and then if we don't heed he brings some type of discipline into our lives, and finally if that doesn't change us, He chastens us with progressive punishment according to our need and situation. Why go through this? Why not listen and obey when we first hear the words of truth? **"For whom the LORD loveth He chasteneth, and scourgeth [public punishment with a lash, a whip] every son whom he receiveth"** (Heb. 12:6).

Why do I stress this? Because I am saddened when I see people sick and suffering for disobedience to these Words of the Lord. When I see people teaching contrary to the truth, God often shows me the consequences for their sin, and it sometimes is very tragic. Cancer, heart disease, and various wasting diseases are bad enough, but other tragic circumstances of life are often even worse, far worse. **"The curse causeless shall not come"** (Pro. 26:2).

Another item we might share from this portion of scripture is that the unclean creatures were to be held as detestable for food. This does not mean for use necessarily. A dog can be of significant use (Job 30:1; Isa. 56:10), and pets for companionship, especially for the lonely and elderly. Horses, which are more toxic to eat even than swine, can be of use in work and war (Gen. 49:17; Mt. 21:5; Pro. 21:31, 26:3). The scriptures bear this out plainly. An eagle, which is detestable for food, is spoken highly as a symbol of our victory in faith and prayer (Isa. 40:31). Let us rejoice in God for all of His creation, which in the beginning especially, **"was good."**

The books that I have recommended in this chapter have many wonderful testimonies of the use and misuse of the creatures that God has created, but I'd like to add a couple that can help. One is that we are always being pressured by others into trying their favorite recipe, dessert, or delicacy, but it often is unclean and unhealthy. What should we do? I don't think many of us would have a problem kindly and courteously declining to take the offer of a cigarette, cigar, or some immoral action that is offered. Why then should we not do the same with something someone else considers good for food but that we know God does not approve of? I can remember well one day long ago when I was being taught of the Lord concerning these truths that I was invited by a fine sister to just taste some soup that she was preparing, and so I tried to be kind and did. Well, it had pork in

it, and immediately, I was struck with an intense headache in my forehead, right between the eyes, and I knew from that day on that I was not to yield to someone else's wishes but His! He desires for us to be holy. The ignorant and unlearned do not understand. It is our job, our duty, to teach them, not indulge them.

I've listened to well known men of God who had been taught about not eating unclean things relate how they got sick on shellfish. Just a few days ago, my wife and I heard over the radio how there were hundreds of dead catfish floating off shore somewhere and the scientists had determined that it was a virus that had killed them. These unclean scavengers are filled with viruses, bacteria, parasites, of every kind. Do not eat them! Be holy as God is holy is our calling. Repent of this rebellious teaching and spirit of this world that tells us holy people we can do anything! It is a lie from the pit of hell! Sent to defile you and to keep you from gaining the promises of God and having the will of God fulfilled in your life.

I have heard many testimonies from my radio audience over the years of how they have been healed from various conditions after they stopped eating the unclean creatures, especially pork. Weight loss, and strange foul body odors have left. Praise the Lord for His goodness, and His holiness, to and in us!

Another problem with eating the unclean creatures, like swine with its pork chops, wieners, ham, bacon, sausage, BBQ pork, and shellfish like shrimps, oysters, lobsters, scallops is that they are not only the garbage cans of land and sea, which contain deadly toxins and disease causing viruses, bacteria, and parasites of all kinds, but that their flesh is very hard to digest and requires thousands of enzymes to detoxify the flesh even before the stomach can digest it. This helps to deplete our enzyme supply and further contributes to ill health. Mary Ruth Swope, Ph.D., a wonderful Christian Nutritionist, author, and college professor for many years, in her excellent book *Green Leaves of Barley* writes in a section entitled "Old Testament Food Laws: Scientifically Up-To-Date," that a German doctor during a lecture was stating that because Americans are short on enzymes, pork "lies in our intestines, putrefies, forms carcinogens, and we show up with cancer." A humorous incident occurred after the lecture when a pastor spoke to him and said, "Leviticus said for us not to eat pork, and we have ignored that advice." The doctor replied, "I have never heard of Dr. Leviticus nor read his published works,

but I know from my own research that the eating of pork is a major cause of cancer and other degenerative diseases.”

A number of years ago I brought this truth to a young preacher who had developed a large, cancerous tumor in his leg. After getting off pork and starting to eat right and take supplements, the tumor began going down dramatically. He and his wife and young children were pleased, and he was doing better and better for several months. Then he came back and his tumor was growing again. I asked him about his diet, and he said he had gotten tired of not eating pork, and so went back to eating the cancer causing unclean swine. Although he then went to a Christian doctor and did all kinds of additional treatment, he got worse and worse and died, leaving a young family behind. **“Remember Lot’s wife!”** Jesus said. God is no respecter of persons. I beseech you brothers and sisters, repent, for we must obey God who says, **“touch not the unclean thing, and I will receive you, saith the Lord Almighty!”** (2 Cor. 6:17).

Another incident that can shed more light on the dangers of unclean creatures and having them as pets is a story from one of the sisters in our fellowship. Many years ago her teenage son was having constant attacks of breathing problems and temperature, and just couldn’t get well. Incidentally but providentially they had to get rid of their pet bird. Almost immediately the boy got well. They had given the bird to a friend who knew a lot about birds, so when the bird unexpectedly died soon after he had gotten it, he did an autopsy and found that the bird was full of tumors, so many that he wondered how it had lived that long.

Do not entertain unclean reptiles and such in your house. They carry viruses, parasites and germs of every kind. Clean fish in an aquarium would be a good substitute. If you have pet dogs and cats, I especially recommend that you take one of the effective formulas that rid the body of parasites at least once or twice a year, which are simple and inexpensive, but could save you much sickness and suffering. And give them to your pets as well.

I would also advise you strongly that you read the books which I have recommended in this chapter to understand more about why you are not to eat unclean creatures. And I will expound on various scriptures concerning this that confuse Christians in following chapters. But first, another item from these scriptures that we should look at more closely, is that God says we are not to eat or touch their carcasses either. I’ll expound more on this in this next chapter.

Leviticus 11:10-12

“Unclean” Minerals

“ ‘But whatever is in the seas and in the rivers, that do not have fins and scales among all the teeming life of the water, and among all the living creatures that are in the water, they are detestable things to you, and they shall be abhorrent to you; you may not eat of their flesh, and their carcasses you shall detest. Whatever in the water does not have fins and scales is abhorrent to you.’ ”

(NAS)

Here we find the Lord saying that not only the flesh of these unclean creatures of the sea is unclean, but their carcasses as well. What is the significance? Well, many years ago I began having pain in my left knee. It was so severe I could not do my daily exercises as usual, that I had been doing for over 25 years at that time, because of it. I prayed and soon I was led to go to one of the Christian physicians whom I interviewed monthly on another radio program and was into natural alternative health medicine. It was determined after blood and urine tests, and hair analysis, that my calcium was out of balance. The very same week, my brother-in-law who was working at a health food store, gave me two books on water, which I recommend highly. One was by Paul C. Bragg, N.D., Ph.D., entitled *The Shocking Truth About Water*, and the other by Norman W. Walker, Doctor of Science, entitled, *Water can undermine your health*. Both of these men were pioneers in the realm of natural health in the last century. Brother Bragg is considered the father of the modern health food store,

although he'd "turn over in his grave" if he knew some of the things that most of them are selling. He died in a swimming accident while surfing at 96. Brother Walker died at around 106 I believe, so both of these men knew what they were talking about, and wrote extensively on health. They practiced what they preached. The information, and testimonies backing up their science are so wonderful in understanding that hard minerals, the inorganic minerals that we find in our water, are harmful to our health. They clog up our vessels by much of it depositing in our arteries and capillaries, in the wrong place.

Well, after having the tests that determined my calcium was out of balance, and the truth in the books by Christian scientists about these hard minerals being a source of this type of problem, I realized that the food supplement I had been taking, an all natural supplement made by a fine Christian brother, was possibly the problem as the calcium was from oyster shell. So I stopped taking the supplement and sure enough, within a week, all the pain, which I had had for many weeks, went away. Then the Lord opened my understanding as I read these scriptures again that we are not to touch the carcasses of these unclean creatures, let alone eat them. And that is what we are doing when we use oyster shell calcium or coral calcium, which are calcium carbonate, or limestone, dolomite, or any other hard, inorganic mineral. They are all forms of the wrong kind of calcium for the human body, as they are deposited in the plaque, the blood vessels, and other places where we do not want it. The reason you find so much calcium carbonate or these other similar forms of calcium used is because they are very inexpensive! All formulators know that calcium carbonate is the least assimilated form to begin with anyway (as this is God's natural protection), but it is easily used in supplementation and is very cheap! Plants can utilize these forms of calcium very well, and convert them into good organic forms of calcium for animal and our utilization. Feed this kind of calcium to your plants and they will thrive, to yourself and you will suffer the consequences.

So, the scripture, science, and experience all confirm that we are not to use these hard forms of calcium. The well water, tap water, and mineral water that you purchase for drinking all have these forms of calcium. The rain water, which the Lord has naturally distilled, picks up these kinds of minerals from the rock that it passes through, and much of these rocks are the deposits of dead crustaceans, unclean creatures, laid down during Noah's

Flood. You see, I had been drinking distilled water exclusively for years, and so I was not getting any bad calcium from my water, but from my own "good" food supplement that I had been faithfully taking for over 15 years, which in almost all other respects was fine. I say this because most food supplements today are still utilizing calcium carbonate and other forms of inorganic calcium because they are cheap. The formulators are either ignorant of the consequences, or the blindness due to pride, unbelief, self-interest, and greed! Read the labels, and reject these harmful forms of calcium. Don't listen to "Tums" doctors who are ignorant and uneducated in this truth, who may tell you that it doesn't make any difference what kind of calcium it is. Believe and obey God's Word! Good forms of calcium used in supplements are such things as calcium citrate (and best utilized when mixed with other proper nutrients), calcium glycinate, calcium lactate, calcium ascorbate, certain chelated calcium, and microcrystalline hydroxyapatite which has been made only from cold processed, uncontaminated bone meal. I believe the best forms of calcium are those found naturally in our fruits and vegetables and whole food products. And stay away from calcium phosphate as much as possible. If the label doesn't give the information you need, ask questions. The price you pay for cheap supplements may not really be the price you want to pay.

Psalm 102:25-27

The Trace Minerals

“Of old hast thou laid the foundation of the earth: and the heavens are the work of thy hands. They shall perish, but thou shalt endure: yea, all of them shall wax old like a garment; as a vesture shalt thou change them, and they shall be changed: But thou art the same, and thy years shall have no end.”

(Psalm 102:25-27 KJV)

It was in 1973 shortly after I first had my eyes opened to nutritional supplementation that I was planning on going to a lecture in Fremont, my hometown. That morning, I was led of the Lord to read Psalm 102, and as I read the verses at the end, I just could not get my mind and heart off of several of them, and I just read them over and over, and realized that the Lord was saying something to me, but I didn't know what. After meditating on this and praying for awhile, I decided that I had better get going as I had a couple hours drive from Columbus to Fremont for the lecture. There, I shall never forget the statement that was made by Gerry Wells, a preacher of the gospel who had been brought into vitamin and mineral supplementation by an experience with his daughter. She had some severe health problems, and as I remember, her hair had been falling out and the doctor had told Gerry and his wife that they should move out west for the sake of their daughter's health. So they did, and after awhile, and the daughter was not any better, someone told Gerry about taking vitamins. He pooh poohed it at first, but after some

time and his daughter still hadn't gotten any better, he thought he might as well try some. When they did, his daughter was healed! He was so impressed that he became involved with this company, owned and operated by a Christian brother and his wife, and many others involved were Christians also. Now Gerry was going all over the US lecturing for the company about their products and the necessity of supplementation. During the lecture he said: "The sea is our last rich reservoir for the trace minerals that we are not finding in our soil." It was Saturday, March 31, 1973, and the light went on! I knew immediately that this was what the Lord had been preparing me for earlier that morning when He gave me Psalm 102 to read. It says that the earth will wax old, become old like a garment. It will wear out, and that is what has happened! Our soils are not what they once were. And when you realize that the Lord is about to return, then in the span of the six thousand years approximately since creation, it is as old as it's going to be. What has happened is that many of the minerals have washed out of the soil into the streams, into the rivers, and now the sea is a "rich reservoir" of especially the trace minerals that God had put in the soil during creation and with which He made Adam. We were made from the original mineral rich soil. God said:

"In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return."

(Genesis 3:19 KJV)

That means God intended for us to eat bread from whole grains the way He designed them with all of the minerals of the soil and the vitamins, lipoproteins, and phyto-nutrients that would be developed during its proper, complete growing season, not polluted or contaminated with petro-chemicals and denatured by the removal of these necessary food factors as most flours are today! These grains also need to be pre-soaked in order for the tannic acid to be deactivated so that the minerals can be absorbed. We were made from the ground and we return unto the ground. And when the necessary minerals are not in the soil, the food products are deficient in them and then we become deficient and our babies develop deformities, disease, and ultimately premature or agonizing death.

Minerals are of many different kinds, some of which we need more of, and some of which we only need a small amount, a

trace of. That is why we still call them trace minerals. Now that the sea is so full of these minerals, we can understand that the sea vegetation, most of which is grouped under the name of kelp, absorbs these minerals in abundance as they grow. With this in mind, let us look more closely at these wonderful plants from the sea that the Lord has made.

KELP

What is kelp? Kelp is a sometimes brown, sometimes red, or often green plant growing in the sea that comes in 1700 varieties, waving gracefully from side to side as it takes its nourishment from the sea which contains over 92 nutritional elements in abundance. It is called "sea weed" by many, but to those who understand its importance it is called "Food" and "Medicine" and "The Wonder of the Sea." It is a "Nutritional Treasure" that the Lord has provided for us, and which has become not only very important as it always has been, but in these last days absolutely essential for optimum health and freedom from sicknesses and diseases and special health problems of this end-time. Moses said,

"For the life of the flesh is in the blood, and I have given it to you on the altar to make atonement for your souls; for it is the blood by reason of the life that makes atonement. Therefore I said unto the children of Israel, No soul of you shall eat blood, neither shall any stranger that sojourneth among you eat blood"

(Leviticus 17:11-12 NAS)

That means the quality of life, the health of any living flesh, is determined by what is in the blood stream of that being, whether fish or fowl, animal or human. Since all creatures are constantly fighting off viruses, disease causing bacteria and parasites, harmful chemicals, and this battle is going on especially in the blood of that creature, we are told not to eat the blood of anything. The Israelites were not to allow even strangers living among them to eat blood because of its disease causing potential in their society.

And because the blood, therefore, represents the life, God

required, receives, and has given the blood as an atonement (that which appeases an offended power; a propitiation, that which satisfies for wrong doing between two parties and brings reconciliation, in this case our sins against God) for the soul, for our life.

In the creation of man we read in Genesis 2:7:

"And Jehovah [Life-giver, one who brings into being] **God** [Elohiym, Supreme God] **formed man out of dust** [dry, loose earth] **from the ground** [with all of its minerals and good bacteria], **and blew into his nostrils the breath of life** [typifying pure, moist air, and spirit], **and man became a living soul** [Hebrew: nephesh: a breathing creature, a soul]."

Since God gave the blood upon the altar as an atonement for our soul, our life, and then ultimately He gave His own flesh and blood in the person of His son, we must cooperate with Him and place our lives, our flesh upon the altar, even unto "the shedding of blood." Jesus gave His life, His flesh to be crucified. He said, **"If anyone wishes to come after Me, let him deny himself, and take up his cross daily, and follow Me"** (Luke 9:23). **"If any man hate not his own life, he can not be my disciple"** (Luke 14:26). Paul and the Holy Spirit pleaded with us as Spirit filled believers, having all the gifts and ministries of the Holy Spirit: **"I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect"** (Romans 12:1-2 NAS).

It takes the blood of Jesus to cleanse our souls, our lives; this means our total life breathing being. Our bodies then, an essential part of our life, must have clean blood if they are to be healthy, and this is accomplished in two major ways. First, not putting into them unclean things. God has told us what to eat, and what not to eat. The unclean things are not to be eaten by His people; we are commanded to be holy as He is holy. Secondly, we must eat those foods that cleanse the body from the impurities that we do get into our systems. Pollution comes in the air we breathe, the fluids we drink, the clothes and skin preparations we use, the things we put in our mouths, and the ever increasing Electro Magnetic Frequencies all around and within us. Many

foods are contaminated with germs or have harmful chemicals used on them. Also, much of what people eat is not food, it is pure junk, harmful in every respect, and the only reason we eat them is due to the lust of the flesh, the lust of the eyes, and the pride of life. These are the same three areas in which Eve and Jesus were tempted. Eve yielded, but Jesus spoke to the devil and resisted turning a stone into bread, although He hadn't eaten for 40 days and was hungry, to say the least. We must quote the Word to the devil, and that sometimes means to one another when someone is tempting us with unclean and impure so called foods.

Now, kelp is a normalizer to the body, and also a cleanser, as well as a source of vital, essential trace elements. It is used world-wide as a food, a source of vitamins, minerals, principally iodine and trace minerals, protein, medicine, fertilizer for plants and food supplement for animals, many industrial uses, and body and hair preparations. Because of the development of a number of compounds in kelp plants that have an affinity for heavy metals, it is used to rid the body of toxic metals such as lead, mercury, cadmium, plutonium, cesium, and radioactive strontium 90 poisoning. Kelp also helps absorb and remove other harmful drugs and chemicals from the body. Since it is effective in radiation poisoning, it has been used very effectively in Russia for people who were injured in the Chernobyl Accident some years ago, and is a word to the wise as the fallout was world-wide! But centuries before this it had been known world wide as a detoxifier, and healing plant. It is a wonderfully balanced whole food product.

Kelp grows in seawater, which has the same concentration of many minerals, such as sodium, potassium, calcium, magnesium, and chlorine, as our blood stream, all necessary. Since kelp grows in that environment, absorbing all the nutrients in the sea water, one can understand why it is such a rich resource of dozens of nutritive and health factors, as it contains not only all of these minerals of the sea, but in growing produces many compounds with dozens of uses and benefits for all of us. It has been reported that kelp has over 50 times more minerals than land grown plants, and that was over 50 years ago, so it is even more by now. Kelp holds fast to rocks with grippers, which are called "Hold fasts," and grows upward to the ocean surface, and has been known to grow hundreds of feet in length, furnishing food for fish as well.

Kelp has been known to be used in China hundreds of years before Christ was born, and is mentioned in the *Papyrus Ebers* in

Egypt over a thousand years before that. It has been used widely for goiter because of its iodine content, and because this helps normalize the thyroid gland and speed up a sluggish metabolism (the way we burn our food up, so it is not stored as fat), it is used for obesity and weight loss. Iodine also helps to provide energy, endurance, and relieve nervous tension. It improves circulation, especially to the brain; therefore it contributes to better nourishment and clear thought. With all of this in mind, it is not difficult then to understand and believe how kelps, sea vegetables, contain every mineral and trace mineral necessary for human existence. And it also has all 24 naturally occurring amino acids including the 8 essential ones. Since vitamins can only be absorbed into the body with the presence of adequate amounts of minerals, trace elements, and amino acids, one can see how vitally important kelp plants are for good, balanced health. Kelp has been described as a catalyst that jump starts your body cells to work in harmony and at peak performance resulting in a stronger immune system and revitalized body chemistry.

We use Agar-agar from kelp in dentistry for making impressions of the mouth, and it is used in foods as a thickening and bulking agent. Algin is used because it has the ability to absorb large quantities of water, but as it passes through the body it collects large quantities of pollutants so they can be eliminated.

Some of the well-known Trace Minerals are: selenium, natural boron, titanium, lithium, rubidium, and caesium. Dulse (one type of kelp) is taken for its natural source of iron, and potassium for kidney function, and magnesium for RNA and DNA production.

Irish moss, another type of kelp, is sometimes cooked with milk and seasoned with fruit and is also a very nourishing dish, especially for those recovering from sickness. Health food stores have a variety of dried seaweeds used for centuries as foods around the world.

Sea water itself will normalize stomach acid, and has antibiotic and healing properties. And sea foods such as "clean fish," (those with scales and fins) like fresh salmon, tuna, and canned sardines help provide DNA and RNA. DNA (deoxyribonucleic acid) in the nucleus of every cell gives the orders; RNA (ribonucleic acid) on the periphery carries them out. More of these mean prolonged youth, delayed old age, more health, and less degeneration.

Dr. Walker says: "Adding some Kelp to the Potassium

Combination (carrot-celery-parsley and spinach juice) we enrich the benefit derived from this valuable mixture, and find it very beneficial for the glandular system, particularly for the thyroid gland." (*Fresh Vegetable and Fruit Juices* by N. W. Walker, D.Sc.).

Before the introduction of iodized salt and the abundance of sea foods we now enjoy, many people living in the interior States of the US developed thyroid related disorders from an iodine deficiency, and goiters were common among the people which I remember seeing as a child. Today we do not see goiters as we used to, but low thyroid function is much more common than most people realize. Although iodized salt is now normal because of this, many people are not using salt because of false teaching about it, and low thyroid problems are rampant. Those of us using un-iodized natural sea salt should realize especially the importance of using kelp for the source of this most important nutrient.

In this country, the most common way of taking kelp is in pure granular or powdered form, tablets, or capsules, but when eaten as a vegetable it can be soaked to rehydrate it, or marinated, simmered, sautéed, boiled, pressure cooked, baked, roasted, toasted, or pan fried. It is often added to soups, sauces, or rice before rehydrating it, but since it absorbs up to five times its weight, more water should be added. It can also be added to most root vegetables and grains, all dry beans, lentils, winter squash, and potatoes, most cheeses and nuts, and some fruits. When eaten as a vegetable, it is recommended that a serving size would be approximately 1/4 oz, 7 grams, or 1/3 loosely packed cup. Some recommend 5 to 10 grams of dried herb or the equivalent up to three times daily.

To list more of the health giving properties of kelp is amazing, but some of them are: helps in both low and high blood pressure, as "Japanese scientists found that a single dose of kelp extract effectively lowered blood pressure in patients with hypertension due to its anticoagulant properties. This finding is significant because excessive clotting can lead to plaque formations in the blood vessels, which in turn increase one's risk of cardiovascular disorders." Kelp also contains "antibacterial, antifungal, antiviral, antiprotozoal, anthelmintic, and antineoplastic elements and properties. The halogens, iodine and bromine in particular are effective antiseptics and disinfectants and the tannin polyphenols have antibacterial actions. The polysaccharides present have antitumor and blood anticoagulant actions similar to heparin."

This is one reason why it is reported that there are lower incidences of certain degenerative diseases and cancers in areas of high seaweed diets. Even cows that consume kelp "produce more milk and are less likely to suffer from mastitis." And chickens lay stronger eggs. Additionally, kelp "is of tremendous benefit for a pregnant mother-to-be and the developing child." "The mucopolysaccharides found in kelp are immunostimulant, increasing lymphocyte maturation. Kelp also possesses some antifungal action especially against *Candida albicans*. It also possesses nephrotonic and cardiogenic properties, relieving edema as well as hypertension."

The alginates found in kelp have a soothing and cleansing effect on the digestive tract, besides helping to remove radioactive elements and heavy metals from the body. Kelp also contains "sterols, which are reported to exhibit anti-hypercholesterolemic activity, as has B-Sitosterol in humans," which is being used very successfully for prostate health. Kelp contains chlorophyll for blood purification, and all kelps contain minerals in their chelated form, most desirable for human utilization after having converted them from their inorganic form from the seawater. Kelp is "the only rich natural source of vegetable Vitamin D" and it can supply the daily requirements of carotenoids, precursors of vitamin A, and B1, 2, 6, and 12, and pantothenic acid, and is very high in sulfur, so important in health processes. "Kelp has properties that expel intestinal worms, making it useful for both animals and humans." Providentially "it preferentially bio-accumulates all the essential plant-nutrients, rejecting the contaminants, unless the latter totally predominate, as in the highly developed and populated areas of the world." Therefore, kelp from unpolluted waters is preferable. Since it is routinely and deliberately used in Japan as a regular vegetable in the diet, the low incidence there of benign and malignant breast disease has been reported frequently in research work. This is true also of colon cancer, as the research shows it boosts the immune system. This is due to a number of different compounds and minerals, utilizing iodine and selenium for example, such as iodolipids and phospholipids, each researched separately and found to be successful in these areas of human health. For instance, some of these compounds have been found to inhibit carcinogenic fecal flora.

Kelp is also high in necessary dietary fiber, and differs chemically and physicochemically from those of land plants and thus may induce different physiological effects, and is why

kelp fiber “may show important functional activities, such as antioxidant, antimutagenic and anticoagulant effect, antitumor activity, and an important role in the modification of lipid metabolism in the human body.” While high in fiber, kelp is low in calories and lipids. Almost all of the seaweed species have good ability in scavenging antioxidant activity that helps prevent aging and other diseases. Because of its bioavailable B-12 content, it is very important for vegetarians, as the reports indicate it produces twice the blood levels for vegans on what is called the “living food diet;” vegetarianism of course refuted in scripture (1 Tim. 4; see Chapter 17).

Furthermore, kelp enhances not just the immune system, but also the lymphatic system, and helps to eliminate the negative effects that stress has on the body. It also acts to improve the oxygen carrying capacity of the blood supply, which increases cellular energy.

Since kelp is not a common item in the diet of Americans at all, but has been for many centuries an important food source for Europeans and Asians, and used as a major part of the daily diet by health and nutritional practices there to treat various health conditions, we can come to understand why there is a decreased incidence of certain diseases, nutritional deficiencies, and age-related diseases in those populations.

One of the active constituents in kelp is a family of molecules called fucoidans, which are sulfated polysaccharides (complex sugars). As we mentioned, “Japanese scientists found that a single dose of kelp extract effectively lowered blood pressure in patients with hypertension due to its anticoagulant properties,” and the fucoidans were determined to be responsible for these results. These fucoidans also have strong anti-tumor effects. “In addition, the unique properties of kelp make it an ideal supplement for those undergoing chemotherapy or radiation therapy because it does not interfere with those treatments. Evidence suggests that kelp even compliments those therapies because it protects against radiation toxicity and replenishes many of the nutrients depleted as a result of implementing those two procedures.”

Kelp also contains natural vitamin E and beta-carotene, which are known strong antioxidants, which protect from free-radical damage.

As we study we can now see that western science and medicine is finally beginning to recognize and confirm some of the very important health benefits of kelp. And it is also being

recognized that many of the health benefits are being found exclusively in kelp and other types of sea plants.

D. C. Jarvis, M.D., has some excellent information on kelp in his classic book, *Folk Medicine, A New England almanac of natural health care from a noted Vermont country doctor*, which some of you might know is full of wonderful information of the uses of apple cider vinegar and honey. Dr. Jarvis did lots of valuable research on these health items, and his chapters on "The usefulness of kelp" and "The importance of iodine" are excellent, and I recommend these to you as well as the whole book.

He brings to our attention that as the sea is the lowest portion of the earth's surface, it is the catch basin for all the chemicals being dumped out and also the precious minerals being leached out of the soil. Over 70% of the earth's surface is occupied by the oceans, and the average depth is over 2 miles deep. The most soluble compounds have been washed by the rains out of our soil, leaving the less soluble substances to make up more of the soils content. This has impoverished the land, but enriched the sea. What a rich reservoir of precious minerals!

And Dr. Jarvis reminds us also, "Sea water and healthy human blood have an almost identical chemical constituency. In the sea there is and can be no deficiency. Every element necessary for life is present everywhere, and the living animals and plants of the ocean select what they require. Seafoods are capable of supplying all the elements necessary in our foods, whether we know what they are or not." I like the way he says that the leaching out of the minerals in our land has produced "mineral starved soils, which in turn has produced mineral starved foods" and the humans who are depending on these foods "are literally starving in the midst of plenty." This plenty is in the sea where the sea plants change the mineral complexes into organic colloidal form readily usable to the human body.

Dr. Jarvis ends his chapter on kelp with several interesting and significant testimonies. One, each of the natives of the very high Andes Mountains in Peru carefully carries kelp with them constantly in a little bag. It takes them over a month to make the trip to the ocean to gather it, and when asked why, they explained, "to guard the heart."

Soon after Dr. Jarvis learned of this, a patient came to him with severe heart pain, so severe that he had to stop and rest three times on the way up to the doctor's second story office because of the pain. He gave him some 5-grain kelp tablets "with

instructions to take one tablet either before, during, or after each meal, whichever he found was most convenient." Three days later he walked into the doctor's office with no more pain and had not needed to rest on the way up the stairs, and reported, "since taking the first kelp tablet he had been completely free from heart pain."

Another testimony was of a minister who was visiting the doctor's home, and was experiencing severe heart pain. Dr. Jarvis gave him some kelp tablets and "learned later that this ended the attacks."

A research professor learned that giving kelp tablets to patients resulted in their bone fractures healing quicker, and by testing, it was revealed, "kelp raised the blood calcium."

Dr. Jarvis recommends taking "one 5-grain kelp tablet each day."

Iodine is such a very important constituent of kelp, and why I recommend it highly, especially to those of us that do not use refined iodized salt that has harmful chemicals added to it to prevent caking and make it more free flowing, although it has iodine added for a good purpose. I first learned of this in Dr. Joe Nichol's book, *Please Doctor, Do Something*, a book inspired by the Lord in a dream he had. He lists refined salt as one of the 5 "nutritional pollutants" along with hydrogenated fats, white flour, white sugar and glucose, and most dry cereals. After almost dying from heart disease at a very early age, Dr. Nichols turned his life around and became a leading advocate of natural health and healing, one of the founders and president of the Natural Food Associates, an organization committed to helping people return to proper natural health and farming methods. He lived for many years after changing his "life style."

Dr. Jarvis explains how iodine is necessary for the thyroid gland to be able to kill germs as the blood passes through it every 17 minutes. Iodine is also necessary for the rebuilding of energy, and the calming of the body and the relief of nervous tension. He relates his experiences in using just one drop of Lugol's solution of iodine mixed with a teaspoonful of apple cider vinegar to often calming an irritable, impatient, restless child under ten years of age within two hours. (Today that's called ADD and ADHD, and symptoms are treated with mind altering drugs instead of the cure for iodine deficiency — iodine!) Iodine is also important in the function of clear thinking, and the prevention of storing

unwanted fat. However, iodine is lost from the body when using too much refined salt, or chlorinated and fluoridated drinking water, which most city water systems provide today; or refined flour products such as breads, pasta, and cereals, of which many today use bromide in production, as well as do many soft drinks, which further depletes the body of precious iodine.

Dr. Jarvis further reports that iodine drops together with apple cider vinegar are also used very successfully in treating cattle for the prevention of various sicknesses, the attacks of biting flies and lice, and other microorganisms, viruses, insects, and parasites. It has also been used to treat racehorses to give them more energy and endurance, with the result of winning seasons at the track. It also prevented them from catching influenzas and coughing, and made them almost immune to skin diseases, distemper, and other contagious diseases. The same treatments using iodine, apple cider vinegar, and honey worked wonders for hunting dogs, and also for busy business executives. In summation, the regular use of kelp in growing crops, raising animals, or producing healthy human bodies is invaluable.

Since Dr. Jarvis wrote this over 50 years ago, iodine deficiency has now become what alternative health care providers often refer to as “pandemic,” widely epidemic. Internationally respected research practitioner, David Brownstein, M.D., reveals in his book, or DVD, *“Iodine: Why You Need It, Why You Can’t Live Without It,”* that over 96% of the thousands of his patients that he tested demonstrated low iodine levels. I became aware of this very critical issue when I read an excellent interview of Dr. Brownstein by Greg Ciola in his Nov./Dec. 2008 issue of Crusador newspaper, available at www.HealthTruthRevealed.com. I encourage you to read it. Dr. Brownstein says, “In all my years of practicing medicine, I have yet to see one item provide such miraculous effects on the body as iodine does.” And iodine supplementation is extremely safe. In the “Preface” of the book, Guy Abraham, M.D. writes, “Of all the elements known so far to be essential for human health, iodine is the most misunderstood and the most feared. Yet iodine is the safest of all the essential trace elements, being the only one that can be administered safely for long periods of time to large numbers of patients in daily amounts as high as 100,000 times the RDA. However, this safety record only applies to inorganic nonradioactive forms of iodine.” This difference in types of iodine is important because in the book Dr. Brownstein

writes, "Researchers have reported a 400% increased incidence of death from thyroid cancer due to radioactive iodine."

For over 150 years iodine was routinely prescribed successfully by physicians for dozens of conditions, even when they were not sure what was wrong with the patient. It was called "The Universal Medicine." This was usually by Lugol's solution.

Today, research has proven that because of so much low thyroid function causing so many of today's health problems due to a lack of sufficient iodine, a wonderful tablet form of Lugol's solution with both forms of iodine necessary, iodine and iodide, has been made available called "Iodoral." One simple, inexpensive tablet daily of this readily available non-prescription iodine product has worked wonders for multitudes of people suffering from tiredness, frequent infections, thyroid, ovarian, prostate, and breast problems and cancers, auto-immune disorders and other chronic illnesses that orthodox medicine has not been able to understand and help. A simple urine test called an "Iodine/Iodide Load Test" (see: www.optimox.com) can be taken which may indicate more or less is needed; usually from ½ to four tablets daily is recommended by competent health care providers. One tablet is equivalent approximately to the amount of iodine consumed daily in mainland Japan, and those on the coastal areas consume even more, and is reported the reason that they do not have the same amount and type of health problems that we do in the United States. This is 100 times the RDA, which was determined not for overall health needs, but only to reduce the incidence of goiter, totally insufficient for total health!

Dr. Brownstein reports additionally that, "the most common symptoms of iodine deficiency include fatigue, a feeling of coldness, weight gain, muscle aches and pains, hair loss, edema, constipation, and brain fog." Also, that iodine "is a powerful detoxifying agent for a variety of substances" including "bromine, fluoride, mercury, aluminum, arsenic, and cadmium." And toxicity from all these elements is quite common but undetected by today's orthodox health professionals. This is because of their atheistic, humanistic education and indoctrination which robs anyone of the wisdom of God and opens one up to the deceptions of the devil. I know, it happened to me! Go to what is referred to as an "alternative" or "complimentary medicine" practitioner who fears God, or suffer the consequences of foolishness.

Now, I want to share with you a confirmation of this most important revelation. The fact that: The godlessness and dishonor

of God and His Word of today's educational establishments is allowing the destroyer to devour the truth of God in all areas of understanding. In this case, medicine, but also in all others such as politics, government agencies, all professions, the corruption of trades, merchandising, and banking, and education itself. This is a profound revelation and should change the way you think, pray, and seek to solve your problems of life. Confirmation came immediately as it was after writing the statements at the end of the last paragraph that I felt led to go to the internet and search in Google for information on the "iodine loading test." I was led to excellent articles by three very respected physicians who have written in the nutritional health realm. However, one doctor who wrote a rebuttal against orthoiodosupplementation (the methods of iodine supplementation to correct the body's iodine deficiencies) wrote of evolution which is the dishonoring of our great creator God. The other two doctors answered his rebuttal with excellent scientific facts supporting their position and explained that we were created just a few thousand years ago, underwent the fall of man, and later the great flood, which the oceans and earth give evidence to supporting these facts. They wrote honoring God the Creator, and had therefore been given the wisdom of God concerning this consequential area of health, the need for iodine supplementation.

You can read this series of four articles online. First is the editorial against, and then the first rebuttal which confirmed the revelation can be found at: www.townsendletter.com/Oct2005/gabyrebuttal1005.htm

It is so clearly stated repeatedly in the scriptures that **"The fear of the Lord is the beginning of wisdom, knowledge, and understanding."** (Proverbs 1:7, 28-30; 3:7-8; 8:13; 9:10; 10:27; 14:26-27; 15:33; 19:23; 22:4) This can be seen from the graphic deterioration of our educational system and consequently our population when in 1962 prayer, and in 1963 bible reading, and consequently God and any knowledge of Him and Creation, were officially removed from the public school systems of America by the Supreme Court, followed later by removing the Ten Commandments, and religious principles and morality from public affairs. (See charts and statistics given by David Barton in his most revealing book, *"America: To Pray or Not to Pray."*) The prayer the Court objected to was simple but profound: "Almighty God, we acknowledge our dependence upon Thee, and we beg Thy blessings upon us, our parents, our teachers, and our country." This is in direct contradiction of our

Declaration of Independence, our Constitution, and our Christian and legal history. The Supreme Court had consistently upheld the Constitution, the Scriptures and specifically the Christian faith for over 150 years, and it is very significant that the Court that rejected this and all precedents consisted of only one justice with prior judicial experience, who was the only one who voted to uphold our laws. The justices who voted to overthrow our Constitution and Christian foundation were all appointees from political experience. However, we need to realize that the major influential denominations of the Church called by His name had first rejected their "constitutional" document, the Word of God, by dishonoring God the Creator and accepting the false science of evolution, and various teachings and moral principals given to us in God's Holy Word. Liberalism, another word for "unbelief," had swept into the historic seminaries and pulpits of our nation, rejecting the honest literal interpretation of our constitution, the holy Scriptures. It was only natural then for the secular authorities to follow what was taking place in the spiritual.

Those who reject God and suppress the truths of God and deliberately turn them into lies are themselves turned over to "reprobate minds," "covenantbreakers without understanding" (Romans 1:18-32). Truly God's warning has come to pass: **"They have sown the wind, and they shall reap the whirlwind"** — figuratively, spiritually, economically, morally, politically, and literally as the whirlwinds of hurricanes and tornadoes have devastated our country. (Hosea 8:7) See John McTernan's most significant and revealing books on God's judgments upon America and why they happen within hours of three major national sins: *"God's Final Warning to America"* and *"As America Has Done to Israel."*

Dr. Brownstein continues in his book "Iodine is not only necessary for the production of thyroid hormone, it is also responsible for the production of all of the other hormones of the body. Adequate iodine levels are necessary for proper immune system function. Iodine contains potent antibacterial, antiparasitic, antiviral, and anticancer properties. Iodine is also effective for treating fibrocystic breasts and ovarian cysts. . . . It elevates pH. . . . Approximately 1.5 billion people, about one-third of the earth's population, live in an area of iodine deficiency as defined by the World Health Organization. Iodine deficiency disorder can result in mental retardation, goiter, increased child and infant mortality,

infertility, and socioeconomic decline. Iodine deficiency disorder is the most common preventable form of mental retardation known."

"Diets That May Cause Iodine Deficiency: 1) Diets without ocean fish or sea vegetables. 2) Inadequate use of iodized salt including low-sodium diets. 3) Diets high in the consumption of bakery products (e. g., breads, pasta) which contain bromide. 4) Vegan and vegetarian diets."

"A detoxification reaction to iodine usage does happen – about 5% of the time. . . . One of the best ways to minimize a detoxification reaction is to ensure adequate use of unrefined salt as well as supplementation with magnesium and Vitamin C."

Now let me quote a final insight and comment by Drs. Guy Abraham and David Brownstein, the doctors who supported creation, the fall of man, and Noah's flood, as to why iodine deficiency is now such a "huge public health problem" in the United States.

"Some 20% of the iodine used in the U.S. is for animal feed supplement, and none for human food, except the minimal amount in table salt. Between 1960 and 1980, iodate was used in bread with one slice of bread containing the full RDA of 0.15 mg.³ But some 20 years ago, iodophobia resulted in the removal of iodate from bread, replacing it with...you guessed it...bromate. If you wanted to keep a nation sick and zombified, we cannot think of a better way to achieve this goal.³" (www.townsendletter.com/Oct2005/gabyrebuttal1005.htm)

Therefore, beloved, I highly encourage you to either eat lots of kelp or follow the recommendations of these God fearing physicians in taking "a high potency iodine/potassium iodide supplement." Read from their books or web sites for more information.

"Lift up your eyes to the sky, Then look to the earth beneath; For the sky will vanish like smoke, And the earth will wear out like a garment, And its inhabitants will die in like manner, But My salvation shall be forever, And My righteousness shall not wane. Listen to Me, you who know righteousness, A people in whose heart is My law; Do not fear the reproach of man,

Neither be dismayed at their revilings. For the moth will eat them like a garment, and the grub will eat them like wool. But My righteousness shall be forever, and My salvation to all generations."

(Isaiah 51:6-8 NAS)

And this brings me to add another few thoughts about cleansing. As we've just learned that kelp is excellent, not just for supplying necessary trace minerals but for cleansing the body and blood of many different harmful chemicals and parasites, we need to understand that cleansing the body and its various organs is not only very important, but can be and should be done intentionally occasionally as a routine good health and spiritual practice.

For basic health, we need to specifically cleanse the intestines, the blood, and various organs such as the kidneys, liver, and gallbladder.

There are a number of fine products available for bowel cleansing. Everyone should normally move their bowels everyday. If not, your body is building up toxins that absolutely will cause ill health. This can be corrected easily and inexpensively with herbs.

Cleansing the gallbladder and liver is also very simple and inexpensive. By what is often called a "liver/gallbladder flush," this can be accomplished with a couple of food products from the grocery store.

Let me give you a simple testimony. Years ago, a friend told me his wife was scheduled for removal of her gallbladder because of gallstones. I suggested the "flush" and gave them a simple recipe. She did it, and all of the gallstones were flushed out, and it saved her much pain, surgery, time, thousands of dollars, and most importantly, her gallbladder, which is needed for the proper digestion of fats. When the gallbladder is removed, major health problems arise, especially diabetes down the road, and it's a shame that this simple procedure is not told to patients, but of course there is no money in it for the medical establishment.

For instance, one need only abstain from eating solid food the beginning of the day of the flush; only juices, and then nothing but water after 2 pm. At that time mix up 4 tablespoons of Epsom salts in 3 cups of water and put it in the refrigerator to get cold. This is to make it more palatable later. At 6 pm drink one serving of $\frac{3}{4}$ cup of the salt water, and then another at 8 pm. This is best

done at home because your bowels will start to flush and you need to have a toilet readily available. At 9:45 prepare $\frac{1}{2}$ cup olive oil in a jar and mix it with the fresh juice of one pink grapefruit (lemon can be used), which should give you about $\frac{1}{2}$ to $\frac{3}{4}$ cup juice. Shake it together well, and drink it down as quickly as possible, within 5 minutes. Then by 10 pm, visit the bathroom one last time, and go to bed. Lie down, be still, and go to sleep. At 6 am drink another $\frac{3}{4}$ cup Epson salts, and you may go back to bed if you wish. At 10 am drink the final $\frac{3}{4}$ cup Epson salts. You may then drink juice $\frac{1}{2}$ hour after that, and eat regularly an hour after that. There have been a number of similar recipes around for years, but this one, basically by Hulda R. Clark, Ph.D., N.D., is the simplest. This all works together to flush both the liver and the gallbladder of gallstones, and you will see them in the toilet, usually small green stones, floating on the water. Everyone I know always feels better than usual after the flush, it's wonderful. This is an excellent health practice once or twice each year. It is best when preceded by a "parasite cleanse" using various herb products readily available.

Other cleanses for tissues and blood are also recommended. A very well known herbal cleanse known as "Essiac Tea" has been used successfully for years to cure many kinds of cancer. President John F. Kennedy's personal physician, Dr. Charles Brusch, M.D., and a nurse, Rene Caisse, R.N., treated many patients with it after the doctor was healed of his own bowel cancer. Cleanses with organic Concord grape juice have also been successful, as well as just "Juice Fasting." And of course, a plain water fast is very cleansing and healing. I was healed years ago of what a doctor told me was incurable, seborrhea dermatitis, a very red, ugly, raw rash on my face. After starting with a colon cleanse and a salt water flush, on the seventeenth day of a water fast my skin was completely healed and had become as new, clear, and fresh as a baby's, and I am still healed after almost forty years. Fasting is very important for physical health and cleansing as well as spiritual health and cleansing. A simple salt water flush, using nothing but either a tablespoon or so of table salt or Epson salts in a quart of warm water on an empty stomach, is excellent for beginning an extended fast, or just occasionally for good health.

Books on fasting, juicing, and cleansing are available in most Health Food Stores, and through the Internet. I would like to especially recommend three Christian authors and their books. Jordan S. Rubin, N.D., Ph.D., is a gifted brother whose first book,

The Maker's Diet, is excellent and has sold over two million copies. His next big book is *The Great Physician's Rx for Health & Wellness* and is also priceless. Jordan's testimony of how he was healed from death's door because of severe Crohn's disease, diabetes, arthritis, anemia, and chronic fatigue syndrome is so very helpful to understand health, and the problems associated with the health professions today. Jordan says, "I was seen by seventy doctors and medical practitioners (ranging from traditional to alternative) . . . read more than three hundred books on health and tried every dietary plan under the sun . . . but none of them worked . . . something was still missing." It wasn't until a man told him he "wasn't following the health plan in the Bible" that he changed significant factors and was healed completely. Every chapter is good, and the one on cleansing and practicing "Advanced Hygiene" is especially insightful and not usually covered in health teachings today. For instance, did you know that by observation many people do not wash their hands after going to the bathroom, or changing a baby's diaper? That might be one reason that "shopping carts are repositories of bacteria, reportedly carrying 1.4 million bacteria per square inch, which is one thousand times more than a toilet seat." Biblical sanitation statutes were for good health thousands of years ago when they were given, and are just as good today! Brand new money after just a few weeks in circulation has been found to have all kinds of germs and drugs on it, and is one more reason the scripture refers to it as "filthy lucre" (1 Timothy 3:3, 8; Titus 1:7, 11; 1 Peter 5:2 KJV). We need to wash our hands more often, and after we come back into our homes.

The second author is Don Colbert, M.D. In his book, *Toxic Relief*, he recommends a practice I also do, which is having people remove their shoes upon entering your house. This just doesn't keep out dirt, but toxic pesticides, and parasites and other unclean things. My wife made little booties that can be slipped over the shoes for those who prefer not removing them, or we provide clean slippers at the door. His book is an excellent informative and instructive book for explaining the toxic environment that we all live in today and how we can get rid of dangerous health destroying toxins from our bodies. He also includes helpful information on fasting, and its importance for cleansing the physical body as well as for the soul and spirit. This is God's will for us according to 1 Thessalonians 5:23, "**And the very God of peace sanctify you wholly; and I pray God your whole spirit and**

soul and body be preserved blameless unto the coming of our Lord Jesus Christ,” which we’ll discuss a little more in another chapter.

A very helpful cleansing and healing for sinus problems is a mixture of xylitol and salt, because they have found most sinus problems are due to a fungus. This mixture kills the fungus, and multitudes report they have no more sinus drainage after using it; and I can also personally attest to its effectiveness as it has taken care of my sinus drainage as well as others I’ve recommended it to. It is readily available in a convenient and inexpensive spray bottle called Xlear.

The third Christian author I want to highly recommend to you is one I’ve just met, and by her reading and commenting on a portion of this book from my web site has helped me to add some important information in several places. Her name is Sylvia W. Zook, Ms, PhD, an experienced research and clinical nutritionist. Besides private practice, she has lectured and held seminars on nutrition, and thereby gained additional feedback and confirmation of the scientific and scriptural truth that she teaches. Her newest book, *Eatin’ After Eden, the Meat of the Word* is now being published and is available from her web site, www.eatinaftereden.com. And believe me, she has some very significant insight, facts, and important truth to share upon the importance of eating clean meat, especially red meat, which is so often spoken of in God’s Word, hence in the title of her book, “The Meat of the Word.” Her book has a lot to share about what we are to eat now since Adam and Eve were cast out of the Garden of Eden, and includes chapters on the fallacies and dangers of vegetarianism and veganism also which is spreading like a plague and causing plagues around the world, and is infecting the body of Christ. I’ll share more about this in another chapter.

Another testimony I’d like to share before we close this chapter on cleansing, is one I experienced a year ago. I was asked to speak at a meeting in Pennsylvania on Holy Nutrition, and after the teaching I was given a bottle of Miracle II Soap and a bottle of Miracle II Neutralizer Gel. The brother shared with me many testimonies of its healing power, as did a doctor who entered into the conversation with his results.

As we stayed over night before returning home, I used the Soap the next morning as a shampoo and bath soap in the shower. And to my amazement, an itchy rash that I had been fighting for several years under my arms was completely healed

by that first use. Praise the Lord! I had been praying and trying various products for years, and could only find temporary relief by using a lotion which I had to use once, twice, or occasionally three times a day. I had finally told the Lord a year or so before that I knew I had received my healing, thanked Him for it, and would wait upon Him until I had it. This was because Jesus said, **“For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them”** (Mark 11:23-24 KJV). Now it was God’s way and time, and I had it, and I still do. Praise God!

Naturally I came home very excited about a new, natural, “miraculous” healing product, as I have been involved with natural as well as supernatural healing for over thirty years. Upon investigation, I learned how Clayton Tedeton had received his Miracle I as a miraculous healing from a severe car injury by the Word of Knowledge and prayer through a TV program. Then he was saved and filled with the Holy Spirit, and God gave him an open vision one night and he read the formula for the Soap from the wall as we remember the handwriting on the wall in Daniel’s day. It’s an amazing story, and anyone who loves God and has true spiritual discernment can agree and rejoice in God’s revelation and goodness. I immediately became a wholesale distributor so that I could bring this blessing to people and help others to become distributors so they could minister also. Together we have seen so many miraculous healings, and we give all the glory to God. This was Clayton’s second major miracle, and why it is called Miracle II. I use it for shampoo, bath, shaving, at the sinks, for the dishes and laundry, and its especially good for spot removal also. God is the Master Chemist, and He loves to choose the foolish people of this world to put to shame the wise, and the weak to shame the strong, and the nobodies to shame the somebodies, that no flesh should glory in His presence, but that He would receive all the praise and glory through Jesus Christ our Lord. (1 Corinthians 1:25-31) In these last days He is shaking everything that can be shaken, that only that which cannot be shaken will remain (Hebrews 12:25-29), and so the greedy, proud, godless and blind “professionals” are finding themselves outsmarted by the humble and godly “unprofessionals.” Praise His name forever!

As we close this chapter on the topic of cleansing, let me mention another herb that God made for both cleansing and healing, and that is hyssop.

The “humble” little hyssop plant, growing out of cracks in stone walls (1 Kings 4:33) and spoken of by Solomon in all his wisdom (vs. 30-34), was chosen by God to be used in purification and sacrifices (Exodus 12:22; Leviticus 14:4-7; Numbers 19:6, 18; John 19:28-29). And so as we offer to God our bodies as living sacrifices, let us realize that we too can enjoy the benefits of hyssop as we consider a revelation from the prayer of David,

“Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.”

(Psalm 51:7 KJV)

Psalm 103:5

**“Who satisfieth thy mouth with good things;
so that thy youth is renewed like the
eagle’s.”**

A Psalm of David

**“Bless the LORD, O my soul: and all that is within me, bless
His holy name.
Bless the LORD, O my soul, and forget not all His benefits:
Who forgiveth all thine iniquities;
Who healeth all thy diseases;
Who redeemeth thy life from destruction;
Who crowneth thee with lovingkindness and tender
mercies;
Who satisfieth thy mouth with good things;
so that thy youth is renewed like the eagle’s.”**

(Psalm 103:1-5 KJV)

Good Things can Satisfy

We’ve talked about what food is and what it is not, how God wants to heal us and for us to be in health. We’ve talked a little about the idolatry of food and what God considers unclean and for us not to eat. We’ve talked about some of the good things God has created for us to eat and why. Now I want to consider some of the physiological and spiritual mechanics

of food cravings and desires, and how God can change them by either physiological or spiritual principles.

My first experience was through a natural means of changing a regular food craving that I did not understand at the time. Actually it was what some would call today an addiction, but the scriptures would call a bondage, an enslavement, a sin. I was a "sugarholic," like most Americans, but I didn't realize it at the time. One just feeds the habit regularly, and it's so natural, and normal, and acceptable in our society. And the church by in large doesn't want to understand this or see the sin for what it really is either. After all, what would we do without all the ice cream socials, the banquets and dinners with all the sugary cakes, and pies, and desserts galore? I remember on Saturday mornings I would attend a men's prayer meeting at one of the local congregations, and they would always serve coffee and donuts at the end. I can remember picking out the gooiest pecan rolls there, ones that had the most sugary topping, and I usually had two if possible. However, it was early in 1973 when I was just coming into natural health and healing through proper nutrition and I had just read Dr. Atkins first book, *The Diet Revolution*, and I was learning about carbohydrate metabolism. I had started on this diet, and had put my mother on it as well as I shared earlier, and I found to my amazement that when the time for coffee and donuts came (although I had shortly before quit coffee when I learned of its harmful effects) that I had absolutely no craving for the donuts and sweet rolls. In fact, I didn't even feel hungry, and only had a desire to wait until I got home and fix a salad and a good sandwich of some kind, nothing sweet. And I had forgotten to even eat breakfast that morning, so I should have been ravenously hungry. But I wasn't! I came to realize that by changing one's carbohydrate intake, it changes one's desires and cravings for them. This is very remarkable, and interesting in that just last night on one of the major news programs, it revealed how many companies are now selling "low-carb" foods, and Dr. Atkins' Diet Revolution is finally making "the main stream" after being attacked, discounted, and discredited for so many years, 30 years actually. What a shame on the orthodox medical-nutritional-media complex for denying the truth for so long! Dr. Atkins' books are readily available almost everywhere for those who want to know and understand more about the inter-relationship of carbohydrates, proteins, and fats in metabolism.

But there also is the spiritual way of deliverance from food

cravings. And the first step is, as in anything, one must be open and honest with God and oneself. One must admit to being bound, to being enslaved, and then ask God to set one free! I experienced my deliverance from being a sugarholic by first reading a book, *Sugar Blues*, by William Dufty and learning of the harmful effects of refined sugar, sucrose, particularly. Then I told God I loved the stuff, I was bound, and I asked God to deliver me from the cravings for white sugar, from the cravings for the pies and cakes and cookies and all the junk made from refined white sugar. And, Oh yes, the ice cream too! I loved it.

It happened one day that I shall never forget. I was praying, kneeling at my bedside in my apartment. I can still see the rooms and exactly where and how I was kneeling and praying, not about this problem at the time at all, but about other things. Then the Lord spoke to me so clearly, **"Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagles!"**

This verse from Psalm 103 came alive. The Logos word that I had learned became a Rhema word of God to me, and I was instantly delivered from the craving for sucrose, refined white sugar. And I have never had a taste for it since, and that was over 30 years ago that God set me free! Hallelujah! It's so wonderful to walk past the pies and desserts at restaurants and cafeterias, to push them aside at church functions, and never have any desire. In fact, it almost makes me sick to think about putting any of this junk in my mouth. My mouth has been set free! God says He will satisfy your mouth with good things, not with junk or unhealthy flesh foods, so that your youth, your health as in your youth, will be renewed, made new, like the eagles, a process that God manifests in that lovely, soaring, majestic bird that we all admire so much. Oh, my friends, take the scripture seriously, when God says, **"Abstain from fleshly lusts, which war against the soul"** (1 Peter 2:11). Your mind and emotions, your will and your body, are affected by these concentrated chemicals of refined sugars, and unclean flesh foods. Years ago, sugar was used as a drug by man, and it still is, by the devil! These chemicals affect your whole life and spirituality immensely; do not fool yourself any longer. Repent, ask God to forgive you, and to deliver you from these things that fight your real and good spiritual ambitions, and surrender to God your all in all. And He will! But you have to be honest. And you will be tried and tested, by God and the devil. But **"we are more than conquerors through Him that loved [and loves] us"** (Rom. 8:37). Hallelujah!

Now, because God delivered me from the craving for refined white sugar, a poison to my soul, and body, doesn't mean I can't and don't enjoy a dessert when made with proper God given ingredients that are healthy and good for the body. Oh, No! He said He would satisfy my mouth with good things, and He does. I enjoy eating, and must like most, be self disciplined as to quantity as well as quality, but it is so wonderful to be set free from all those things God has taught us in His word and by His Holy Spirit that are not good for us. My wife makes delicious pies and cakes, made with honey and whole wheat flour, butter or olive oil, sea salt, real eggs, and whatever else is called for and food the way God created it. Ice cream from honey and real milk and cream -- delicious!

The Biggest Idol in a Christian's Life!

"What is it?"

This question will provoke a lot of different responses, and a lot of different answers, but let me say clearly after many years of ministry, study, and experiences, the truth of God's Word is plain. It is FOOD!

Food was what brought all of us into sin's bondage to begin with, and God wants us to understand this! It began when Eve was tempted by Satan, deceived, in fact the scripture says "much deceived" (1 Tim. 2:14 lit. Panin's Greek), and then she gave of the forbidden fruit to her husband, and Adam willfully listened to his wife instead of the simple and plain instructions from God, and he ate. It brought the entire human race into this bondage which we call sin, into the destruction of spiritual death, a spiritual separation from God, which is what death is, separation. The final state of eternal separation is called "the second death" (Rev. 20:14). The first death is when we are separated from our corruptible bodies (and from those we leave behind upon the earth), and this unfortunately comes about before the proper time, and in an improper way, usually because of what we eat.

An idol is anything that is more important to you than God! It can be anything, such as: a person, parents, husband or wife, children, possessions, position, religion, a building, an organization, a ministry, job, hobby, sex, activity, or ambition. **"The love of money is a root of all sorts of evil,"** and covetousness is

clearly called idolatry in the scriptures (Col. 3:5; Eph. 5:5). But as strong as materialism and sex are today, and as surely as they are destroying individuals, families, congregations, ministries, and nations, food was the first idol in the human race, and it is the strongest and most prevalent.

This is true of both the saved and the unsaved, of those who know the Lord, and of those who do not! In 1 Corinthians chapter 10 we have a warning from God not to be like **“our fathers”** who were destroyed in various ways because of various sins which they committed. And as we look at those sins, we will find that the vast majority of them involved the lust for food! These were all believers in God, who had seen and experienced the miraculous, wondrous grace and power of God’s supernatural provision, protection, and salvation, and yet with many of them God was not well pleased and He destroyed them! They were all baptized in water and the Spirit, and yet multitudes lost their lives because they would not listen to God’s Word (vv. 1-5)!

Now let us open our bibles, and let us look more closely at the things the Israelites did that resulted in being **“overthrown in the wilderness”** (1 Cor. 10:5).

[1 Cor. 9:24 KJV] **Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. [25] And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.**

[26] I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: [27] But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

[1 Cor. 10:1] **Moreover, brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the sea; [2] And were all baptized unto Moses in the cloud and in the sea; [3] And did all eat the same spiritual meat; [4] And did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ. [5] But with many of them God was not well pleased: for they were overthrown in the wilderness.**

[6] **Now these things were our examples, to the intent we should not lust after evil things, as they also lusted.**

[7] **Neither be ye idolaters, as were some of them; as it is written, The people sat down to eat and drink, and rose up to**

play.

[8] Neither let us commit fornication, as some of them committed, and fell in one day three and twenty thousand.

[9] Neither let us tempt Christ, as some of them also tempted, and were destroyed of serpents.

[10] Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer.

[11] Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come. [12] Wherefore let him that thinketh he standeth take heed lest he fall.

[13] There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it. [14] Wherefore, my dearly beloved, flee from idolatry.

[15] I speak as to wise men; judge ye what I say.

[31] Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

[32] Give none offence, neither to the Jews, nor to the Gentiles, nor to the church of God:

[33] Even as I please all men in all things, not seeking mine own profit, but the profit of many, that they may be saved. [11:1] Be ye followers of me, even as I also am of Christ.

First, it says that what happened to them can happen to us, that what has been written has been given to us so we will not become like them, as they are examples for us of what happens to disobedience of the kinds we are about to study. They “**lusted”** “**after evil things.**” (6) “**Now these things were our examples, to the intent we should not lust after evil things, as they also lusted.**”

What are “evil things”? We find that evil things are any “things” that we put before the Lord! It can be a good and legitimate thing when in its rightful place, under the control and Lordship of Christ, but it becomes evil when we put its importance above the importance of God and His will for us at that time! Ordinary needs of the body, like food, clothing, and shelter are important, and God has designed us to need them. But when we put them before Him, when we hold them as more important than Him, when we seek them first, then they become an idol in our lives,

and then they are considered “evil things.”

For example, we are taught in scripture that if we do not offer unto God our best, but only the leftovers, or that which we do not care for anyway, it is evil!

And if ye offer the blind for sacrifice, is it not evil? and if ye offer the lame and sick, is it not evil? offer it now unto thy governor; will he be pleased with thee, or accept thy person? saith the LORD of hosts.

(Malachi 1:8 KJV)

And when Abel offered unto God the work of his hands, the first fruits of his labor, and the fat, which meant the best, his offering was accepted. But when Cain offered unto God the work of his hands, legitimately so, but not the first fruits, and not his best, his offering was unaccepted, and God rejected him.

And Adam knew Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man from the LORD. And she again bare his brother Abel. And Abel was a keeper of sheep, but Cain was a tiller of the ground. And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the LORD. And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering; But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.

(Genesis 4:1-5 KJV)

By faith Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous, God testifying of his gifts: and by it he being dead yet speaketh.

(Hebrews 11:4)

Not as Cain, who was of that wicked one, and slew his brother. And wherefore slew he him? Because his own works were evil, and his brother's righteous.

(1 John 3:12)

Another example of how a thing could be good but becomes evil because the will of the Lord is not sought concerning the matter is given to us by James.

Come now, you who say, "Today or tomorrow, we shall go to such and such a city, and spend a year there and engage in business and make a profit." Yet you do not know what your life will be like tomorrow. You are just a vapor that appears for a little while and then vanishes away. Instead, you ought to say, "If the Lord wills, we shall live and also do this or that." But as it is, you boast in your arrogance; all such boasting is evil. Therefore, to one who knows the right thing to do, and does not do it, to him it is sin.

(James 4:13-17 NAS)

You see, we do not know the future; we do not know what is best for us. So when we act without seeking the Lord to determine if it is His will, we are boasting that we know what is good, that we are assured of tomorrow, and that is arrogance, evil, and sin!

Another example of lusting even after what is normally God's good provisions was referred to here by Paul when the Israelites lusted after the foods they were accustomed to in Egypt from where they had come, been born and reared (Num. 11:4-34). They lusted after flesh food, fish, and vegetables; and God became angry and smote them with a **"very great plague"** and many died and were buried. We read:

And the mixed multitude that was among them fell a lusting; and the children of Israel also wept again, and said, Who shall give us flesh to eat? We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlic: But now our soul is dried away: there is nothing at all, beside this manna, before our eyes.

(Numbers 11:4-6 KJV)

And so God brought so many quails to eat and had them fall at their feet that they were three feet deep on the ground.

And while the flesh was yet between their teeth, ere it was chewed, the wrath of the LORD was kindled against the people, and the LORD smote the people with a very great plague. And he called the name of that place Kibrothhattaavah [Heb.: graves of craving, lust, desire]: because there they buried the people that lusted.

(Numbers 11:33-34 NAS)

This lusting after food is again referred to in the Psalms where we read:

They soon forgot his works; they waited not for his counsel: But lusted exceedingly in the wilderness, and tempted God in the desert. And he gave them their request; but sent leanness into their soul.

(Psalm 106:13-15 KJV)

Now, let us go on with Paul's warnings to the Corinthians, and to us.

Paul started this exhortation by sharing that this life is like a race, and like boxing, in which we as the contestants in order to win must bring our bodies under subjection to the Spirit, under self-control:

Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. And everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable. Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; but I buffet my body and make it my slave, lest possibly, after I have preached to others, I myself should be disqualified.

(1 Corinthians 9:24-27 NAS)

Then after explaining to us that although all the Israelites had been baptized in water and the Spirit, had been drinking of the Spirit, they afterward lusted after evil things (food), and were overthrown in the wilderness.

Now Paul brings us to more specific examples of what lusting, or craving, after evil things meant, and we shall see that almost all of them again involved the lust for foods.

And do not be idolaters, as some of them were; as it is written, "The people sat down to eat and drink, and stood up to play."

(1 Corinthians 10:7 NAS)

Here we find the report first involved idolatry, the making of the golden calf after Moses had gone up into Mount Sinai to receive the Ten Commandments and had not returned fast enough

for their desires (Ex. 32:1-4). Then they started to party, and this involved eating and drinking and indulging themselves (32:5-6). This was accompanied with the singing and dancing of pleasure and entertainment more than the joy of the true worship of God (32:18-19). They were **“out of control”** (32:25 NAS)!

Beloved, let us forsake all idolatry, putting anything before the Lord, judging anything as so important that we seek it without consulting our Lord and Master, **“whose we are”**!

Nor let us act immorally, as some of them did, and twenty-three thousand fell in one day.

(1 Corinthians 10:8 NAS)

This next lust they fell into was the lust of sexual sin, but it also involved the idolatry of eating and false worship for we read:

And Israel abode in Shittim, and the people began to commit whoredom with the daughters of Moab. And they called the people unto the sacrifices of their gods: and the people did eat, and bowed down to their gods. And Israel joined himself unto Baalpeor: and the anger of the LORD was kindled against Israel.

(Numbers 25:1-3 KJV)

Consequently, God had Moses and the judges of Israel take the leaders of this wickedness and **“execute them in broad daylight before the LORD”** (v. 4); and many thousands of others died in this plague also (v. 9). This was uncleanness and fornication, adultery for some. It could have resulted in homosexuality also, and often does when the satisfaction of more normal types of sexual indulgence becomes not enough, but fornication in all its forms is sin. Whether heterosexual, or homosexual, whether normal or abnormal perversions, fornication is so common today, even being excused, and promoted in liberal circles where adherence to the Word of God has been neglected, denied, or perverted.

Nor let us try the Lord, as some of them did, and were destroyed by the serpents.

(1 Corinthians 10:9 NAS)

Here we find that familiar story which Christ referred to as

a type of Himself being lifted up on the cross to save all people (Jn. 3:14-15).

But what caused this incident? Let's find out.

When the people had become **"discouraged [impatient NAS] because of the way. . ."**

"the people spake against God, and against Moses, Wherefore have ye brought us up out of Egypt to die in the wilderness? for there is no bread, neither is there any water; and our soul loatheth this light bread. And the LORD sent fiery serpents among the people, and they bit the people; and much people of Israel died.

Therefore the people came to Moses, and said, We have sinned, for we have spoken against the LORD, and against thee; pray unto the LORD, that he take away the serpents from us. And Moses prayed for the people. And the LORD said unto Moses, Make thee a fiery serpent, and set it upon a pole: and it shall come to pass, that every one that is bitten, when he looketh upon it, shall live. And Moses made a serpent of brass, and put it upon a pole, and it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived."

(Numbers 21:4-9 KJV)

Again it was food and drink the people lusted after. They were not satisfied with the wonderful supernaturally prepared bread from heaven, the manna, that God provided fresh every morning, except the Sabbath when Friday's provision was doubled. Can you imagine supernaturally provided food given to folks who then complain and gripe about it? But do we do the same with God's blessings today? And so this leads us to the next sin explicitly stated for our learning.

Nor grumble [murmur KJV], as some of them did, and were destroyed by the destroyer.

(1 Corinthians 10:10 NAS)

This last sin mentioned, murmuring, or grumbling, is so often found throughout the history of God's people in the wilderness, and I believe it is just as often found today among those who profess to be following Jesus Christ.

God warns about this sin here and elsewhere in the New

Testament. A strong word of warning from James when he wrote:

Do not complain [Gk.: *stenazete*, groan, sigh; murmur ARV], **brethren, against one another, that you yourselves may not be judged; behold, the Judge is standing right at the door.**

(James 5:9 NAS)

God warns us today that He is standing ready to judge this sin of murmuring immediately. There are different kinds of judgments, but one that is experienced immediately is the loss of being filled with the Holy Spirit, which gives one a peace and joy **“unspeakable and full of glory”** (1 Pet. 1:8). Instead there is a downcast countenance, a loss of being aglow with the Spirit and His accompanying fruit, and the works of the flesh often become manifest such as enmity, strife, and outbursts of anger (Gal. 5:19-23).

There are so many occasions throughout the scriptures of God’s people murmuring, and an excellent example that Paul is referring to here in the letter to the Corinthians is when first, leaders of Israel rebelled and murmured against God’s chosen leadership, Moses, and Aaron, and were destroyed for their sin very dramatically. The earth open up and swallowed the instigators and their families alive, and then **“fire from the LORD”** burned up the 250 more leaders, **“princes of the assembly, famous in the congregation, men of renown,”** who had followed the rebellious leaders. To remind the people of this penalty for rebelling and murmuring against His appointed leadership, God had them take the bronze censers for burning incense that the 250 had used, and hammer them out for a covering for the sacred altar of the tabernacle, to be a sign to the people forever (Num. 16).

Then secondly (which never, never, ceases to amaze me), is that the people on the very next day after this dramatic act of God in disciplining His people, continued to murmur against Moses and Aaron. They even denied the judgment was from God Himself, and accused the chosen vessels of God, Moses and Aaron, of killing **“the people of the LORD.”** We read:

But on the morrow all the congregation of the children of Israel murmured against Moses and against Aaron, saying, Ye have killed the people of the LORD.

(Numbers 16:41 KJV)

This of course resulted in more judgment from God, and God sent a destroying plague that killed 14,700 more before the intercession of Moses and Aaron made sufficient atonement for the people and the plague was restrained. Amazing! Simply amazing. A little murmuring, anyone?!!

The next thing in this incident we read is that familiar story of how God emphasized that it is He who chooses leaders for His people, and he had a leader from each of the twelve tribes of Israel place a rod, with their own name on it, in the tabernacle of the congregation, and we then read,

And it shall come to pass, that the man's rod, whom I shall choose, shall blossom: and I will make to cease from me the murmurings of the children of Israel, whereby they murmur against you.

(Numbers 17:5 KJV)

And we remember the story how that Aaron's rod budded, and it was laid up for an everlasting sign and memorial in the sacred tabernacle, for we read:

And it came to pass, that on the morrow Moses went into the tabernacle of witness; and, behold, the rod of Aaron for the house of Levi was budded, and brought forth buds, and bloomed blossoms, and yielded almonds. And Moses brought out all the rods from before the LORD unto all the children of Israel: and they looked, and took every man his rod. And the LORD said unto Moses, Bring Aaron's rod again before the testimony, to be kept for a token against the rebels; and thou shalt quite take away their murmurings from me, that they die not.

(Numbers 17:8-10 KJV)

It is remarkable that all three of the items inside of the ark of the Covenant in the holy of holies in the tabernacle of the Lord — the golden jar of manna, Aaron's rod that budded, and the tablets of stone of the Ten Commandments (Ex. 16:31-34; Num. 17:10; Deut. 10:1-5; Heb. 9:4) — had involved the sin of the murmuring of God's people, and about food.

In fact, Aaron's rod was given specifically, as we just read, to:

“be kept as a sign against the rebels, that you may put an end to their grumbings against Me, so that they should not die.”

(Numbers 17:10 NAS)

And as concerning food, we have the manna, the partying while Moses received the Ten Commandments, and Aaron’s rod that budded even **“bore ripe almonds”** (Num. 17:8 NAS).

What also is remarkable is that the Israelites still murmured centuries later when this incident was brought to their attention (Jn. 6). After Jesus fed the multitude with bread from heaven, they mentioned how their fathers had been fed with manna in the wilderness, so Jesus told them that He was the bread of life that came down from heaven, and they murmured at Him. We read:

The Jews then murmured at him, because he said, I am the bread which came down from heaven. And they said, Is not this Jesus, the son of Joseph, whose father and mother we know? how is it then that he saith, I came down from heaven? Jesus therefore answered and said unto them, Murmur not among yourselves.

(John 6:41-43 KJV)

His answer to them is the same as it is to us today. Do not murmur! And yet as the Lord went further on in this discussion and told the people that they must eat this bread from heaven in order to have eternal life, that they must eat His flesh and drink His blood, even His disciples murmured. It was so hard for them to understand that many even ceased to follow Him. We read:

Many therefore of his disciples, when they had heard this, said, This is an hard saying; who can hear it? When Jesus knew in himself that his disciples murmured at it, he said unto them, Doth this offend you? What and if ye shall see the Son of man ascend up where he was before? It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life. . . .

From that time many of his disciples went back, and walked no more with him.

(John 6:60-63, 66 KJV)

And so today, many people are still murmuring, saint and sinner alike, at Jesus or the words that He has given us, which we

are to eat, and digest, and let become part of our lives. And many cease to follow Him.

It is interesting that as we go into the testimony of the New Testament church, we find the disciples murmuring again, and again it was about food.

And in those days, when the number of the disciples was multiplied, there arose a murmuring of the Grecians against the Hebrews, because their widows were neglected in the daily ministration.

(Acts 6:1 KJV)

. . . a complaint arose on the part of the Hellenistic *Jews* against the *native* Hebrews, because their widows were being overlooked in the daily serving of food.

(Acts 6:1 NAS)

This complaint concerning food on the part of some about the fact that their widows were not being fed fairly by the busy apostles caused murmuring. And like their forefathers in the wilderness, it was about food being provided by God, this time through the generosity of their fellow believers. It brought about the establishment of the office of deacons, as seven men were selected and ordained to oversee the distribution of the daily food needed for the widows.

Beloved, God tells us again and again, do not murmur. He says through Paul:

Do all things without murmurings and disputings:

(Philippians 2:14 KJV)

And He says through Peter:

Use hospitality [the sharing of one's food and home] one to another without grudging.

(1 Peter 4:9 KJV)

Let the religious, the "Pharisees, Sadducees, and writers of legalistic script" continue to murmur about Jesus and us when we do not live up to their man-made standards and traditions:

But their scribes and Pharisees murmured against His

disciples, saying, Why do ye eat and drink with publicans and sinners?

(Luke 5:30 KJV)

But let us who name the name of the Lord and desire to walk in truth and love, not murmur, lest we be destroyed! But rather let us be ever thankful, and learn to be thankful in everything (1 Thes. 5:18).

Beloved, as we have seen from the foregoing examples, the most common sin among God's people involved food, the idolatry of lusting after what we are to put into our mouths as more important than God and His word! And so we become defiled and start to murmur, and are again defiled by what comes out of our mouths. What a shame!

The hypocrites of Jesus' day complained to Him that His disciples were not eating according to their traditions, and hypocrites are still doing this today (Mt. 15; Mk. 7). For most, it may not be the same traditions, but nevertheless they are traditions that have been passed on to us from our spiritual forefathers. For example, when dedicated disciples are pursuing God and His holiness, and have come to realize that their bodies are the temples of the Holy Spirit, they give to the Lord their bodies as living sacrifices, to be holy in all aspects. The disciples then start to eat according to God's word, eat according to God's teachings of holiness, refraining from certain unholy, unhealthy things, and learn to eat that which is sanctified by God's word and communion with Him. They determine as the word says to "buffet" their bodies, meaning to struggle against wrongful indulgences and not meaning as most apply it today, to overindulge. Then they are criticized and accused as being legalistic when in fact those making the accusations are lawless, and lascivious, and have given themselves over to any lust that their unregenerate tastes still lust after, and that their Babylonian traditions and leaders teach them that it is alright to indulge in. What a shame!

Paul warned us about these kinds of false teachers and the fruit they produce when he wrote:

Now I beseech you, brethren, mark them which cause [Gk.: make, are doing] divisions and offences contrary to the doctrine

which ye have learned; and avoid them. For they that are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple [those distrusting no one, harmless, Gk.: those without evil].

(Romans 16:17-18 KJV)

Now I urge you, brethren, keep your eye on those who cause dissensions and hindrances contrary to the teaching which you learned, and turn away from them. For such men are slaves, not of our Lord Christ but of their own appetites; and by their smooth and flattering speech they deceive the hearts of the unsuspecting.

(Romans 16:17-18 NAS)

Brethren, be followers together of me, and mark them which walk so as ye have us for an ensample. (For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.) For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ:

(Philippians 3:17-20 KJV)

Brethren, join in following my example, and observe those who walk according to the pattern you have in us. For many walk, of whom I often told you, and now tell you even weeping, *that they are* enemies of the cross of Christ, whose end is destruction, whose god is *their* appetite, and *whose* glory is in their shame, who set their minds on earthly things. For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ;

(Philippians 3:17-20 NAS)

Beloved, now that we have seen that of the sinful examples God has warned us about not to follow, that more were about food than anything else, we need to consider how we practice this form of idolatry today.

We eat anything and everything our perverted and unregenerate taste buds have become accustomed to and lust after, and pray and expect God to bless what He has cursed, that

which has been made unholy and unhealthy, which He does not want us to buy or eat. We do not pray and determine whether that which we consider food is really food, meaning that which is to be taken into our bodies for nourishment, not that which just tastes good and is edible. Rather, it is to be holy by God's word and the communion and teaching of the Holy Spirit. We heap to ourselves teachers who will tell us what our itching ears want, what will satisfy our unhealthy lusts, and then wonder why we are sick and so many Christians die prematurely, even those who believe and have experienced God's healing power. It is a sad fact that among most groups of Christians, sicknesses and the death rate are no different than the unregenerate world, yet God has promised divine health and healing, and that we would not die before our time (Ex. 15:26; 23:23-26; Psa. 103:1-5; Pro. 4:20-22; Isa. 53:4-5; Mt. 8:16-17). But the problem is that we do not listen to His voice, we do not do what is right in His sight, we do not keep His commandments, and we definitely do not keep His health and dietary statutes (Lev. 11; 15; Deut. 14; 23:12-14; Rom. 15:4; 1 Thes. 5:23-24; 1 Tim. 4:1-8; 1 Pet. 1:14-16; see my teachings on Holiness as well as Holy Nutrition).

Our Church banquets are Babylonian Feasts, not the holy Love Feasts of the New Testament, where a holy man of old could say that nothing unclean or unholy had ever entered his mouth (Acts 10:14, 28 NAS).

And if we haven't gorged ourselves either before or at "Church," we leave what is supposed to be "the house of prayer" where actually very little praying is done, and hurry off somewhere to indulge our ungodly appetites together and say it is for fellowship.

Let us conclude by repeating what God says to you and me about food being an idol:

Now these things happened to them as an example, and they were written for our instruction, upon whom the ends of the ages have come. Therefore let him who thinks he stands take heed lest he fall. [Resting and resisting in the assurance, and determining that] No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the

temptation will provide the way of escape also, that you may be able to endure it.

Therefore, my beloved, flee from idolatry. I speak as to wise men; you judge what I say.

(1 Corinthians 10:11-15 NAS)

May God grant us the grace to understand and live His word, and to be ever thankful; to take heed what we hear, and to share the good news of Jesus Christ, the good news of His glorious holiness, and that we are and can be partakers of His holiness so that we please Him in everything that goes in or out of our mouths. Amen! And, Amen!

Daniel

And the three Hebrew youths

"In the third year of the reign of Jehoiakim king of Judah, Nebuchadnezzar king of Babylon came to Jerusalem and besieged it. And the Lord gave Jehoiakim king of Judah into his hand, along with some of the vessels of the house of God; and he brought them to the land of Shinar, to the house of his god [gods], and he brought the vessels into the treasury of his god [gods]. Then the king ordered Ashpenaz, the chief of his officials, to bring in some of the sons of Israel, including some of the royal family and of the nobles, [4] youths in whom was no defect, who were good-looking, showing intelligence in every branch of wisdom, endowed with understanding, and discerning knowledge, and who had ability for serving in the king's court; and he ordered him to teach them the literature and language of the Chaldeans. [5] And the king appointed for them a daily ration from the king's choice food and from the wine which he drank, and appointed that they should be educated three years, at the end of which they were to enter the king's personal service. Now among them from the sons of Judah were Daniel, Hananiah, Mishael and Azariah. Then the commander of the officials assigned new names to them; and to Daniel he assigned the name Belteshazzar, to Hananiah Shadrach, to Mishael Meshach, and to Azariah Abed-nego.

[8] But Daniel made up his mind that he would not defile himself with the king's choice food or with the wine which he drank; so he sought permission from the commander of the officials that he might not defile himself. [9] Now God granted Daniel favor and compassion in the sight of the commander of the officials, and the commander of the officials said to Daniel, "I am afraid of my lord the king, who has appointed your food

and your drink; for why should he see your faces looking more haggard than the youths who are your own age? Then you would make me forfeit my head to the king." But Daniel said to the overseer whom the commander of the officials had appointed over Daniel, Hananiah, Mishael and Azariah, [12] "Please test your servants for ten days, and let us be given some vegetables to eat and water to drink. Then let our appearance be observed in your presence, and the appearance of the youths who are eating the king's choice food; and deal with your servants according to what you see."

So he listened to them in this matter and tested them for ten days. And at the end of ten days their appearance seemed better and they were fatter than all the youths who had been eating the king's choice food. So the overseer continued to withhold their choice food and the wine they were to drink, and kept giving them vegetables.

[17] And as for these four youths, God gave them knowledge and intelligence in every branch of literature and wisdom; Daniel even understood all kinds of visions and dreams. Then at the end of the days which the king had specified for presenting them, the commander of the officials presented them before Nebuchadnezzar. And the king talked with them, and out of them all not one was found like Daniel, Hananiah, Mishael and Azariah; so they entered the king's personal service. [20] And as for every matter of wisdom and understanding about which the king consulted them, he found them ten times better than all the magicians and conjurers who were in all his realm. And Daniel continued until the first year of Cyrus the king.

(Daniel 1:1-21 NAS)

We have here recorded in holy writ for twenty-five hundred years the secret of walking with God, and having His blessing, favor, honor, and supernatural wisdom, power, and anointing in the simplest and most wonderful way taught to us in all recorded sacred history. Yet it is amazing how most teachers, pastors, and ministers, and consequently most of the children of God, overlook its plain instruction and miss the wonders of God!

We marvel at the prophetic insight that God gave to Daniel, and the courage of their convictions of he and his companions, and yet deny to ourselves the truth that gave them this powerful and precious walk with God. We tell our children their stories

and repeat their testimonies throughout our years, and yet miss and deny to ourselves the secrets of their godly, holy walk! What a shame!

What we find here are lives lived in complete devotion to God, lives of prayer and fasting and the absolute refusal to defile oneself with unclean things and idolatrous practices; and we marvel at their devotion, and yet deny to ourselves these very practices in order to gain the same blessings! What blindness! What shame is upon us! But, praise God, the Lord is waking us up, and God's people will yet arise with healing in their wings, under the strong anointing of their Lord of Hosts. And world — watch out!

Young men and young women will take the kingdom of God to the ends of the earth, and then the end will come!

As we look at the testimony of these dedicated young men, let's think upon their situation. First, they were in Babylon, and every one of us are either in or have been in spiritual Babylon, or at least confronted with its systems. To understand this, I would highly recommend to you my book on *The church, From Babylon to the Promised Land*. Babylon is the religious systems of man, organized and operated according to the carnal understandings and prejudices of man, and not according to the true word of God. And most Christians are in it and do not know or understand it. They are systems of idolatrous mixtures; the same as Daniel and his friends were faced with. Idols of gold and silver, and representing pride and selfish ambitions, control, rebellion and various fears and forms of unbelief and misbelief. The Hebrew children who were able to overcome this were few, but they were mighty in God. They were completely devoted to the Lord God of their fathers, the true and living God, and consequently they prayed, they fasted, and they kept themselves from **“all defilement of the flesh and spirit, perfecting holiness in the fear of God”** as we are instructed to do (2 Cor. 6:14 - 7:1)!

These mighty young men would not eat unclean foods nor drink wine that had been offered to idols, and look what God did for them! They were given the power to live holy lives in the midst of unholiness, and given mental ability to understand the Hebrew and Babylonian cultures with accompanying knowledge and wisdom, and Daniel was given gifts of the Holy Spirit, understanding in dreams and visions. Why, the king found them ten times wiser than all the rest. What blessings from God! What God will do for us when we devote ourselves totally, and purpose

in our hearts not to defile ourselves in any way, either in the flesh or in the spirit. And as we continue to read the entire book of this young man, Daniel, we find God called him as a prophet, and not just any prophet, but one of the most remarkable in all human history, whose righteousness is spoken of so highly by God himself (Eze. 14:14, 20). Daniel was eventually given the most amazing revelations of the Messiah, when He was to come and that He would be killed, and about the antichrist and the three and a half years of tribulation, the coming of the Lord, and the eternal state of the saints (Dan. 9 & 12). His sweeping prophetic insight of world history (Dan. 2 & 7) is so remarkable that unbelieving religionists do not even want to believe that Daniel wrote the book, as it destroys their systems of an impotent God who they do not know.

We marvel at the story of Daniel in the lion's den, and his three companions who were thrown into the furnace of fire, and wonder at their courage and God's deliverances. But my friends, God will do the same for us if we devote ourselves to His holiness and righteousness as they did. Our God is the same as their God, and our Jesus is "**the same yesterday, today, and forever,**" the same as He was in the midst of that burning fiery furnace who Nebuchadnezzar saw walking around in it with them (Heb. 13:8; Dan. 3:25).

Oh, beloved, let us forsake the idolatry of food, and get to know our God as He really is, and do exploits for Him (Dan. 11:32 KJV)!

Now, let's look at something old Nebuchadnezzar has to teach us.

Nebuchadnezzar

And his Seven Year Diet

Nebuchadnezzar the king to all the peoples, nations, and men of every language that live in all the earth: "May your peace abound! It has seemed good to me to declare the signs and wonders which the Most High God has done for me. How great are His signs, And how mighty are His wonders! His kingdom is an everlasting kingdom, And His dominion is from generation to generation.

"I, Nebuchadnezzar, was at ease in my house and flourishing in my palace. I saw a dream and it made me fearful; and these fantasies as I lay on my bed and the visions in my mind kept alarming me. So I gave orders to bring into my presence all the wise men of Babylon, that they might make known to me the interpretation of the dream. Then the magicians, the conjurers, the Chaldeans, and the diviners came in, and I related the dream to them; but they could not make its interpretation known to me. But finally Daniel came in before me, whose name is Belteshazzar according to the name of my god, and in whom is a spirit of the holy gods; and I related the dream to him, saying, 'O Belteshazzar, chief of the magicians, since I know that a spirit of the holy gods is in you and no mystery baffles you, tell me the visions of my dream which I have seen, along with its interpretation. Now these were the visions in my mind as I lay on my bed: I was looking, and behold, there was a tree in the midst of the earth, and its height was great.

'The tree grew large and became strong, And its height reached to the sky, And it was visible to the end of the whole

earth. Its foliage was beautiful and its fruit abundant, And in it was food for all. The beasts of the field found shade under it, And the birds of the sky dwelt in its branches, And all living creatures fed themselves from it.

'I was looking in the visions in my mind as I lay on my bed, and behold, an angelic watcher, a holy one, descended from heaven. He shouted out and spoke as follows: "Chop down the tree and cut off its branches, Strip off its foliage and scatter its fruit; Let the beasts flee from under it, And the birds from its branches. [15] Yet leave the stump with its roots in the ground, But with a band of iron and bronze around it in the new grass of the field ¹; And let him be drenched with the dew of heaven, And let him share with the beasts in the grass of the earth ². Let his mind be changed from that of a man, And let a beast's mind be given to him, And let seven periods of time [years] pass over him. This sentence is by the decree of the angelic watchers, And the decision is a command of the holy ones, In order that the living may know that the Most High is ruler over the realm of mankind, And bestows it on whom He wishes, And sets over it the lowliest of men."

'This is the dream which I, King Nebuchadnezzar, have seen. Now you, Belteshazzar, tell me its interpretation, inasmuch as none of the wise men of my kingdom is able to make known to me the interpretation; but you are able, for a spirit of the holy gods is in you.'

Then Daniel, whose name is Belteshazzar, was appalled for a while as his thoughts alarmed him. The king responded and said, "Belteshazzar, do not let the dream or its interpretation alarm you." Belteshazzar answered and said, "My lord, if only the dream applied to those who hate you, and its interpretation to your adversaries!

"The tree that you saw, which became large and grew strong, whose height reached to the sky and was visible to all the earth, and whose foliage was beautiful and its fruit abundant, and in which was food for all, under which the beasts of the field dwelt and in whose branches the birds of the sky lodged – it is you, O king; for you have become great and grown strong, and your majesty has become great and reached to the sky and your dominion to the end of the earth. [23] And in that the king saw an angelic watcher, a holy one, descending from heaven and saying, 'Chop down the tree and destroy it; yet leave the stump with its roots in the ground, but with a band of iron and

bronze around it in the new grass of the field ³, and let him be drenched with the dew of heaven, and let him share with the beasts of the field until seven periods of time pass over him'; this is the interpretation, O king, and this is the decree of the Most High, which has come upon my lord the king: [25] that you be driven away from mankind, and your dwelling place be with the beasts of the field, and you be given grass to eat like cattle ⁴ and be drenched with the dew of heaven; and seven periods of time will pass over you, until you recognize that the Most High is ruler over the realm of mankind, and bestows it on whomever He wishes. And in that it was commanded to leave the stump with the roots of the tree, your kingdom will be assured to you after you recognize that it is Heaven that rules.

"Therefore, O king, may my advice be pleasing to you: break away now from your sins by doing righteousness, and from your iniquities by showing mercy to the poor, in case there may be a prolonging of your prosperity."

[28] All this happened to Nebuchadnezzar the king. Twelve months later he was walking on the roof of the royal palace of Babylon. The king reflected and said, "Is this not Babylon the great, which I myself have built as a royal residence by the might of my power and for the glory of my majesty?"

While the word was in the king's mouth, a voice came from heaven, saying, "King Nebuchadnezzar, to you it is declared: sovereignty has been removed from you, [32] and you will be driven away from mankind, and your dwelling place will be with the beasts of the field. You will be given grass to eat like cattle ⁵, and seven periods of time will pass over you, until you recognize that the Most High is ruler over the realm of mankind, and bestows it on whomever He wishes."

[33] Immediately the word concerning Nebuchadnezzar was fulfilled; and he was driven away from mankind and began eating grass like cattle ⁶, and his body was drenched with the dew of heaven, until his hair had grown like eagles' feathers and his nails like birds' claws.

[34] "But at the end of that period I, Nebuchadnezzar, raised my eyes toward heaven, and my reason returned to me, and I blessed the Most High and praised and honored Him who lives forever; for His dominion is an everlasting dominion, and His kingdom endures from generation to generation. And all the inhabitants of the earth are accounted as nothing, but He does according to His will in the host of heaven and among the

inhabitants of earth; and no one can ward off His hand or say to Him, 'What hast Thou done?'

"At that time my reason returned to me. And my majesty and splendor were restored to me for the glory of my kingdom, and my counselors and my nobles began seeking me out; so I was reestablished in my sovereignty, and surpassing greatness was added to me.

"Now I Nebuchadnezzar praise, exalt, and honor the King of heaven, for all His works are true and His ways just, and He is able to humble those who walk in pride."

(Daniel 4:1-37 NAS)

What you have just read is one of the most powerful testimonies of the most powerful world ruler in all of history. Nebuchadnezzar was the first and greatest world ruler, given by God's divine power. We have just seen humbled and captured in a hole in the ground the ruler of Iraq, ancient Babylon, who thought he was the reincarnation of Nebuchadnezzar, who had the same sin, who was possessed with the same spirit of pride that Nebuchadnezzar had. God says "**Pride goes before destruction, and a haughty spirit before a fall**" (Pro. 16:18).

Of all the spirits of this world, I believe 'pride' to be one of the most binding and blinding of them all. It followed the sin of unbelief as Nebuchadnezzar was warned in a dream that Daniel interpreted for him, but he did not repent of his unbelief and pride. And so God judged him, and his normal human mind was taken from him and he was given the mind of a beast for seven years in which he ate grass like an ox. He lived outside under the severe elements of the weather, drenched in the rain and dew of heaven, and his hair grew like the feathers of an eagle and his nails like the claws of a bird. This was for seven years until God restored his mind and granted him repentance, and also restored him to his throne in which he then uttered those tremendous words of praise and adoration to God in which he said:

"Now I Nebuchadnezzar praise, exalt, and honor the King of heaven, for all His works are true and His ways just, and He is able to humble those who walk in pride."

Now, a most interesting fact is that it's recorded for us six separate times that he ate the grass of the field for his nourishment

for those seven years: twice in verse 15, and once in verses 23, 25, 32, and 33. Six is the number of sinful man, and seven is the number of perfection. Grass sustained him with all the vitamins, minerals, carbohydrates, proteins, and fats that he needed. Isn't it amazing how well cattle and other clean animals do on such a diet? Well, after old Neb was cleaned up from his unbelief and pride, he did very well too.

The word grass is translated actually from two Chaldean words having similar meaning and both referring to the green herbage of the grasses. The first and third use refers to tender herbs, sprouts, and the green "**new grass of the field**," corresponding to the Aramaic word "**green**" pastures in Psalm 23. The other four times the word means glistening herbage, "**grass of the earth**," that which has taken root downward.

Now, it behooves us to look more closely at this grass, and see what benefits it has for us, and what it can do for the multitude of diseases and maladies that we face today.

First, sprouts of the many grasses are one of the most nutritious foods that man or animals can eat. Also, the fresh sprouts of alfalfa, mung beans, and wheat are sold many places today as the research and practical usage has shown their tremendous nutritional and health benefits, but the sprouts of other seeds such as lentils, sesame, sunflower, and many others are grown as well. Books are available on the value and ways to grow sprouts in the kitchen, and I heartily recommend this, as my wife and I often enjoy the taste and benefits of fresh sprouts grown right in the house, at all times of the year, summer or winter.

However, we want to look more closely at Nebuchadnezzar's diet. Since he was given the mind of an animal, it is interesting to realize that he would have eaten a great variety of fresh green herbage, as animals have been given instincts by their creator to know what is good for them and what is not good, and to know what to eat for various purposes. Pet cats and dogs are seen to eat grass when they are sick as they instinctively know its health benefits. And as we study the nutritional value of grass, we will come to realize that God put old Neb on a forced health and cleansing diet for seven years that I'm sure he never forgot. Unfortunately we have. And we haven't been informed much how that "ancient Oriental and Middle Eastern people are said to have eaten the young grass plants of wheat and barley," and considered "the green leaf tips of the wheat plant as a delicacy" (These quotes and following are from *Cereal Grass, What's in it for*

you! by Ronald L. Seibold, M.S.).

"Grasses inhabit the Earth in greater abundance than any other land plants" Seibold informs us, and we know how they sustain the life of our cattle, sheep, goats, bison, antelope, elk, moose, and deer, all clean animals. But the cereal grasses are those most used as food for people, so let us examine them more closely.

Cereal Grass

What is Cereal Grass? Cereal Grass is the first green grass leaf sprouts of the grain plants before the amber stem and grain are formed. It is either wheat grass or barley grass primarily, but includes rye and oat grasses as well. In the colder, flat areas of the country, we look on a field in the winter and call it winter wheat, meaning that it has been planted in the fall, grows through the cold winter, and then matures into the wheat stalk with grain in the summer. All of the cereal grasses have the look, smell, feel, taste, and, most importantly, the nutrient and chemical makeup of green leafy vegetables rather than cereal grains. What is harvested for food is the top three to four inches of the plant in early spring, just before the stem forms that produces the grain. Then the plant continues to grow like regular grass that has been cut or chewed off by animals, and the stem forms and then the grain.

In a paper presented to the American Chemical Society in April 1935, Charles Schnabel reported concerning the biologic value of high protein cereal grasses and stated they had "great benefit from the standpoint of general health and especially the prevention of degenerative disease."

For over 50 years, researchers have known that the cereal plant, at this young green stage, contains many times the level of vitamins, minerals and proteins found in the seed kernel, or grain product of the mature cereal plant.

For example, let's look at a comparison of equal weights of the grass of the plant versus the whole grain that forms later.

Equal weights of Wheat Grass versus 100% Whole Wheat Flour:

Protein: 2 1/2 times as much

Total Dietary Fiber: 3 1/2 times as much

Carbohydrates: 1/2 as much

Fat: none vs. 2%

Next, amounts per 100 grams.

Vitamin A: 23,123 I.U. vs. 0

Vitamin C: 51 mg. vs. 0

Chlorophyll: 543 mg. vs. 0

Iron: 8 times as much

Calcium: 7 times

Folic Acid: 3 times

Niacin: 1 1/2 times

Riboflavin: 20 times

So, as you can see, the nutritional content of the cereal grasses is much superior to the actual grains that we usually eat. The cereal grasses compare favorably with other greens with respect to both nutrients and cost. And although vegetables such as spinach and broccoli may be more tasty, cereal grass is more convenient to use, in either tablets or powders. It is what we call today, "User-friendly."

But there are other factors that make them far superior. One is the "Grass Juice Factor." Dr. Schnabel, a food chemist, was looking for "blood-building material" to be given to chickens in order to enhance egg production and reduce mortality. He knew that chlorophyll was similar to hemoglobin so he reasoned that giving them green leafy vegetable would be beneficial. He first tried alfalfa, but found that if he gave over 10%, it was harmful to their health. He then tried twenty different types of green vegetables, but with no success. He was about to give up his search when in 1931 he tried a green mixture that contained wheat and oat grass. He found that by adding only 10% of these grasses to the diet, egg production rose from 38% to 94%, the shells were stronger, the chicks were healthier, and the chickens were free of the usual degenerative diseases. Their combs were bright scarlet red, and their legs never lost their pigment. He then gave the dehydrated grasses to his family of seven, and "none of his children ever had a serious illness or a decayed tooth."

Then it was in the mid 1930's that Dr. George Kohler and his colleagues found that experimental rats and guinea pigs thrived on summer cow's milk, but failed to grow and eventually became sick and died when fed winter cow's milk. Thus began research on the "Grass Juice Factor," a water-soluble extract of grass juice. By the late 1930's, dehydrated cereal grasses were available in several forms for use as a human supplement. In fact, in 1939, the most common brand then available was approved as an

“accepted food” by the Council of Foods of the American Medical Association. In the 1940’s research showed that rats that were not given the green food factor “were less able to nurse their young, a characteristic passed to their daughters, even if the daughters had been fed the green food factor!” This clearly shows that genetic damage is inherited from the insufficient diet of mothers, and that it may be irreversible. In humans, other research “found that when human mothers drank the milk of grass-fed cows, their children developed more rapidly than children nursed by mothers who drank the milk of cows fed winter rations.” The importance of the “Grass Juice Factor” was further shown to have satisfying results when given to pregnant women who were at high risk for miscarriage.

It was at this time that researchers discovered vitamin K, the “koagulation vitamin,” and because large quantities were difficult to isolate, cereal grasses were used in lieu of purified vitamin K. Folic acid, which is still so deficient in the American Diet today with such devastating results of spinal bifida and other maladies, was actually identified in 1938, and named for the green leaves, or foliage, which is its richest source. But the reason for all this wonderful knowledge coming in the 1930’s and being ignored in the 1940’s and 50’s was that synthetic vitamins and their profits were pushed by the pharmaceutical industry, and the God made natural nutrients were left to the few who understood that Father knows best.

Besides the growth and fertility factors, “grass was shown to contain factors which support the growth of lactobacilli and other beneficial intestinal bacteria.”

And we could list dozens of successful uses of the wheat and barley grasses used most commonly today, as well as the indoor grown wheat grass. I’ll list some of those found by Dr. Ann Wigmore, famous for her promotion of growing wheat grass and other sprouts in the home: “high blood pressure, some cancers, obesity, diabetes, gastritis, ulcers, pancreas and liver problems, fatigue, anemia, eczema, hemorrhoids, skin problems, halitosis, body odor and constipation.” Dr. Mary Ruth Swope, well known for her promotion of barley grass gives many testimonies from using it in her excellent book which I highly recommend, *Green Leaves of Barley*: “alcoholism, allergies, asthma, congestion, hay fever, hives, rheumatoid and osteoarthritis and other crippling types, sinusitis, overweight and underweight, respiratory problems such as chronic bronchitis, emphysema, and pulmonary

fibrosis, Alzheimer's, dermatitis, caffeine and sugar addictions, hypoglycemia, varicose veins, leg and foot cramps, tendonitis, bursitis, fatigue, various types of back, leg, and shoulder pain, disc deterioration, numb and tingling hands, cancers such as abdominal, bowel, breast, lung, colon, oat cell, and leukemia, cardiovascular problems such as high blood pressure, cholesterol and triglyceride levels, aneurisms, heart and chest pain, and poor circulation, gout, colds, sore throats, and flu, sore and bleeding gums, loose teeth, complexion problems, edema, thyroid, eyesight and diabetic retinopathy, diarrhea, pancreatitis, indigestion, stomach gas, hiatal hernia, hyperacidity, slow digestion and thyroid, bowel regularity without laxatives, bladder control, appetite and ulcers, stress, depression and 'nerves,' migraines, multiple sclerosis, Parkinson's disease, menopause and PMS, fibrocystic breast, impotence, hernia, osteoporosis and muscle spasms, healing from burns, facial lesions, and surgery, sleep and vision problems, moles and warts," and many similar problems with pet cats and dogs as they eat the same deficient diets that we do, and all animals also benefit from the same herbs and supplements that we do.

Let me close this list of testimonies with one of my own. Some years ago after walking in good nutrition for many years, I developed a real tiredness, and didn't know what it was from. I asked some brothers for prayer, because I couldn't figure out why I felt so weak. One day as I was praying, the Lord spoke to me, "Take kelp and wheat grass." Now, I had gotten away from kelp because the company whose supplement I had been using was also putting oyster shell calcium in it, and when I learned many years later that it was bad because it is calcium carbonate and will eventually clog up your arteries, being deposited in places that you don't want such as in joints, blood vessels, and the brain, I quit taking that brand of supplements. Calcium carbonate is used in most supplements today because it is cheap, and an easy way to fortify supplements and beverages with inexpensive calcium. That's what "Tums" is. Doctors recommend it, but it is terrible for long-term health! Nutritionists know that it is very poorly absorbed, maybe only 40%, but this is a natural protection and a blessing from God for what is absorbed can be deposited in the wrong places and cause hardening of the arteries and serious health issues. Don't use calcium carbonate from any source! That's what "Coral calcium" is, and it's literally hurting many people!

Well, that's the reason I had gotten away from kelp. So the day the Lord spoke to me to "Take kelp and wheat grass" I immediately went to a health food store, read some labels, and purchased the best kelp I could find and some wheat grass tablets. And within just a couple of days, that weakness and tiredness left me completely! Praise the Lord!

Now we've been sharing about wheat and barley grass particularly, the most nutritious grass known when its peak nutritional level is reached 3-5 days per year just before jointing stage in the spring. But all grass is good, even your lawn grass has health benefits. Most people don't realize that what's under their picnic tables would be better for them than what is on them. For instance, two days ago while sharing with our fellowship on this topic about the benefits of grass for both us and animals which I am now writing on, a sister shared an amazing testimony that she had heard. A young girl, four or five years old, was very sick, and the doctors had given up on her to die, as they said there was nothing more that they could do for her. Well, her parents put her out under a tree on a blanket so she could enjoy the birds and so forth, and she started to eat the grass at the edge of the blanket. Soon she was completely healed of what ever it was. Praise the Lord! Animals instinctively eat grass when they are sick. Why don't you try some? The "**new grass of the [wheat or barley] field.**"

Pasture Grass

Now animals don't usually get the high quality wheat and barley grass to eat that we can, but normal grasses and herbs are what they usually eat in their natural habitats. Cows love dandelions, and herbalists know of the health benefits of this herb, but we do everything we can to get rid of this "weed" so we can have a "beautiful" lawn. When I was young, I heard the expression, "He doesn't have any more sense than a jack rabbit." Well, I'm beginning to realize that that's an insult to jack rabbits, as they eat healthier than we do.

So let us look at some information about the importance of grass in the diet of our domesticated animals which we then eat.

A source for much of the following information is an excellent web site that I am referring you to, www.eatwild.com, and the author there who has written a number of best selling books is Jo Robinson, and the research information she has on her web site is well worth reading. Please look at it if you're on the

Internet. Our libraries can get you on the web free and show you how, or you can read one of her many books. "She has identified hundreds of peer-reviewed studies showing that raising animals on pasture is good for the animals, the environment, farm families, and the health of consumers."

In fact, it's not just good, but "Raising animals on pasture is not only better for the animals, it's healthier for consumers. Meat, eggs, and dairy products from grass-fed animals have more health-promoting omega-3 fatty acids, vitamin E, and beta-carotene. What's more, they have less total fat and omega-6 fatty acids, a type of fat that has been linked with a number of disorders. Grass-fed ruminants also have from two to five times more CLA, conjugated linoleic acid, a newly discovered cancer-fighting fat."

And the Mad Cow Disease, technically known as bovine spongiform encephalopathy, or BSE, is believed to be spread by feeding the cattle meat, bone meal, and all the other tissues from slaughtered cattle not used for human consumption that have been infected with BSE. Greed and ungodliness is turning herbivores into cannibals.

Cattle and dairy cows that are never fed anything but pasture grasses, hay, and grass silage (a form of fermented grass) are superior to feedlot animals in many ways, including the fact that "they are not treated with hormones, low-level antibiotics, or other pharmaceutical drugs, and they are never fed 'by-product' feedstuff, a long list of ingredients that can include chicken manure, chicken feathers, stale candy and aerobically digested municipal garbage. Grassfed cows eat what Nature [God] designed them to eat, insuring their health and yours."

Compared with milk from cows fed grain, grassfed cows have more beta-carotene and vitamin E, as well as cancer fighters like omega-3s, CLA, and butyric acid, a little known fat "shown that it can slow the growth of tumor cells and prompt all cells to develop more normally."

Also, "there are marked nutritional differences between the meat of pasture-raised and feedlot-raised animals. To begin with, meat from grass-fed beef, lamb, and bison is lower in total fat [and calories]. For example, a sirloin steak from a grass-fed steer has about one half to one third as much fat as a similar cut from a grain-fed steer. . . . In fact . . . grass-fed meat has about the same fat content as skinless chicken breast, wild deer or elk. . . . When meat is this lean, it actually lowers your LDL cholesterol levels." This means "fat cows equal fat people. You are what

your animals eat.”

“When chickens are housed indoors and deprived of greens, their meat and eggs also become artificially low in omega-3s. Eggs from pastured hens can contain as much as 10 times more omega-3s than eggs from factory hens.”

“An animal fattened on grain has 14 times more omega-6 than omega-3 fatty acids in its meat. The grass-fed animal has a ratio of only 2.5 [only 2 1/2 times as much], which is considered ideal for human health. Such a ratio is linked with a lower risk of cardiovascular disease, cancer, obesity, diabetes, depression, asthma, and auto-immune disorders. In our efforts to make our animals fatter quicker, we have unwittingly increased our risk of obesity, along with a host of other diseases.”

“Feedlot Diets are a recipe for animal discomfort and disease. Consumers are beginning to realize that taking ruminants off their natural diet of pasture and fattening them on grain or other feedstuff diminishes the nutritional value of the meat and milk. But what does a feedlot diet do to the health and well-being of the animals?” What does this ungodly ignorance of creation and greed, the inhumane treatment of animals God made for us to use, not abuse, but care for, mean? Let me quote again some information for your mind and conscience to meditate on.

1) The first negative consequence of a feedlot diet is a condition called ‘acidosis.’ During the normal digestive process, bacteria in the rumen of cattle, bison, or sheep produce a variety of acids. When animals are kept on pasture, they produce copious amounts of saliva that neutralize the acidity. A feedlot diet is low in roughage, so the animals do not ruminate as long nor produce as much saliva. The net result is ‘acid indigestion.’

2) Over time, acidosis can lead to a condition called ‘rumenitis,’ which is an inflammation of the wall of the rumen. The inflammation is caused by too much acid and too little roughage. Eventually, the wall of the rumen becomes ulcerated and no longer absorbs nutrients as efficiently.

3) Liver abscesses are a direct consequence of rumenitis. As the rumen wall becomes ulcerated, bacteria are able to pass through the walls and enter the bloodstream. Ultimately, the bacteria are transported to the liver where they cause abscesses. From 15 to 30 percent of feedlot cattle have liver abscesses.

4) Bloat is a fourth consequence of a feedlot diet. All ruminants produce gas as a by-product of digestion. When they are on pasture, they belch up the gas without any difficulty.

When they are switched to an artificial diet of grain, the gasses can become trapped by a dense mat of foam. In serious cases of bloat, the rumen becomes so distended with gas that the animal is unable to breathe and dies from asphyxiation.

5) Feedlot polio is yet another direct consequence of switching animals from pasture to grain. When the rumen becomes too acidic, an enzyme called 'thiaminase' is produced which destroys thiamin or vitamin B-1. The lack of vitamin B-1 starves the brain of energy and creates paralysis. Cattle that are suffering from feedlot polio are referred to as 'brainers.'

"Typically, feedlot managers try to manage these grain-caused problems with a medicine chest of drugs, including ionophores (to buffer acidity) and antibiotics (to reduce liver abscesses). A more sensible and humane approach is to feed animals their natural diet of pasture, to which they are superbly adapted [were created].

"Can an industry that saves costs by fattening ruminants on pizza crust, chicken feathers, gummy bears, chicken manure, candy bars, bubble gum, cement dust, and ground-up telephone books be relied upon to produce a safe and healthy product?"

As a dentist, I could not resist the following bit of information: "In Praise of Old Cows: New research shows that older dairy cows produce more CLA than younger cows. Specifically, a cow that has had gone through four lactations (cycles of milk production) produces more CLA than she did when she was younger. In confinement dairies, the typical cow is culled (i.e. slaughtered) after only two lactations, which is another reason that the milk you buy in the supermarket is relatively low in this cancer-fighting fat.

"Grassfed cows can remain healthy and productive for as long as 13 lactations. In New Zealand, where virtually all the ruminants are raised on pasture, dairy cows live so long that they wear out their teeth. These hard-working cows are so highly prized, however, that they are fitted with dentures rather than being sent to the hamburger factory!" Yeh, for Old Betsy!

"In a noteworthy 1999 experiment, Kansas sheep researchers compared three different types of inexpensive "feedstuff" — restaurant waste, chicken manure, and ground-up spent layer hens. These novel feeds made up 40-55% of the lambs' diets. At the end of the study, it was found that the lambs fed restaurant waste did slightly better than the lambs fed the ground-up hens or manure. Not surprisingly, the lambs found their 55% manure

diet the least appealing of the three.”

This is confirmed again as a brother just now called me and related that when he was in Bible school their food waste was picked up by a farmer who fed it to his cattle, along with shredded cardboard boxes. And he saw on television last night where cattle coming into this country from Mexico are made to swim through huge vats of pesticide before being allowed into this country. But what are these toxic chemicals doing to the cattle, and their meat, and then the Americans who are eating them? And if you think it's just farmers and producers not caring for their animals, how about the humans who went blind a few years ago in Spain where they were diluting honey with mineral oil!

Confinement-raised poultry are prohibited in Russia, where in 2002 they imposed a ban on the importation of all poultry from the United States because we also inject chickens with antibiotics used to treat people. The vice president of the Russian Academy of Agricultural Sciences explained that large doses of these drugs accumulate in the tissues of the birds. “It is dangerous,” he said, “especially for children and older people.” He also “asserted that giving antibiotics to chickens fosters the growth of drug-resistant bacteria. US medical experts agree.”

“In a study in ‘The New England Journal of Medicine,’ researchers randomly selected 407 chickens from 26 stores in Georgia, Maryland, Minnesota, and Oregon. More than half of the chickens were tainted with antibiotic-resistant bacteria.”

It is also significant that “the deadliest form of E. Coli is more common than originally thought. Fortunately, grassfed animals are much less likely to transmit the disease.”

“Medical ‘experts’ promulgate the myth that eggs from pastured poultry are no better than supermarket eggs . . . from hens raised in cages.” And they further state “that feed and yolk color don’t alter the nutritive content of the egg.” However, “the experts should be more thorough in their research. As you will see . . . by reading *Why Grassfed Is Best!*, [by Jo Robinson] eggs from pastured poultry are higher in omega-3 fatty acids, vitamin E, and vitamin A. Meanwhile, they are lower in total fat, saturated fat, and cholesterol. In addition, there is a direct relationship between feed, yolk color, and the nutrient content of the egg. The more orange the yolk, the higher the level of health-enhancing carotenoids. Compared to supermarket eggs, eggs from pastured poultry are a vivid yellow/orange — proof of a richer store of disease-fighting carotenes.”

Also, there is more vitamin B-12 and folic acid in eggs from pastured poultry. "Egg yolks are the richest known source of lutein and zeaxanthin, essential vitamins not found in your multi-vitamin tablet. . . . These antioxidant vitamins are essential for the protection of the macula, an area of the retina that provides our best central vision. Eggs are the richest known source. 'Macular degeneration,' the term for damage to this area of the retina, is the leading cause of blindness in people over 55 years of age. Lutein and zeaxanthin protect the macula from the destructive effects of light. The deeper the yellow-orange color of yolks, the more lutein and zeaxanthin they contain and the more eye-protection they offer.

"There is also new evidence linking lutein and zeaxanthin with a lower risk of colon cancer. According to a recent study, 'Of all the carotenoids investigated, only lutein and zeaxanthin showed a protective effect against colon cancer, with an enhanced effect in younger people.'"

Many experiments and research projects have clearly shown that eating eggs does not increase the risk of cardiovascular disease or stroke. However, cutting out or reducing egg consumption in recent years has been widely recommended by doctors, the pharmaceutical industry, and the media as a way to lower blood cholesterol levels and prevent coronary heart disease. Is this valid and scientific advice?

"Recently, researchers took a close look at the egg-eating habits and heart health of 118,000 men and women. The scientists reported that 'we found no evidence of an overall significant association between egg consumption and risk of CHD [coronary heart disease] in either men or women.' In fact, they found that people who ate from 5 to 6 eggs per week [even regular store bought eggs] had a lower risk of heart disease than those who ate less than one egg per week." This was from research in 1999 entitled: "A prospective study of egg consumption and risk of cardiovascular disease in men and women" and reported in none other than the prestigious Journal of the American Medical Association (JAMA 281(15): 1387-94).

"One wonders what the scientists would find if they looked at the heart health of those lucky [I'd prefer to say the informed and enlightened] people who eat eggs from pastured hens?"

Now, an important fact we need to realize is that "grass fed - pasture raised," or "range free" means of course that the chickens are free to eat grass and the insects and worms found there that are

so important to their health and the quality of their eggs, but there are many eggs sold today at premium prices that are sold in the health section of many grocery stores that are advertised to be of higher quality than the regular eggs which are from caged birds, injected with hormones, treated with antibiotics and pesticides, and fed a poorer diet, but these "premium" or "organic" eggs are not the highest quality we have been writing about. "Organic" means that the feed is of high quality, but does not tell us what it is composed of, and does not mean that they are getting the necessary ingredients of natural grass. "Cage free" usually means they are not cooped up inhumanely in small cages, but that they are in enclosed buildings, where they are protected from predators and free to scratch, dust, feed, drink, nest, and roost, and their feed grain may be excellent, but they are still not getting fresh air and the natural and superior diet which grass gives. Knowing these facts and shopping around will usually result in your finding the very best quality eggs from "pastured" hens, and at even less money than "premium" eggs sold at premium prices.

In addition to the important differences in nutritional quality between grass fed versus grain fed animals, other issues that consumers consider are the appearance, tenderness, and taste of the meat when eaten. It has been believed that grain-fed cattle were more tender, due to the fact that there is more fat called marbling within the meat. But recent research has shown that this is not the case as only about 10% of the tenderness is due to the marbling, but 90% is due to "a complex interplay between pasture species effects, protein intake, calcium status, stress before and at killing, breed, the age of the animal, and how the meat is treated after slaughter."

"When stress in transport, yarding, handling, and slaughter" is minimized, beef meat is consistently more tender. Interestingly, the disposition of the animal is also very important, and this has a genetic component. "A kindly cow raised on pasture will yield an equally tender steak."

Jo Robinson reports, "Irish researchers examined the meat quality of beef animals raised on pasture or fed varying amounts of silage and concentrate, typical feedlot rations. The meat from animals raised on pasture had more vitamin E and stayed fresher longer, most likely because of the increased level of antioxidants. The grassfed meat maintained a bright red color, while 'color deterioration in beef steak from the concentrate diet group was evident from days 10 to 17.' In flavor scores, panelists were more

likely to use the words 'rancid,' 'stale,' and 'old' to describe the meat from animals fed concentrate."

The aging of meat after slaughter is also very important. "The increase in tenderness is due to natural enzymatic changes taking place in the muscle. The increase in beef tenderness continues only for approximately 7 to 10 days after slaughter when the beef is held at approximately 35°F. Beef held at higher temperatures will tenderize more rapidly, but it also may spoil and develop off-flavors."

"Electric stunning to render the animals unconscious immediately prior to slaughter, freezing then thawing and then aging to allow muscle enzymes to break apart muscle fibers - all treatments significantly improved tenderness.

Meat from the hindquarters is made up of much larger muscle groups, with less cartilage and connective tissue and is therefore more tender.

The best meat cuts on an animal can be made tough by stress, and an older animal can have relatively tender meat if it is docile, handled and slaughtered without it becoming stressed, and the meat aged correctly.

Well, beloved, we have considered some of the wonderful God designed and created nutritional benefits of eating grass, and animals and fowls which eat grass. Such important items as the superior protein, carbohydrate, and fat contents, the vitamin, mineral, intestinal flora, and the unique "grass juice factor." But we would be missing one of the most amazing features if we didn't discuss at least briefly the factor that makes grasses and many vegetables green, and that is chlorophyll. Remember, green was the first color mentioned in the scripture, and in regard to what we are to eat (Gen. 1:29-30). This is so very important! Why?

Chlorophyll, which is called "the blood of the plants," has a very significant molecular structure in that it is almost identical to the molecular structure of the hemoglobin in the blood of humans, animals, and birds. The chlorophyll molecule has the unique ability to convert the energy of the sun into chemical energy through a process that is called photosynthesis, and by the plant taking in carbon dioxide from the air, and water along with minerals from the soil, storing this energy for food, and producing and giving off oxygen and water into the air at the same time. Humans, animals, and birds, on the other hand, take in the oxygen and water, and give off carbon dioxide and water.

The molecular structure of the chlorophyll molecule is

almost identical to the heme of the hemoglobin molecule in that they are both built around a structure known as a porphyrin ring. The main difference is that the chlorophyll molecule is centered around an atom of magnesium which makes the molecule green, and the heme is centered around an iron atom, which makes its color red. In blood the red pigment portion, heme, is bound to a protein, globin, thus making up the hemoglobin molecule of the red blood cell where the exchange of oxygen and carbon dioxide takes place. This is a wonderful exchange by our Creator, and simply said, "The inhalation of oxygen/expiration of carbon dioxide by animals complements the 'inhalation' of carbon dioxide/expiration of oxygen by plants."

The exchange of iron to replace the magnesium is very important in that the magnesium consequently supplied is needed elsewhere in our bodies, and a great magnesium deficiency exists today in our society where not enough greens are consumed, and this leads to serious health conditions. Iron-deficiency anemia is more readily healed by not only giving iron, but also chlorophyll. The chemical exchanges involving chlorophyll, the blood of the plants, and hemoglobin in our blood is a major reason why health practitioners have considered greens to be of such value as "blood builders."

And chlorophyll by itself is used to heal and deodorize wounds of the skin and internal body surfaces. H.E. Kirschner, M.D. stated: "Chlorophyll, the healer, is at once powerful and bland – devastating to germs, yet gentle to wounded body tissues. Exactly how it works is still Nature's secret; to the layman, at least, the phenomenon seems like green magic." It is totally non-toxic, and yet it dramatically inhibits harmful bacteria, and therefore is used by knowledgeable dentists and physicians for serious mouth infections, and the relief of pain, inflammation, and odors associated with them. It is also used for bacterial endocarditis, sinusitis, vaginal infections, chronic rectal lesions, itching, bedsores, ulcers, and burns caused by heat, chemicals, or radiation. Therefore it has been used to prolong the survival of skin grafts, and was quite commonly used in surgery before the introduction of antibiotics and immune suppressing drugs. Chlorophyll therapy actually shortens the healing time of wounds more than with penicillin, vitamin D, or sulfanilamide because it not only controls the bacteria, it stimulates cell proliferation and tissue repair, and reduces inflammation. "Chlorophyll decreases swelling by reducing the synthesis of fibrin (the protein

associated with blood clot formation). This gives chlorophyll a mild blood thinning, or heparin-like property, which can enhance the effectiveness of local immune defenses."

Chlorophyll is used to treat many infections of the entire alimentary canal, from the mouth, down into the stomach with ulcers, into the intestinal tract and appendix, and on to various types of colitis. And in doing so, it also has been found to promote regularity of bowel function as well, and is commonly used in geriatric nursing care facilities for this and to reduce offensive odors. Thus, it is also used routinely by patients to deodorize the surfaces and contents of colostomies.

Because of all the above reasons, and that "Chlorophyll-rich plant extracts, as well as water solutions of a chlorophyll derivative (chlorophyllin), dramatically inhibit the carcinogenic effects of common dietary and environmental chemicals," sufficient amounts of chlorophyll in the diet is so very important in the prevention and treatment of cancer. It has been found to be even more effective against mutations caused by coal dust and tobacco than vitamins A, C, and E, which are very important antioxidants used in the treatment of cancer. When eating grilled beef, or other fine foods, one does not have to worry about reports of them causing cancer when one is also eating greens, and getting proper amounts of this wonderful nutritional ingredient designed and made by God for all the animals, birds, and humans to live on. In fact, it has been shown that the harmful chemicals formed by some food preparation methods are actually changed into healthful chemicals when eaten with greens as part of a good diet. Amazing. Remember this, as you'll need it in this world of wisdom insufficiency.

And another amazing change with chlorophyll therapy is when even the halitosis of pet dogs is removed, and the bad breath of "Fido" that has turned even the most ardent of pet lovers sadly away, has turned to sweetness like their lovable personalities. It is a tremendous digestive aid and "blood cleanser."

Chlorophyll has also been used in the treatment of kidney "stones." It has been shown that "soluble chlorophyllin both retards the growth of crystals (kidney "stones" are actually crystals) and prolongs the time it takes for them to get started."

As I close this teaching about chlorophyll, I'd like to share a personal testimony. It was years ago when I was suffering with an allergy that was causing me great aggravation with itchy throat and eyes, and runny nose. Now, through the years, I've

been helped a number of ways because of allergies. The first time was supernatural while coming back from the mission field in 1966. An evangelist prayed for me and I didn't have an allergy for maybe twenty years. Then I developed a fall allergy, then a spring allergy. Now when the fall allergy returned, I brought this to the fellowship for prayer, and one of the sisters recommended that I use chlorophyll, as it had helped her a few years before when she had gotten an allergy.

Well, the Lord worked it out beautifully in that I remembered that I still had some liquid chlorophyll left in the refrigerator that had been there for a couple of years. When I got home I found that I had about one tablespoon left, so I took it and all of my symptoms disappeared. But the next day they returned and the chlorophyll was gone. I knew I needed some, but due to the providence of God, it was a holiday and all of the health food stores were closed. Well, I told the Lord I needed some more, and He reminded me that the wheat grass I was taking had a good amount of chlorophyll in it, so I upped my wheat grass to about 20 tablets, three times a day, and all the symptoms went away again. After several days, I thought I wanted to check this out, so I quit taking it, and all of the symptoms returned immediately. I started taking the wheat grass again, and all the symptoms left again, and I was free for the rest of the season as I continued taking the concentrated wheat grass with plenty of water.

Interestingly, just a few days ago a brother was suffering many symptoms of allergy, and I asked him if he still had any wheat grass, as I had gotten him started on it some time ago. He said he did, and I suggested he take about twenty tablets, and rub his eyes with the Whole Leaf Aloe Vera which he also had. He did, and the next day he reported that he felt so much better, as the itching and all the symptoms had left. Praise the Lord for chlorophyll! Without it, there would be no photosynthesis, and therefore no plant life, therefore no animal or human life on this planet.

Dr. Mary Ruth Swope concludes her teaching in her book about the healing power of chlorophyll by saying that after all her research and clinical success "If chlorophyll were patentable, in my opinion it would be a widely used product by the medical profession." Amen!

Before we conclude our sharing about the benefits of having cereal grasses in our diets, we must mention two other important factors that they contain.

Fiber is very important in our diet to have and maintain good health. There are two kinds of fibers - soluble fibers, which figure in the lowering of serum cholesterol, and the insoluble fibers, which are necessary to maintain bowel regularity. Ronald Seibold writes again in his book, "Dietary fiber has been shown to reduce blood glucose concentrations and the need for insulin by diabetics. High fiber diets have also been studied and used for reducing blood pressure and for weight loss. Insoluble fiber is often used to alleviate constipation, and is thought by some to be linked to the lower incidence of many gastrointestinal diseases (hemorrhoids, irritable colon, etc.) in developing countries." Insufficient fiber in our Western diets of refined carbohydrates is reported to be a leading cause of the large amount of colon cancer that we are experiencing.

The other important factor found in grass, and in the dehydrated cereal grass supplements, is enzymes. "Enzymes are proteins which stimulate chemical reactions between other proteins." They are catalysts to every chemical reaction in our bodies, and there are many thousands of enzymes systems. For instance, there are over 1000 different enzyme systems in a single human liver cell!

The body produces certain digestive enzymes, but food enzymes are also necessary, and are to be gotten from foods themselves in order to have regular and continuous good digestion. Cereal grass is a virtual enzyme factory, and contains proteases (for the digestion of proteins), amylases (for sugars and other carbohydrates), and lipases (for fats).

It has been demonstrated thoroughly that the supplementation of one's diet with enzymes can be very beneficial and even healing in certain conditions. I'll share a couple of testimonies.

A sister in the Lord, who was working for my dentist (who is the answer to my prayer of many years ago when I was still practicing dentistry and asked the Lord to send another dentist into the office so I could go and serve Him full time with more eternal significance), told me how she couldn't eat many foods. Anything like a hamburger, or even butter on a roll, would give her severe stomach cramps, and she would be just miserable. She had spent several thousand dollars on physicians with testing of various sorts, but to no help whatsoever. I gave her a few little lipase enzymes, that don't cost more than a dime a piece, and she was fine. She could eat normally as long as she took lipase

enzymes. She said her mother had the same problem, but neither of them had known or been told the answer.

Another dramatic answer with enzymes was when a pastor friend of mine told me about an expensive horse that he was boarding for professional trainers who was going to be taken to have emergency surgery because it had colic very bad and would die if not taken care of. I told him about enzymes being used for this condition, so why not try it. He had the owners give some of his multiple enzymes to the horse before they transported it to the veterinary hospital at OSU; and before the horse arrived, it had eliminated normally and didn't need the surgery that would have cost about \$10,000. It was a very impressive deliverance, for a very valuable horse. I'm told this is the Number One killer of horses. This professional couple have recently won Grand National Championships in both the US and Canada, and are still talking about this miraculous deliverance. What a simple remedy!

Many times when I, or my wife, eat too much of something that is not digesting well, enzymes supplements take care of the problem very well.

Enzymes are so very important, and for an excellent book on the subject, I recommend *Enzyme Nutrition* by Dr. Edward Howell, who did many years of research and writing on the subject.

Well, my friends, by now I hope you understand a little more of the wonderful diet that the Lord put Old Nebuchadnezzar on for seven years. And how after being fed and nourished on such a healthy cleansing diet, free from the spiritual pollutions of idolatry and defilement of eating foods offered to idols, full of such nutritious vitamins, minerals, trace minerals, proteins, carbohydrates, fats, chlorophyll, fiber, enzymes, and the mysterious "grass juice factor" that man still does not fully understand but has come to acknowledge and appreciate and prize so very highly, he was able to say with clarity of mind and heart when God restored his mind from a grass eating animal to a normal human being:

"May your peace abound! It has seemed good to me to declare the signs and wonders which the Most High God has done for me. How great are His signs, and how mighty are His wonders! His kingdom is an everlasting kingdom, and His dominion is from generation to generation."

"Now I Nebuchadnezzar praise, exalt, and honor the King of

heaven, for all His works are true and His ways just, and He is able to humble those who walk in pride."

(Daniel 4:1-3; 37 NAS)

Dearly beloved, "Eat Grass" and grass fed animals, poultry, and their eggs!

Psalm 23:1-3

Healthy Digestion

The LORD is my shepherd; I shall not want.

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

(Psalm 23:1-3 KJV)

Here again in this beloved Psalm by a humble shepherd boy who understood what it was to be a good shepherd of the sheep which his father owned, and who the Lord consequently raised up to be king, shepherd of all Israel, is hidden an important truth that we need to stop and meditate upon. And that is precisely what it is meant for us to do when we read, **“He maketh me to lie down in green pastures.”**

We have just learned of the importance of the pastures being green, now what about making us to lie down in it? When sheep lie down to rest, it is also for them to ruminate, to lie there and bring up from their stomach, which has four parts, the grass which they have eaten, and to then chew this over and over. This is called “chewing the cud” and is part of the digestive process of all the clean animals which we designate as ruminants.

Notice, that the Lord makes us to do this, and also this is the way that we are made, created. If we are his sheep, obedient to His will, following His leading, we will rest and properly “chew

the cud.” Spiritually speaking, this means to meditate upon His word in order that it become part of our lives, but in the natural, it is also so very important to properly digest our food so that we can gain all of the benefits of the nourishment that is in what we have already eaten.

Digestion starts in the mouth, and it is here that most of us fail in this vital process of getting what our bodies need for health and strength. It has been told, and we have probably heard many times, certainly from a good parent, “chew your food!” This is important because it is in the mouth that digestion starts with the chewing of our food into smaller sized pieces, and together with the enzymes, fluids, and electrolytes that God has designed our bodies to secrete from our salivary glands, this starts to break down the food and change it into usable substances. If this process is not completed satisfactorily, by eating too fast and just gulping down our food, instead of chewing the food thoroughly and allowing this digestive process to do it’s job, many health problems can result.

I am amazed that one of the women’s leading health teachers, Dr. Nan Kathryn Fuchs, Ph.D., says that “chewing your food well” is “the single most important thing you can do for your health.” She reports that “I’ve seen women who do it get dramatic reductions in their allergy symptoms. . . . I’ve seen their energy levels rise and blood sugar levels normalize. . . . I’ve seen their nutritional deficiencies completely go away. . . . I’ve seen the complete elimination of heartburn, gas, bloating, and constipation. . . . And I’ve even seen women who struggled with their overeating suddenly find that they are eating normally and not bingeing!”

Beloved, chew your food well so you can both get out of it all that God intended, and also not develop health problems. It pays in many ways to take the time!

1 Thessalonians 5:23-25

Wholly Holy

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

Faithful is he that calleth you, who also will do it.

Brethren, pray for us.

(1 Thessalonians 5:23-25 KJV)

Little did I know when the Lord gave me this scripture, soon after I really came to know Him, and I put the prayer on my business card when I started my dental practice, where it would lead me. But as you can tell from the foregoing chapters, it has been an exciting and informative journey.

This scripture tells us that God wants us to be sanctified completely, thoroughly holy. That He wants all of our spirit, and our soul, and our body, all three parts of us, to be holy and become what He wants us to be. And that He wants us to be blameless, without any spot or wrinkle, and to be that way until He returns. He also reveals that it will be due to His faithfulness and working, and that it will be the result of our prayers, not just for ourselves, but also for one another.

It has been this scripture, and the Lord's leading and further teaching, that has brought me into my present understanding of His holiness in many areas of life, and specifically into this teaching of "Holy Nutrition."

Without holiness, no man or woman, boy or girl, will see

the Lord, God says.

Follow peace with all men, and holiness, without which no man shall see the Lord: Looking diligently lest any man fail [come short NAS] of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled; Lest there be any fornicator, or profane person, as Esau, who for one morsel of meat sold his birthright.

(Hebrews 12:14-16 KJV)

Dearly beloved, let us yield ourselves completely to God and His purposes for our short time here on the earth, as we know it now. There is coming “**new heavens and a new earth, wherein dwelleth righteousness,**” and it will be forever and ever and ever. Let us, “**according to his promise, look for**” it! (2 Peter 3:13)

Let us not waste time, or miss the greatest future any soul could possibly have. Let us enter in with an abundant entrance, with rewards awaiting us, and an eternal home prepared that will outshine the largest mansions that this old corruptible world has to offer.

Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.

Faithful is He who calls you, and He also will bring it to pass.

Brethren, pray for us.

(1 Thessalonians 5:23-25 NAS)

Matthew 15:1-20; Mark 7:1-23

What did Jesus really say?

Then some Pharisees and scribes came to Jesus from Jerusalem, saying, "Why do Your disciples transgress the tradition of the elders? For they do not wash their hands when they eat bread." And He answered and said to them, "And why do you yourselves transgress the commandment of God for the sake of your tradition? For God said, 'Honor your father and mother,' and, 'He who speaks evil of father or mother, let him be put to death.' But you say, 'Whoever shall say to his father or mother, "Anything of mine you might have been helped by has been given to God,"' he is not to honor his father or his mother. And thus you invalidated the word of God for the sake of your tradition.

"You hypocrites, rightly did Isaiah prophesy of you, saying, 'This people honors Me with their lips, But their heart is far away from Me. But in vain do they worship Me, Teaching as doctrines the precepts of men.'"

And after He called the multitude to Him, He said to them, "Hear, and understand. [11] Not what enters into the mouth defiles the man, but what proceeds out of the mouth, this defiles the man."

Then the disciples came and said to Him, "Do You know that the Pharisees were offended when they heard this statement?" But He answered and said, "Every plant which My heavenly Father did not plant shall be rooted up. Let them alone; they are blind guides of the blind. And if a blind man guides a blind man, both will fall into a pit."

And Peter answered and said to Him, "Explain the parable to us." [16] And He said, "Are you still lacking in understanding also? [17] Do you not understand that everything that goes into the mouth passes into the stomach, and is eliminated [cast out into the draught, KJV, a privy, or toilet]? [18] But the things that proceed out of the mouth come from the heart, and those defile the man. [19] For out of the heart come evil thoughts, murders, adulteries, fornications, thefts, false witness, slanders. [20] These are the things which defile the man; but to eat with unwashed hands does not defile the man."

(Matthew 15:1-20 NAS)

(Mark 7:1-23 NAS)

And the Pharisees and some of the scribes gathered together around Him when they had come from Jerusalem, and had seen that some of His disciples were eating their bread with impure [defiled, KJV] hands, that is, unwashed. (For the Pharisees and all the Jews do not eat unless they carefully wash their hands, thus observing the traditions of the elders; and when they come from the market place, they do not eat unless they cleanse themselves; and there are many other things which they have received in order to observe, such as the washing of cups and pitchers and copper pots.)

[5] And the Pharisees and the scribes asked Him, "Why do Your disciples not walk according to the tradition of the elders, but eat their bread with impure hands?"

And He said to them, "Rightly did Isaiah prophesy of you hypocrites, as it is written, 'This people honors Me with their lips, But their heart is far away from Me. But in vain do they worship Me, Teaching as doctrines the precepts of men.' [8] Neglecting the commandment of God, you hold to the tradition of men."

[9] He was also saying to them, "You nicely set aside the commandment of God in order to keep your tradition. For Moses said, 'Honor your father and your mother'; and, 'He who speaks evil of father or mother, let him be put to death'; but you say, 'If a man says to his father or his mother, anything of mine you might have been helped by is Corban (that is to say, given to God),' you no longer permit him to do anything for his father or his mother; thus invalidating the word of God by your tradition which you have handed down; and you do many things such as that."

And after He called the multitude to Him again, He began saying to them, "Listen to Me, all of you, and understand: [15] there is nothing outside the man which going into him can defile him; but the things which proceed out of the man are what defile the man. [16] [If any man has ears to hear, let him hear.]"

And when leaving the multitude, He had entered the house, His disciples questioned Him about the parable. [18] And He said to them, "Are you so lacking in understanding also? Do you not understand that whatever goes into the man from outside cannot defile him; [19] because it does not go into his heart, but into his stomach, and is eliminated?" (Thus He declared all foods clean.) [,purging all meats, KJV]

[20] And He was saying, "That which proceeds out of the man, that is what defiles the man. For from within, out of the heart of men, proceed the evil thoughts, fornications, thefts, murders, adulteries, deeds of coveting and wickedness, as well as deceit, sensuality, envy, slander, pride and foolishness. All these evil things proceed from within and defile the man."

(Mark 7:1-23 NAS)

In this chapter we begin to expound on several New Testament scriptures which are used to confuse Christians, the ignorant and unlearned, to justify eating unclean flesh, and so we will begin by these precious words and instruction of the Master, the Lord Jesus Himself. We find as we study His words, that many in the church are doing exactly what he warned the false leaders of His day of doing, and that was making the Word of God of no effect for the sake of keeping their church traditions.

In order to understand these parallel passages from Matthew and Mark's Gospels, we need to see that the discussion was not on unclean meats, or flesh foods, as those in error usually assert, but the issue was eating clean bread with unwashed or unclean hands, which the Pharisees held was eating with defiled hands, and thus against their man-made rules, an affront to their teaching, a long standing tradition. The Lord Jesus accuses them of being hypocrites, and only honoring God with their lips, and not with their hearts. They were religious, very religious; but not spiritual; they did not worship Him in spirit and in truth. So the Lord exposes their false teachings, in this case how they were keeping people from helping their parents financially, so the money could be "sanctified," given to them instead. We have

similar distortions of the truth today concerning money, all to the advantage of greedy ministers who are more concerned with feeding themselves than the flock of God. This quote by Isaiah is made specific when Ezekiel said, **“with their mouth they shew much love, but their heart goeth after their covetousness”** (Eze. 33:31 KJV). This truth that we can sing, and praise, and honor God with our mouths, and yet have our hearts set more on many other things, the desires of many kinds, the idolatry of covetousness or holding anything, even good things, as more important than God and His will for our lives, is rampant today in the Church, and must be repented of and forsaken! We’ll discuss this more in a later chapter as to how idolatry relates to food. But, let us pray earnestly now:

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way [hurtful, NAS; Heb.: painful, any way of idolatry] in me, and lead me in the way everlasting.

(Psalm 139:23-24 KJV)

Jesus ended His teaching in Matthew by saying that it was not the dirt that enters the mouth, but the dirt that comes out of the mouth, that defiles a person. Things proceeding from the heart such as **“evil thoughts, murders, adulteries, fornications, thefts, false witness, slanders. These are the things which defile the man; but to eat with unwashed hands does not defile the man”** (Matthew 15:19-20 NAS).

The disputed issue here in both Matthew’s account and Mark’s was clearly unclean hands, not unclean foods or anything about what was eaten, but how it was eaten.

Now, one of the portions of this scripture lesson, which is frequently distorted, is in Mark’s account, verses 18 & 19, where we find a mistranslation of the Greek text put into a parenthetical clause totally out of the context with what is being discussed.

[18] And He said to them, “Are you so lacking in understanding also? Do you not understand that whatever goes into the man from outside cannot defile him; [19] because it does not go into his heart, but into his stomach, and is eliminated?” (Thus He declared all foods clean.) [serious error] (NAS)

[19] **Because it entereth not into his heart, but into his belly, and goeth out into the draught, purging all meats.** [Gk.: katharizo, cleansing, purging; all bromata, foods, that which is to be lawfully eaten. An almost exact translation.] (KJV)

[19] **purging all the foods.** [Gk.: καθαρίζων παντα τα βροματα.]

[Gk.: katharizon panta ta bromata.]

[lit. Eng.: purging all the foods.]

An exact translation of the four Greek words.

Notice that the side remark from Mark given in the NAS and most modern translations is that Jesus thus declared “all **foods** clean.” They insert the words “Thus He declared.” This is not what Jesus was talking about, which we can see from reading this whole portion in context. Taking what Jesus was saying and changing the meaning entirely and putting a different meaning into a parenthetical remark inserted by modern translators who have themselves been taught to eat unclean “foods” is totally out of context, out of the subject matter talked about in this scripture. But, even if it were the case, we need to see the importance of the truth we started with, and I expounded on in Chapter 2 and following, and that is that food is not just anything we can put in our mouths and eat, but it is what God has declared is food in His holy Word and by His Holy Spirit. Unclean flesh is not food for holy people, but for the unholy and profane, the disobedient, and for unclean animals to eat. We can see the truth that the Lord was not talking about unclean flesh when He states that it is all right to eat the subject in question, bread with ceremonially unwashed hands, because it goes in the mouth, through the stomach, and is eliminated from the body without problems. Part of the bread itself is digested and taken into the body as fuel, but that which is not digested and any dirt that may have been on the hands goes right on through the mouth, the stomach, then the intestines, and out of the body without any problems. This is not true of unclean flesh, or poison, or many other things that can be eaten. Unclean flesh, always with parasites, and hard to digest flesh and fat, is digested at the expense of more enzymes and energy, or decays and putrefies in the intestines which forms absorbable toxins producing toxemia, before the rest is eliminated as waste. The harmful substances always eaten with unclean flesh, such

as parasites, viruses, bacteria, and various chemicals, are also absorbed into the body and become part of the body, and cause many of the diseases and problems that we have today. Often in the world news we read about this problem. The recent SARS problem started in part of China from their “delicacy” of eating a wild, unclean cat, which often has a virulent virus, and it caused the deadly disease that killed many. This would not be true of eating good bread, even probably if the hands were dirty, which of course the scriptures teach should be washed regularly. All of us know from childhood that occasionally children eat dirt at times, and it simply goes right on through as Jesus said. In fact, sometimes dirt is eaten with health benefits, for the mineral content that is lacking in the diet. I prefer to get my minerals and trace minerals differently, but this is a fact!

Notice also, even if this verse is taken to mean what the carnal man wants it to say, that Jesus still did not say that all foods are sanctified, which we shall study more closely from Paul’s instruction, but that all foods are clean. Cleanliness has to do with the outside condition. Sanctification is more thorough, the inside as well as the outside condition. Unclean flesh can be clean on the outside by washing and preparation, but it is unclean inside, intrinsically, and the regular prayers of the dinner table do not change that condition. The rampant diseases and deaths due to heart problems and cancer, diabetes and other serious conditions attest to this truth every day!

Now, what was Jesus really saying here? The King James Version is preferable. The ending words are not parenthetical, but a continuation of explanation of what happens to food when we eat it. Jesus was saying, food, clean food that is proper for God’s holy people to eat, does not defile anyone even though eaten with unwashed hands, because it does not enter ones heart, but is taken into the belly, and then goes out into the privy, the place where one eliminates, purges their waste, and thus the food (that food) is purged. The word used here is *katharizon*, and means literally “a purging, a cleansing,” the total and final elimination of the food that was eaten. From this word we get our word “cathartic,” meaning “a purgative” and “A medicine that quickens and increases the evacuation from the bowels and produces purgation” (Dorland’s Illustrated Medical Dictionary). The King James is more accurate, but in the Greek there is also the definite article “the.” This really helps us to understand that Jesus was talking about cleansing all “the” food just referred to from

our bodies, even if it was eaten with unwashed hands.

Therefore, this verse simply is saying that when eating clean, scripturally appropriate foods, they will be eliminated from the body and we are not to be concerned about that, but we are to be concerned with the unclean words and actions that proceed out of our hearts. The Lord Jesus, speaking to Jews who followed the laws of God, thus making them the healthiest people on the face of the earth, were not being told in some parenthetical, off hand, unrelated remark, that they could now eat any filthy, disease carrying flesh without concern for what it might do to the body! To distort this scripture is to distort the truth of God that is so needed today, the distortion of which is causing such disease, destruction, and death to multitudes in the church, as well as unbelievers around the world.

This truth was given to me by Sylvia W. Zook, Ms, PhD, the author of *Eatin' After Eden*, who I have previously mentioned and will talk about more in the next chapter, when she wrote to me about the truth of the King James and the error of the parenthetical statement of most modern translations. As a research nutritionist she writes: "This [parenthetical statement] makes no sense biologically, scripturally, or contextually" as "digestion does not purify unclean scavengers. . . . Speaking scientifically, Jesus said that when food is eaten, it does not go to the heart but to the stomach, then is eliminated by *purging* (Greek: καθαρίζων, cathar-id-zone) into the toilet.

"Our English noun and adjective 'catharsis' and 'cathartic' (meaning to purge, to cause to empty the bowels, rather than 'purifying' which is performed in the liver and other organs of elimination), are derived from this Greek root καθαρ, cathar. A purgative medicine is one that moves the bowels, purges; it does *not* purify food."

So beloved, let us not be hypocrites, blindly following blind leaders in empty, vain worship according to church traditions that nullify the Word of God, by eating contrary to the Word of God those things that God has told us plainly in His word not to eat! Let us not end up "in the ditch" as they do with some deadly disease and die from some painful curse upon our bodies. (Sadly, I see this continually!) Rather, let us be as careful in cleansing the inside of our vessels as the hypocrites are in cleansing the outside; and thus honor God truly from our hearts and not just from our lips. Amen!

1 Timothy 4:1-13

Prayers of sanctification vs. Prayers of blessing

[1 Tim. 4:1 KJV] Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils;

[2] Speaking lies in hypocrisy; having their conscience seared with a hot iron;

[3] Forbidding to marry, and commanding to abstain from meats [Gk.: bromata, foods], which God hath created to be received with thanksgiving of them which believe and know the truth.

[4] For every creature of God is good, and nothing to be refused, if it be received with thanksgiving:

[5] For it is sanctified by the word of God and prayer.

[6] If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine, whereunto thou hast attained.

[7] But refuse profane and old wives' fables, and exercise thyself rather unto godliness.

[8] For bodily exercise profiteth [Gk.: a] little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

[9] This is a faithful saying and worthy of all acceptation.

[10] For therefore we both labour and suffer reproach, because we trust in the living God, who is the Saviour of all men, specially of those that believe.

[11] These things command and teach.

[12] Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.

[13] Till I come, give attendance to reading, to exhortation, to doctrine.

(1 Timothy 4:1-13 KJV)

Here in this precious passage of scripture we have many of the most important truths concerning our topic of Holy Nutrition, and only here expounded so clearly. And yet those who are under false teachings perpetrated by false spirits often distort this passage. It really is not difficult as we look at it carefully, so let's see the gems that we find here.

First, we are dealing with teachings that are to be distorted especially in this end time before the coming of our Lord Jesus Christ. Paul, an experienced apostle, was writing to Timothy, a young apostle, that the Holy Spirit was prophesying very profoundly in their day about conditions then but even more emphatically later on, about teachings that would have major importance in our day.

Paul writes that there would be a departure (*apostesontai*, the future indicative middle voice of the word *aphistemi*, meaning "to stand from, stand aloof, to withdraw from, to desert, depart," and in the middle voice it indicates that it will be done because of self interest) from the true faith. And this would be because some would give heed to (*prosecho*, meaning literally, "hold on to, give heed to, attend to, to assent to, yield credence to, follow, adhere or be attached to, to give one's self up to, be addicted to, engage in, be occupied with") seducing, deceiving, demon spirits instead of the Holy Spirit. These demons would "lead them astray" by influencing them to "hold on to, to cleave to, to devote thought and effort to" false doctrines, what the Holy Spirit here calls the "doctrines of devils."

We see this especially today in the religious realm and in the realm of diet, both which are mentioned here. As people give themselves more and more to these demon spirits and their false teachings, they go against their God given consciences, and eventually speak lies by falsely accusing others of doing what they themselves are doing, and their consciences become "seared into insensibility."

We find here that the teaching of celibacy will be taught, as it was in the days that this was written by the false cults of the Roman Empire, and then later after Constantine began to be taught in the church, and after the Great Schism became an official doctrine of Rome. (See my book, *The church*.) It also is being taught today by radical feminists. The other area mentioned here is that people will teach that we are not to eat foods that God wants us to eat, that God created to be eaten with thanksgiving.

One reason God's people can be deceived is because they have not been taught the truth, and therefore don't believe it. Others have given themselves over to their own carnal appetites, and therefore suffer the consequences.

This portion of scripture in 1 Timothy 4 is a favorite of those who do not understand the truth, and they often twist these verses and quote only a portion out of context. They reply in error when someone mentions that they should not eat something which God says in His Word in other places that we should not eat. This passage is not dealing with that, the prohibitions by God, but prohibitions by false teaching, by those who teach that we should not eat many of the good things that God has made for us and intends for us to eat if we are to be healthy.

Such things as salt, which Jesus says is good (Mt. 5:13). And bread, fish, and eggs which Jesus said are good gifts to give to our children (Luke 11:11-13, and as the One who created both these foods and us, He obviously knows more than we do). Meat (red meat) or flesh foods are other important items today which some people teach (so-called health professionals and preachers), that we should not eat, because these people are under the influence and power of demon spirits and their doctrines. Total vegetarianism is a doctrine of the devil. We need to teach the whole truth, and that is that these foods are scriptural and good when made by God, but that man can adulterate them with harmful chemicals, processing and preparation methods, or by removing the balanced health given nutrients that God made them with originally. Today we're even getting into destructive genetically engineered adulterations that seem so reasonable to the unregenerate mind, but can be deadly.

Some false teachers even go so far as to forbid honey, which God says is good for us (Proverbs 16:24; 24:13-14), and created little bees to fly thousands of busy miles for us, to gather nectar and pollinate flowers, plants, and trees, and then produce honey, all done for our benefit. Some even forbid many fruits and

vegetables which are not only delicious, but that God made for our good health and to be enjoyed with thanksgiving. That is, of course, if we “know and believe the truth.”

Unadulterated milk, butter and certain other fats, and wine, are also all foods that God made for us that demons and their dupes do not want us to have.

The scripture here says in verse four that every created thing that is “of God” is good, but it does not say that everything created “by God” is for food and therefore is good. We don’t eat salads made with poison ivy, or desserts with poison berries. All humans are part of the creation made by God, but not all humans are children of God. Not every man is a “man of God,” nor every woman a “woman of God.” This can be understood by the preceding verse three which tells us clearly that Paul is writing about food, what God has declared is to be eaten by man. This also is clearly seen by the next verse in which Paul writes concerning what is truly “of God”:

[5] For it is sanctified by the word [Gk.: *logos*] of God and prayer [*enteuxis*].

This is a most important statement, and we need to examine it most carefully. It tells us that for our food to be sanctified, it needs two things. One, it can be sanctified, that is, set apart, by the Word of God, the Logos of God, that is the scriptures (which we have written about extensively in our previous chapters); and secondly by “*enteuxis*” which unfortunately is translated here “prayer” and usually interpreted falsely to mean a “prayer of blessing.”

This is a very interesting word that only appears here and in the second chapter in all the New Testament, where it is translated variously as “intercessions” KJV, “petitions” NAS, “askings” Wycliffe NT (1 Timothy 2:1). But the word has a much more significant meaning than what we usually understand, and that is because it means a two-way communication with God. Us talking to God, and God talking to us. I found this out when I looked it up in Thayer’s Greek Lexicon and found that it gives us the meaning as “a falling in with, meeting with, an interview, a coming together to visit, converse, that for which an interview is held, a conference or conversation.” It comes from the word “*entugxano*” which means, “to go to” or “meet a person” “especially for the purpose of conversation, consultation, or supplication.” In regard

to this, I asked my wife what she thought of when defining the word "interview" and she said, "Questions and Answers." You see, beloved, this is not the usual word for prayer, "*proseuche*," which means, "prayer addressed to God," us talking to God. But it is a word that implies talking to God and expecting that He will talk back to us. When we have an interview with God and ask Him a question, He talks to us and gives us an answer. It's two-way communication, not one-way.

The scripture so many Christians have heard is that great apostolic benediction by Paul, "And now may **'The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Ghost, be with you all. Amen'**" (2 Corinthians 13:14 KJV). And yet so few Christians realize what it is to have communion with the Holy Spirit, to expect Him to talk to us. But He delights to have "fellowship" with us, which is another excellent translation of the word used here which we are all familiar with, "*koinonia*." Fellowship with God is two-way! And God speaks to us by more than the scriptures which the Holy Spirit inspired. He speaks to us directly by the Holy Spirit as confirmed by the scriptures in both the Old and New Testaments (Acts 8:29, 10:19, 13:2, 18:9).

Now, let me give you some examples of this from my experience.

First, my "Peanut Butter Story." I love peanut butter, and many years ago when I ran out of it I kept forgetting to get some whenever I went to the grocery store. For many weeks I had asked God to remind me when I was there to get some peanut butter. One week the Lord reminded me and I immediately headed for the peanut butter. When I rounded the aisle I found as usual about six or eight feet of shelving with many different kinds of peanut butter. I stood there praying and asking God silently "What kind of peanut butter should I buy?" Immediately, an elderly gentleman who was standing a few feet away turned to me and said, "Son, would you like to know what kind of peanut butter to buy?" Of course, I was all ears, and ready to listen. He told me that when he was a young man, he had had a stomach problem, and when he went to a doctor, an old-time doctor who understood things like this, the doctor told him that the skin of the peanuts has an acid in them that irritates the stomach. So when he quit eating peanuts with the skin on them, his stomach problem went away. He then showed me various jars of peanut butter from the shelves, and showed me the particles of skin in them because they had not thoroughly cleaned the peanuts. I learned that day

some significant information from a wonderful experience. I'm sure the Lord had been setting up this encounter for the weeks I had been praying, and by waiting on the Lord, He answered me and started sanctifying my peanut butter. I had already learned about sucrose, refined sugar, and so I chose an all-natural peanut butter with no additives and no skins. Praise the Lord! This was very important because later as I looked in Health Food stores, I found that some companies deliberately put all the skins in their products, thinking that because the skin of some foods are good, that the skin of the peanuts is good also. The Lord communicated to me that this was not the case, and I am still enjoying natural, peanut butter regularly, without the skins but with the normal peanut oil and a little salt.

Now, many years later I've learned some more about peanut butter. Commercial brands have aflatoxins, a type of mold, in them. To help correct this, it is good to mix 1/4 teaspoon of vitamin C powder per pound, or pint, in it. Also, one sister who is particularly sensitive to this found that by also heating it in a pan to just about boiling makes it alright for her to eat without stomach problems. To be free from aflatoxins, Dr. Hulda Clark recommends making your own peanut butter by buying fresh unsalted roasted peanuts. Throw away all shriveled or darkened nuts, then grind them while adding ¼ teaspoon vitamin C per pound and sea salt. This results in not only healthier peanut butter, but it will be also less expensive. (Adapted from *The Cure For All Diseases* by Hulda Regehr Clark, Ph.D., N.D.) Some nutritionists recommend switching to almond butter, or some other nut butter, which does not have the aflatoxin problem that peanuts do. Also, many people have allergic reactions to peanuts, like my mother who had a severe migraine headache each Monday morning after eating ice cream with chocolate syrup and peanuts at our Sunday evening family meal when I was a young boy. She later found she was allergic to all three. Eat organic "peanuts and popcorn" wisely!

Here's my "Ketchup Story." It was one time in that same store that I remembered that I needed ketchup. When I looked at what was available, and noticed that they all had sugar in them, and that the Lord had taught me not to use refined white sugar and delivered me from the cravings of it, I refused to buy any, and asked the Lord to provide me with some good ketchup that He would like for me to use. I found myself driving home that day by a different route than planned, but as I did, I went by another

grocery store and felt led to go in and check their ketchup. Sure enough, there was a brand there that used corn syrup, which I understood at the time to be a better sweetener and so I purchased a bottle. This is how, beloved, our food is to be sanctified when there is no mention in the scriptures whether something is good or bad. The Holy Spirit will give us the information if we are willing to ask and take His advice, obey His voice, and eat what will please Him. What pleases God is our faith, **“for without faith it is impossible to please God”** (Heb. 11:6). And **“whatsoever is not of faith is sin”** (Rom. 14:23). Now, it is important to add to this ketchup story. You see, God at that point in my life had taught me that white sugar, refined sucrose particularly, was bad, and so I no longer ate it. But He had not taught me that corn syrup, a mixture of concentrated sugars containing dextrins, maltose, and dextrose, forms of glucose obtained by the partial hydrolysis of cornstarch, was deficient in the vitamins, minerals, and enzymes necessary for healthy metabolism. But developed in the 1970’s in Japan, and really flooding the American market since the 1980’s is the further development of corn syrup into a very different product, high fructose corn syrup (HFCS), which is much worse than refined sucrose. Where sucrose is 50-50 glucose and fructose, HFCS is 45% glucose and 55% fructose, and it is this artificially made, highly refined but cheaper to produce, concentrated white fructose sugar that is causing very serious health problems, more so than even sucrose. Fructose is sweeter than glucose, and is made primarily from genetically modified corn by genetically modified enzymes, and stimulates the appetite to eat more and more, and so the plague of diabetes and obesity, beginning to be called “diabesity,” is rising at an alarming rate. It is being reported as the cause also of high blood pressure, high cholesterol, high triglycerides, blood cells more prone to clotting, heart disease, stroke, premature aging, and much more.

Whereas glucose is directly metabolized by every cell of the body for energy, fructose is mainly metabolized in the liver, causing any excess to be stored as fat. “The livers of test animals fed large amounts of fructose develop fatty deposits and cirrhosis, similar to problems that develop in the livers of alcoholics” reports Bill Sanda in his excellent article “The Double Danger of High Fructose Corn Syrup” (www.westonaprice.org). This article and many others can be obtained by googling up “Dangers of High Fructose Corn Syrup,” which will be very enlightening, and why so many of our youth are developing serious health problems

since the schools are pushing sodas and sweetened juices, loaded with HFCS. One 12 oz. can of soda can contain up to 13 teaspoons of HFCS, and sweetened fruit juices are loaded. All major soft drinks have almost one teaspoon per ounce. Think of how many teaspoons of sugar some people are consuming when they drink 3-10 cans per day? You see, when they kicked out prayer and bible reading from our schools, the devil moved in to not only destroy the spirit, soul, and bodies of our youth with false teachings, but destructive promotion of promiscuous and perverted practices of both sex and diet as well!

Thank God, ketchup is now available with healthier sweeteners. Read the labels. And by the way, the fructose in fruits is balanced with vitamins, minerals, enzymes, and other food factors making them not only nutritious, but very restorative in health as well.

I can give so many testimonies of how God has led my wife and I about various foods, and not only what to eat but also where to eat, which is especially important when traveling about. In many places, there is **"death in the pot"** (2 Kings 4:40), and we had better learn to walk in the Spirit, and obey the Lord in these important matters. Amen! I trust that the information that I have given in this book, which has been instrumental in leading me for many years, will also be an answer to some of your prayers so that you can be healthy, happy, and holy.

Now a fresh word, a Rhema, a "spoken word" [Gk. *Rhema*] of the Lord. This morning when my wife and I were reading the scriptures together the Lord spoke to me to insert here my "Milk Story." It's fascinating, but providential, that we had been reading John chapter ten in which the Lord says, **"My sheep hear my voice, and I know them, and they follow me"** (John 10:27).

Many years ago I was eating lunch with a group of ministers, which I did regularly on Monday afternoons. The Lord spoke to me to stop drinking the homogenized milk that I usually drank there. I had shared shortly before then in our home fellowship the lead article in a national newspaper about harmful effects which homogenization does to milk. A research physician, Dr. Kurt Oster, M.D., reported how it breaks down the fat particles so small that when they are digested and then assimilated into the body there is a resultant damage to the blood vessels. He believed this causes the body to react and lay down a protective layer of calcified plaque, made up mostly of cholesterol, the scab over the injury, which is one of the causes of atherosclerosis (a

clogging up of the arteries), a major cause of heart attack and stroke. Much more research has been done since then to try and determine exactly what happens, but we do know that very young athletes that drink large amounts of regular homogenized milk have collapsed, sometimes on the floor during practice, and died from heart attacks. Literature is available on this subject, and well worth your reading. Especially if you have young children who are told continually, by billboards and others, "Drink your milk!"

When the Lord spoke to me to not drink homogenized milk anymore, I told Him I needed a nice little container to carry some pure water in to my luncheons, and described to Him what I wanted. He spoke to me, "Lazarus South." That was the name of a well known department store chain, which has since been bought out and the name changed, and they had a store exactly south of the area in Columbus where I was sitting having lunch. So after the luncheon, I went and a worker was just then at that very moment putting out a table with portable beverage containers, exactly like I had talked to the Lord about. But, living my faith, and having been taught to be very frugal and careful about anything I buy, I did not purchase the container because the price was too high, but went to see a brother who I had led to the Lord many years before, and who I fellowshiped with regularly. I told him what the Lord had shown me, and we prayed together, and I asked the Lord to have them reduce the price. I was occupied for a couple of weeks, and when I remembered about the situation, went back to the store to see what God had done -- if they had reduced the price. Sure enough, He had answered, they were on sale, so I bought one and used it regularly for a number of years. That was before I was married, and now my wife makes sure she has pure water for us to take along wherever we go, or to send with me when I am going out alone. We use a glass bottle in a little bag which she makes.

So, beloved, I hope you can see now an accurate meaning of what Paul wrote when he said that our food is to be "**sanctified by the word** [Gk.: *logos*] **of God and prayer** [*enteuxis*]." By both the Logos of God and the Rhema of God!

Now, the next thing Paul tells us is that if we are to be good servants of Jesus Christ, we must put our brothers and sisters in remembrance of these things. That implies that we have first taught them these things, and then remind them on occasion. The word "minister" comes from the Greek word *diakonos*, meaning servant, and this is the only place in scripture where we find the

words together, “good servant.” I think that tells us something of the importance of these truths. And if there is any doubt, just look at the sickness and disease in the body of Christ and realize that when the Israelites were brought out of Egypt, **“there was not one feeble person among their tribes”** (Psalm 105:37 KJV). And we have **“a better covenant, which was established upon better promises”** (Hebrews 8:6 KJV). What’s the matter? We are not teaching these things like they should be taught in the body of Christ. But I have been praying for leaders for years about this, and have been delighted to see leaders on TV and in books begin to start teaching about good health and biblical practices. Praise His Holy name!

Notice also, the scripture says if we do this, we will be **“nourished up in the words of faith and of good doctrine, whereunto thou hast attained.”** Meaning that these words are for the **nourishment** of our bodies for health, and that they are true **words** that must be received by true **faith**. That this is **“good doctrine,”** not some superfluous fluff that doesn’t belong in church, but is **“good teaching!”** And Paul says that Timothy had already **attained** to this truth, and so my question is to you, dearly beloved, “Have You?”

Next Paul writes that we are to **“refuse profane and old wives’ fables, and exercise thyself rather unto godliness. For bodily exercise profiteth [a] little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.”**

There are so many false ideas and teachings about what we are to eat and are not to eat, and this must be corrected. This is an area that women who are called to teach should be holding classes and studies and teaching women as Paul wrote Titus, another young apostle, that the older women should be doing (Titus 2:3-5). It is pure love that will teach women how to love their husbands and children by feeding them nourishing foods, and not the junk, adulterated, and quick, fast-foods that plague our society today.

America is loaded with sickness that much of the so-called “uncivilized” and “uneducated” world knows nothing about. The increase in our western societies of cancer, heart disease, diabetes, arthritis, and many other degenerative disease is unheard of in so-called “third world countries,” that is until we import our western foods upon them, and tell them that mother’s milk should be replaced by “the wonderful advantages of bottled or powdered

milk imported from America!” Greed and ignorance flourish when the church is silent. Or when the teaching and preaching is to tickle the ears and perverted taste buds more than to satisfy the stomach and nourish the body.

Please notice also that Paul is not saying that exercise is of no profit, which seems to be what some translations say. But only of a little profit when compared with godly exercise. Physical exercise can be godly when under the direction of the Holy Spirit, and since we do not get near the normal exercise today as compared with when these scriptures were written, when there was not mass transportation. Walking was the major means of moving around, and today is found to be one of the very best exercises that we can do. Another very helpful means is using a mini-jogger, or trampoline, which is excellent in moving the lymphatic system, and a good book on this subject is *The Miracles of Rebound Exercise* by Albert E. Carter. Jogging on a soft jogger, a rebounder, is good for the body, not hard on the bones and joints like running outside on hard surfaces. Also, you can do it while listening to Christian radio or TV and utilize your time more wisely, rain or snow, and save money at the same time.

But we must exercise ourselves unto godliness, and this includes the teaching of this chapter, because it has results that will last into eternity. Helping people stay healthy and fulfill their ministries is of eternal significance, not just for life in this age.

Paul says that teaching these truths is being faithful to God, and they are worthy of being accepted. Do you know of any other instruction in all of Paul’s writings that he says so many good and emphasizing words of the importance of what he is writing? No wonder it is only here that he says we are “good servants” if we teach these things! Paul goes on to say that he and his co-laborers labor to teach these things and suffer reproach for doing so. Are you willing, my friend? He says God is the Savior of all men, unbelievers and believers alike, and salvation, which means He wants them whole. The word saved, *sozo* in Greek, is often used in scripture for the healing of the body as well as for the soul. God wants us whole – spirit, soul, and body – as the Holy Spirit had Paul write (1 Thessalonians 5:23).

Paul sums it all up to this young apostle that he is to “**command and teach**” these things. These truths, beloved, are apostolic doctrines, and therefore not much appreciated by those who are under the influence of schools, seminaries, and seminars teaching how to grow larger congregations, instead of more godly

ones. The problem is, my friends, that we are growing larger – larger around the waist, and not taller in the eyes of God. Our emphasis today is horizontal, not vertical. And so we often get “laid out” horizontally, but then have to pass vertically into the presence of a holy and just God. May He have mercy and grace upon our souls. AMEN!

It is worth noting, that after Paul finishes this portion of teaching to Timothy, that he exhorts him to “**give attendance to**” (the same word used in verse one where people are departing from the true faith and “**giving heed to**,” holding on to, seducing spirits and doctrines of devils), to give himself to, to hold on faithfully to, the reading of the scriptures to his hearers, exhorting them and teaching them these truths as they really are in Christ Jesus. A servant of the Lord is to be an example of godliness and sanctification in all areas to others.

He writes:

[12] Let no man despise thy youth; but be thou an example of the believers, in word, in conversation [Gk.: *anastrophe*, manner of life, conduct, behavior], in charity, in spirit, in faith, in purity.

[13] Till I come, give attendance to reading, to exhortation, to doctrine.

(1 Timothy 4:12-13 KJV)

It doesn't matter how young or how old a servant of the Lord is, if they want to be “**good servants**,” they must be faithful and teach these truths to God's people. Amen & Amen!

A faithful servant of the Lord who is doing this also is an author that I want to tell you about because her newest book, *Eatin' After Eden - the Meat of the Word*, is simply tremendous. Sylvia W. Zook, MS, PhD, writes from the background of both a research and clinical nutritionist, as well as the additional experience and knowledge of the added feedback from years of lecturing on the subject. I believe her book is one of the most important from a health standpoint to be written for this end-time in which we live! As a research nutritionist, filled with the Spirit of God, she is able to give us the essential truths from God's Word and science that physicians trained in orthodox medicine don't have, including many Christian health doctors.

The importance of understanding the differences that the diets God prescribed in Eden before the Fall of Man and that

after the Fall is most important, since today the false teachings of vegetarianism, and what's worse, veganism, are destroying the health and welfare of millions; and have invaded the Church as prophesied which we've discussed in this chapter. In *Eatin' After Eden*, Sylvia has a whole chapter on each subject that is excellent. Since her background gives her info and expertise that preachers and physicians don't have, I highly recommend that you read her book. An insightful excerpt from the prologue to her book is available for reading from her web site, (www.eatinaftereden.com), and a companion book is forthcoming.

For additional detailed information concerning the false teachings of prohibitions against good foods God wants us to eat because they are necessary for good health, that the Holy Spirit was warning us about in this portion of scripture in 1 Timothy 4, I would also recommend to you an excellent article that you can download entitled, "The Myths of Vegetarianism" by Stephen Byrnes, PhD, RNCP (www.westonaprice.org). He exposes 15 common myths of vegetarianism from which I'll give a few quotes that contradict popular and commonly repeated teachings today.

".... it is usually claimed that a diet rich in plant foods like whole grains and legumes will reduce one's risks for cancer, but research going back to the last century demonstrates that carbohydrate-based diets are the prime dietary instigators of cancer, not diets based on minimally processed animal foods.

"The mainstream health and vegetarian media have done such an effective job of "beef bashing," that most people think there is nothing healthful about meat, especially red meat. In reality, however, animal flesh foods like beef and lamb are excellent sources of a variety of nutrients as any food/nutrient table will show. Nutrients like vitamins A, D, several of the B-complex, essential fatty acids (in small amounts), magnesium, zinc, phosphorous, potassium, iron, taurine, and selenium are abundant in beef, lamb, pork, fish and shellfish, and poultry. [God forbids pork and shellfish to get nutrition from because you will get bad things as well.] Nutritional factors like coenzyme Q10, carnitine, and alpha-lipoic acid are also present. Some of these nutrients are only found in animal foods – plants do not supply them. . . .

"In Framingham, Mass., [a nutritional study done there] the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the person's serum cholesterol

... we found that the people who ate the most cholesterol, ate the most saturated fat, [and] ate the most calories, weighed the least and were the most physically active. . . .

"Low-fat/cholesterol diets, therefore, are not healthier for people. Studies have shown repeatedly that such diets are associated with depression, cancer, psychological problems, fatigue, violence and suicide. Women with lower serum cholesterol live shorter lives than women with higher levels. Similar things have been found in men."

And let me insert here some significant and verifying information from Sylvia's book, *Eatin' After Eden*.

"Low Cholesterol, High Suicide Rates

"Depression, anxiety, and suicide are linked with low cholesterol, as reported in 1999 by the British Broadcasting Corporation (BBC), and confirmed by a recent South Korean study.

"People in the lowest quartile of total cholesterol concentrations, have more than six times the risk of committing suicide, according to a study reported in the *Journal of Epidemiology*. A famous example, Nathan Pritikin, MD, who gave us the low-fat diet, suffered from cancer and committed suicide. Low cholesterol is also associated with depression and cancer. Our internist says all patients are now to be checked for depression.

"I recall an old New York City study of autopsies of approximately 140 suicides, that revealed that 100% of them had low serum cholesterol."

And to show how advantageous it is to be filled with the Holy Spirit, let me add another wonderful bit of wisdom God gave Sylvia to add at this point:

"Divine Diets For Farm Animals Too

"God most often speaks to me upon awakening, before the busy day begins, and my mind is in gear. While writing this section I was awakened about 4:30 one morning, got up and 'happened' to open my Bible to Isaiah 30:24 where we are told that food animals are to be grass-fed, while work animals such as oxen and donkeys, requiring extra energy from carbs, are to be given grains as well.

"'Muzzle not the ox that grinds out the corn;' let these

working animals partake of it, farmers are also instructed by their Creator. Like many humans today eating excessive grains, grained animals may accumulate excessive saturated fats unless they are work animals. Thus God told His people to feed only these animals high carb diets." (*Eatin' After Eden*)

Stephen Byrnes continues in "The Myths of Vegetarianism":

"Children on low-fat and/or vegan diets can suffer from growth problems, failure to thrive, and learning disabilities. Despite this, sources from Dr Benjamin Spock to the American Heart Association recommend low-fat diets for children! One can only lament the fate of those unfortunate youngsters who will be raised by unknowing parents taken in by such genocidal misinformation."

And let me insert here that it is most interesting that the well-meaning advice of world famous psychiatrically trained pediatrician, Dr. Spock, known as "the father of permissiveness" who taught against spanking, was not only wrong, the lack of scriptural, loving discipline resulting in the spiritual, psychological, and eternal ruin of multitudes, but coupled with his later espoused vegetarian dietary advice is consequently also resulting in the ruin of the physical bodies and mental development of children as well. And now these beliefs and practices are being promulgated in our schools. Note the "progressive" deterioration due to "holding on to seducing spirits."

Stephen Byrnes continues to report: "the largely vegetarian Hindus of southern India have the shortest life-spans in the world, partly because of a lack of food, but also because of a distinct lack of animal protein in their diets. H. Leon Abrams' comments are instructive here: 'Non-fermented soybeans and foods made with them are high in phytic acid, an anti-nutrient that binds to minerals in the digestive tract and carries them out of the body. Vegetarians are known for their tendencies to mineral deficiencies, especially of zinc and it is the high phytate content of grain and legume based diets that is to blame.'

"Dr. Abrams said it well when he wrote: 'Humans have always been meat-eaters. The fact that no human society is entirely vegetarian, and those that are almost entirely vegetarian suffer from debilitated conditions of health, seems unequivocally

to prove that a plant diet must be supplemented with at least a minimum amount of animal protein to sustain health. Humans are meat-eaters and always have been. Humans are also vegetable eaters and always have been, but plant foods must be supplemented by an ample amount of animal protein to maintain optimal health.”

So, beloved, do not yield to the “seducing spirits, and doctrines of devils” that tell you not to eat meat, especially red meat, or any other food God created for us to need or benefit from, and to enjoy.

“A land flowing with milk and honey”

[Exodus 3:6 KJV] He said, I am the God of thy father, the God of Abraham, the God of Isaac, and the God of Jacob. And Moses hid his face; for he was afraid to look upon God.

[7] And the LORD said, I have surely seen the affliction of my people which are in Egypt, and have heard their cry by reason of their taskmasters; for I know their sorrows;

[8] And I am come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land unto a good land and a large, unto a land flowing with milk and honey; unto the place of the Canaanites, and the Hittites, and the Amorites, and the Perizzites, and the Hivites, and the Jebusites.

[9] Now therefore, behold, the cry of the children of Israel is come unto me: and I have also seen the oppression wherewith the Egyptians oppress them.

[10] Come now therefore, and I will send thee unto Pharaoh, that thou mayest bring forth my people the children of Israel out of Egypt.

The above phrase, **“a land flowing with milk and honey”** occurs twenty times in the scripture, and tells us that an abundance of two foods especially, milk and honey, both designed and manufactured by the Master Bio-Chemist Himself, are a sign of His blessings to us, His children.

Unfortunately, both are being adulterated today to such an extent that the harmful effects of man’s wisdom, wisdom that is **“not from above”** but due to **“jealousy and selfish ambition”** is **“earthly, natural [lit. Greek: soulish], and demonic”** (James 3:13-18), has changed them from being two of the very best health

building foods, spoken of highly in the scriptures, into food products that are causing sicknesses and destroying the health and lives of millions!

The scriptures speak favorably of both the children and adults drinking milk of cows (kine KJV) and goats, and eating butter and cheese (Gen. 18:8; Deut. 32:14; Judg. 4:19, 5:25; 2 Sam. 17:29; Job 29:6; Psa. 55:21; Prov. 27:27; Song of Sol. 4:11, 5:1; Isa. 7:15, 22; Eze. 25:4). To teach otherwise itself is demonic, Paul wrote as we saw in the previous chapter. However, it is absolutely necessary for good health and to be obedient “**good servants**” of the Lord Jesus Christ to share with God’s people what has happened to our food supply, and what man has done and is doing because of his own spiritual blindness and greed.

While writing the previous chapter and sharing my “Milk Story” and initial understanding of the harmful effects of the homogenization process, the Lord had me do more study about the condition of our commercial milk today, and I have another “Story” to tell. In order to understand it, I need to share more about the destructive processes that are used today in the large commercial farming methods, which account for 85 to 95 percent of the milk cows in the United States. It is absolutely tragic, shocking, disgusting, ungodly and inhumane what goes on in the “factory farms” today. Ungodliness is rampant in our society in every area, and farming is no different.

When most of us think of milk, we might think of a beautiful cow grazing leisurely on some green meadow, eating grass and then laying down to ruminate, “chew the cud,” and then being led by old Betsy, the lead cow with a bell around her neck, into a barn to be milked twice a day. That’s the way it was when I was a boy on the family farms. And that may be the picture drawn for you to see on the plastic milk container, but today, on the large factory farms, nothing could be further from the truth.

In many places the cows are inside all the time, and are made to either stand on cement, or to lay down in their own stall with only a little straw. They are never outside in the sunshine or getting fresh air. In other places where they are outside, they are usually in a feedlot standing only in mud and manure, and none ever get one blade of green grass to eat. Instead, they load them up with grains and all kinds of waste products. Feeding grains makes the cow’s digestive tract more acid, and therefore “speeds the growth of potentially dangerous E. coli bacteria and,

even worse, makes the bugs more acid-resistant. Alarmingly, these acid-resistant bacteria are much more likely to survive the cleansing acidity of our own digestive juices and make us ill" (Jo Robinson, Eatwild.com). Thus immediate food safety is a big concern for us as well as health in the long term from grains loaded with pesticides, herbicides, and other toxic chemicals, and the health destroying processing of both pasteurization and homogenization.

There are many very helpful articles available on the web at such sites as eatwild.com, realmilk.com, wellbeingjournal.com, price-pottenger.org, and I'd like to quote from an excellent one at WestonAPrice.com, which has many articles on various health issues.

In "Milk: It Does a Body Good?" Lori Lipinski, a certified nutritional consultant, writes:

"Many alternative practitioners feel that it's not necessary for humans to consume cow's milk, and link its consumption to health problems, such as ear infections, allergies, cancer, and diabetes." While "the medical community has convinced us that if we don't drink enough milk, our bones will disintegrate. And the American Dairy Association-sponsored media fools us into thinking we'll be cool, like celebrities with milk mustaches, if we drink lots of milk."

Lori then proceeds to discuss a number of areas that we should consider to determine the healthfulness of today's commercial milk.

The first is the "Living Conditions" which I've discussed briefly. A fact that's significant is that due to this and all the other factors, "the average commercial dairy cow spends her short, miserable life — 42 months on average, compared to 12-15 years for a cow on pasture" in miserable conditions. As we look at these other factors, we'll see why Old Betsy ages prematurely, and is ready for the hamburger factory so soon.

The second factor is the "Environment." The "unnatural building environment" is not only a problem for the cow, but the tremendous amount of waste produced on a factory farm can be "a huge problem for the people around it as well. The massive amount of waste produced on a factory farm is overwhelming and can have devastating effects on the surrounding environment. Over one-fifth of the country's dairy products are produced in the central valley of California where confinement operations create as much waste as a city of 21 million people! Much of that

waste is forced unnaturally into the environment, polluting our lakes, rivers, and streams. On the other hand, small farms are able to recycle manure back into the earth to enrich the soil." And I must add here that this is true not just of those factory farms producing milk, but those producing chickens, eggs, or pork around the country. The terrible pollution and destruction of the environment in the Carolinas from huge pork factories is atrocious, and near where I live the chicken factories have devastated the environment. Streams are polluted and not fit for fish or fowl, the air is polluted and neighbors scream about the stench. The flies and insects breed by the millions, while the profits to investors also "breed by the millions." The illicit relationship of corporations and politicians, engorging themselves with greed is shocking, disgraceful, and inhumane not only to the animals but to the people living in the affected areas, often many miles downstream from the origin of horrible, toxic, diseased pollution. And all the while it is producing a product that is not fit for healthy human consumption. These do not even deserve to be called farms, but factories, for real farms are interested in agriculture and animal husbandry, the safe, humane treatment and methods of raising healthy animals and fowls humanely, and therefore producing health giving real foods, and protecting and enriching the soil for the benefit of mankind, not the filthy lucre of greedy investors and politicians, nor the ungodly scientists and government officials who dream up such nightmares.

The next factor discussed is "Feed." While the natural diet for cows consists mostly of grass, "today's factory cow is fed a diet of mostly grain, and 'other things' that it would not normally eat. The bulk of the feed consists of corn and soy, which receives 80% of all herbicides used in the U.S. When we think of pesticides we usually think of produce, but animal products can contain up to 14 times more pesticides than plants!

"Simply switching the cow's diet from grass to grain can cause many problems, but that's only the beginning. According to a recent article in *US News & World Report* [2003], Some 40 billion pounds a year of slaughterhouse wastes like blood, bone and viscera, as well as the remains of millions of euthanized cats and dogs passed along by veterinarians and animal shelters, are rendered annually into livestock feed. . . . Animal-feed manufacturers and farmers also have begun using or trying out dehydrated food garbage, fats emptied from restaurant fryers and grease traps, cement-kiln dust, even newspapers and cardboard

that are derived from plant cellulose. Researchers in addition have experimented with cattle and hog manure, and human sewage sludge."

Lori goes on, "When I first read this I thought there were probably only a handful of farmers crazy enough to feed dead cats and dogs and other animals parts to their vegetarian cows, but I was dead wrong! During the BSE scare, the FDA ordered a halt to feeding all slaughterhouse wastes to cattle and sheep in the US. At that time 75 percent of the nation's 90 million cattle had been eating feed containing slaughterhouse by-products!

"Like humans, animals need nutrients to thrive and be healthy. Obviously the feed given to factory farmed cows is not intended to provide proper nourishment. Instead, farmers, or shall I say food manufacturers, are interested in stuffing whatever they can into the cows to bulk them up as quickly as possible. This can quickly lead to sick animals and heavy doses of drugs. Like pesticides, these drugs end up in the milk of the dairy animals, as do *trans* fats from bakery wastes, undigested proteins from soy and animal foods and aflatoxins from moldy grain. To make matters worse, levels of vitamin A and D drop off precipitously when cows are given any feed other than green growing grass."

Now lets discuss antibiotics. "If you drink commercial milk or eat commercially raised meats and poultry, you could be consuming antibiotics on a daily basis, without even knowing it! Over 50% of all the antibiotics produced in this country are mixed directly into animal feed. Ideally, antibiotics should be used in farming only when necessary to treat infection. However, due to the sickly nature of factory farmed animals, they are fed a constant supply of antibiotics from birth until the time of slaughter.

"Antibiotic resistance is a serious issue that has gotten a lot of press in recent years. Basically, bacteria are mutating and outsmarting the antibiotics, making them ineffective. (The same phenomenon is occurring on farms where bugs are mutating to withstand pesticide applications.) We criticize medical doctors for over-prescribing antibiotics, but that is only part of the problem. Not only are antibiotics overused in this country, but they are also over-consumed. People are unknowingly consuming more antibiotics than they are actually taking by choice. Due to the heavy doses of antibiotics used on factory farmed animals, your steaks, hamburgers, chicken, and hotdogs are all laced with antibiotics. Milk alone contains traces of up to 80 different antibiotics!"

And how about hormones? Heavy doses of hormones are

used routinely to fatten animals as quickly as possible. In dairy farming, rBGH (recombinant bovine growth hormone) is used to force the cows to produce more than they naturally would.

“Back in 1930, the average dairy cow produced 12 pounds (about a gallon and a half) of milk per day. In 1988, the average was 39 pounds per day. This was accomplished by selective breeding to obtain dairy cows that produced a lot of pituitary hormones, [and grain feeding], thereby generating large amounts of milk. But the industry was not satisfied with this output. Today [2003] rBGH, a synthetic growth hormone, is used to get even more milk out of the dairy cows, bringing the average up to 50 pounds (over 6 gallons) of milk per day.” Now in 2005 the national average according to the United States Department of Agriculture is up to 55 pounds per day (www.usda.gov). At 8.6 lbs/gal that’s 6.4 gallons per day. The International Dairy Foods Association reports that milk production has increased from 1700 qts. to 8200 qts. per year per cow in the last 100 years, almost five times the amount (IDFA.org). These cows have udders that almost drag on the ground, and are milked three times a day instead of the usual two times.

“This sounds like a great thing for dairy farmers, right? However, when you mess with Mother Nature [Father God], you will suffer the consequences. FDA documents show that cows injected with rBGH are 79% more likely to contract mastitis [inflammation, infection, redness and soreness of the breast tissue – udders in cows].”

“The FDA admits that BGH injections increase sickness and drug use in dairy cows” (Humane Farming Association). “Consumer’s Union, publisher of Consumer Reports magazine, reports that ‘because of increased udder infections, it is more likely that milk from treated cows will be of lower quality—containing more pus and bacteria—than milk from untreated cows.’”

Now when we realize this, that commercial milk from factory farm cows with engorged, infected udders are routinely passing bacteria and pus into their milk, we might think that the sterilization process of pasteurization is a good thing. Unfortunately, it is not!

“Pasteurization is a process of heat-treating milk to kill bacteria. Although Louis Pasteur developed this technique for preserving beer and wine, he was not responsible for applying it to milk. That was done at the end of the 1800s as a temporary solution until filthy urban dairies could find a way to produce

cleaner milk. But instead of cleaning up milk production, dairies used pasteurization as a way to cover up dirty milk. As milk became more mass produced, pasteurization became necessary for large dairies to increase their profits. So the public then had to be convinced that pasteurized milk was safer than raw milk. Soon raw milk consumption was blamed for all sorts of diseases and outbreaks until the public was finally convinced that pasteurized milk was superior to milk in its natural state.

"Today if you mention raw milk, people gasp and utter ridiculous statements like, 'You can die from drinking raw milk!' But the truth is that there are far more risks from drinking pasteurized milk than unpasteurized milk. Raw milk naturally contains healthy bacteria that inhibit the growth of undesirable and dangerous organisms. Without these friendly bacteria, pasteurized milk is more susceptible to contamination. Furthermore, modern equipment, such as milking machines, stainless steel tanks and refrigerated trucks, make it entirely possible to bring clean, raw milk to the market anywhere in the US.

"Not only does pasteurization kill the friendly bacteria, it also greatly diminishes the nutrient content of the milk. Pasteurized milk has up to a 66% loss of vitamins A, D, and E. Vitamin C loss usually exceeds 50%. Heat affects water soluble vitamins and can make them 38% to 80% less effective. Vitamins B6 and B12 are completely destroyed during pasteurization. Pasteurization also destroys beneficial enzymes, antibodies, and hormones. Pasteurization destroys lipase (an enzyme that breaks down fat [remember my testimony of the dental assistant in chapter 13?]), which impairs fat metabolism and the ability to properly absorb fat soluble vitamins A and D." The dairy industry is aware of the diminished vitamin A and D available in commercial milk, so it fortifies milk with synthetic, cheap, unnatural vitamins A and D.

"We have all been led to believe that milk is a wonderful source of calcium, when in fact, pasteurization makes calcium and other minerals less available. Complete destruction of phosphatase is one method of testing to see if milk has been adequately pasteurized. [But!] Phosphatase is essential for the absorption of calcium."

If this doesn't wipe the processed milk mustache off your face, what will? Perhaps the knowledge, according to Dr. John McDougall, MD, that this white mustache should be "properly labeled as containing 300,000 white blood cells [from pus] and 25,000 bacteria."

Now, if pasteurization isn't bad enough, consider ULTRA PASTEURIZATION!

"As the dairy industry has become more concentrated, many processing plants have switched to ultrapasteurization, which involves higher temperatures and longer treatment times. The industry says this is necessary because many microorganisms have become heat resistant and now survive ordinary pasteurization. Another reason for ultrapasteurization is that it gives the milk a longer shelf life—up to four weeks. The grocers like this but many consumers complain of a burnt or dead taste. The milk is virtually sterile—is that what you want to drink?"

Although the milk is sold in the refrigerated section, it can be stored unrefrigerated until opened. Why do they go to the expense of refrigeration if it is not needed? The same reason they promoted homogenization. To deceive you by extending the shelf life which means more profit for themselves, the sellers, but results in less profit health wise for you, the consumers. It's spelled GREED! And the tragedy is that not only the commercial interests are consumed with a lust for more money, but we the consumers have developed lusts for these unsafe, unhealthy, perverted, and adulterated food stuffs also.

When I was a boy, my family together with the other families in our neighborhood that had children, drove out a few miles into the country to a family farm and got our milk. It was real milk, raw milk, and the cows were principally grass fed except in winter when they were fed silage. Remember the picture of a farm with large silos where silage made from healthy ground up corn stalks was kept for winter feed? We could tell the difference in the milk when the cow's diet changed in the spring. And as the farmer took careful health precautions and the cows were tested regularly, we were not afraid of "undulant fever" which is the scare tactic now used by the milk industry to even make it illegal in most states to sell raw milk for human consumption. Undulant fever, in other parts of the world called Malta fever or Mediterranean fever, and called Bang's disease or Brucellosis in cattle, by the way is not a fatal disease and is reported to be cured by giving Tetracycline, 250 mg orally four times per day for three weeks. The diseases caused by the treatments to the cows, their feed, and milk today, however, are fatal, and millions are dying from what they have been led to believe is a good, nutritious, healthful food, when in fact it is not!

I remember the glass jug of milk always had a rich layer

of cream on top, which I often helped mother in taking off some of it for use in cereal or various food preparations before I shook the rest so as to be evenly distributed throughout the rest of the gallon. The thickness of the cream was a measure of the quality, and it also depended upon the breed of cow.

“As the quality of milk has declined over the years, so has the cream content. To hide the lack of cream in the milk, the dairy industry uses homogenization to break up the fat globules and evenly distribute them throughout the milk.”

“Considering how commercial milk is processed, it’s no wonder that millions of Americans are allergic to it. An allergic reaction to dairy can cause symptoms such as diarrhea [sometimes explosive], vomiting (even projectile vomiting), stomach pain, cramping, gas, bloating, nausea, headaches, sinus/chest congestion, and sore or scratchy throat. Pasteurized milk consumption has been linked to many other illnesses as well, such as: asthma, atherosclerosis, diabetes, chronic infections (especially upper respiratory and ear infections), obesity, osteoporosis, and prostate, ovarian, breast, and colon cancer.”

Due to these facts about inhumanely fed and kept cows, and the multiple processed, commercial milk produced, I can no longer recommend it to anyone, especially children. Lori Lipinski, the nutritional consultant who I’ve quoted from goes on to say:

“Once you understand where commercial milk comes from, it seems logical to just avoid it altogether. But the fact of the matter is that there are still a lot of benefits to consuming dairy—that is, if you get it from a good source. **Real milk—full fat, unprocessed, from pasture-fed cows**—[emphasis mine] contains vital nutrients including fat soluble vitamins A and D, calcium, vitamin B-6, B-12, and CLA (a fatty acid naturally occurring in grass-fed beef and milk that reduces body fat [for the consumer — think weight loss instead of weight gain] and protects against cancer). Milk, in its natural state, is a source of raw and complete protein and is loaded with enzymes. Raw milk contains beneficial bacteria that protect against pathogens and contribute to healthy flora in the intestines. Culturing milk [such as whole, full fat yogurt and kefir maintained with their live cultures, made from raw milk] greatly enhances its probiotic and enzyme content, making it a therapeutic food for our digestive system and overall health.” Raw milk cheese, butter, and cream are also very healthful foods that have been used since Adam and Eve. But remember, organic does not mean the milk product has not been adulterated. Only

that the feed was organic, probably grain and not necessarily grass, free from the usual hormones, steroids, and antibiotics, but the milk is still pasteurized and usually homogenized, and therefore not a healthful, sanctified food.

If you are going to consume milk products, it is best to get it straight from the cow or goat. Many people who have serious problems with factory farm commercial milk and its various products have no reaction at all to milk in its natural, God-given state.

“Real milk—full fat, unprocessed, from pastured cows—is especially beneficial for children during their growing years.”

But, consider this report on regular commercial milk by Dr. Frank Oski, the world-renowned pediatrician who chaired the Children’s Center at Johns Hopkins University, in his disturbing book, *Don’t Drink Your Milk*. Dr. Oski cites a “study of over twenty thousand infants conducted in Chicago as far back as the 1930s... The overall death rate for the babies raised on human milk was 1.5 deaths per 1,000 infants while the death rate in the babies fed [commercial, processed] cow milk was 84.7 per 1,000 during the first nine months of life. The death rate from gastrointestinal infections was forty times higher in the non-breast-fed infants, while the death rate from respiratory infections was 120 times higher. An earlier analysis involving infants in eight American cities showed similar results. Infants fed on cow milk had a twenty times greater chance of dying during the first six months of life.” He also states that “teenage acne may result from cow casein.”

I know of many infants that do not tolerate commercial cows milk or formula that do wonderfully on raw goats milk. It’s a saver not only for the infants but also for the parents when the baby gets over its irritated sickness and sleeps well through the night. Also infants fed on pasteurized milk sometimes develop scurvy because of the destruction of Vitamin C.

I’ve mentioned butter, but a little more needs to be said. Butter is an excellent food, and the prophet Isaiah mentioned that it would be the food of the Messiah in His youth (Isaiah 7:14-16 KJV). Since the Lord Jesus designed butter and us, do not believe the lies that have been spread about butter, so you will switch to some of the most unhealthy so called “health” food concoctions ever devised. All spread so the commercial interests can spread your cash into their pockets, at your expense, both health and money wise.

For instance, a 1993 study of 85,095 women published in the prestigious journal *The Lancet* “found that the more margarine a woman consumed, the higher her risk of coronary heart disease (CHD).” This was also reported by the Harvard Medical School. “Butter, meanwhile, was not significantly associated with CHD. (There was also no increased risk linked with the consumption of beef, or lamb.)”

“A 1994 study issued a similar thumbs-down verdict on margarine: Compared with people who ate very little margarine, those with the greatest consumption were more than twice as likely to have a heart attack.”

Margarine is a deadly product, and many reports are now available as to its very harmful effects. I believe, therefore, a little explanation here of the problem with margarine is helpful.

In the article, “The Margarine Hoax” by Dane A. Roubos, D.C., readily available on the Internet, he states that “Hydrogenated fats like margarine are non-foods with toxic effects and should be avoided at any cost.”

“Two types of fatty acids—omega-3 and omega-6—cannot be made by our bodies and therefore must be obtained through our diets. They are called ‘essential fatty acids’ (EFAs), and if we have an adequate supply we can use these EFAs to manufacture the other fatty acids we need.

“EFA supplementation has been helpful to many people with allergies, anemia, arthritis, cancer, Candida, depression, diabetes, dry skin, eczema, fatigue, heart disease, inflammation, multiple sclerosis, premenstrual syndrome (PMS), psoriasis, sluggish metabolism, viral infections, etc., and in easing the addiction recovery process.”

While butter and unprocessed raw milk and other good oils have the Essential Fatty Acids that we need, margarine does not.

“Margarine is made by adding hydrogen atoms to the fat molecules to make them more saturated, raising the melting point of the fat so it remains a solid at room temperature, i.e., the margarine won’t run all over the table. This process, called ‘hydrogenation,’ requires the presence of a metal catalyst and temperatures of about 500°F (260°C) for the reaction to take place.” This produces “Trans-Fats,” meaning Transformed-Fats.

“Hydrogenation became popular in the US because this type of oil doesn’t spoil or become rancid as readily as regular oil and therefore has a longer shelf life. [Again, this means more money for the commercial producers and retailers, and the “Health”

Sickness Practitioners and legalized drug pushers who will now treat your symptoms, but woe to you the consumer!]

You can leave a cube of margarine sitting out for years and moulds, insects or rodents will not touch it. Margarine is a non-food! It would appear that only humans are foolish enough to eat it! Because the fats in margarine are partially hydrogenated (i.e., not fully saturated), the manufacturers can claim it is 'polyunsaturated' and market it to us as a healthy food."

"Another 'side-effect' of hydrogenation is that a residue of toxic metals, usually nickel and aluminum, is left behind in the finished product. These metals are used as catalysts in the reaction, but they accumulate in our cells and nervous system where they poison enzyme systems and alter cellular functions, endangering health and causing a wide variety of problems. These toxic metals are difficult to eliminate without special detoxification techniques, and our 'toxic load' increases steadily with small exposures over time. Since they are increasingly found in our air, food and water, the cumulative doses can add up to dangerous levels over time."

"Since trans- fats don't occur in nature, our bodies don't know how to deal with them effectively and they act as poisons to crucial cellular reactions. . . . Trans- fatty acids in cell membranes weaken the membrane's protective structure and function. This alters normal transport of minerals and other nutrients across the membrane and allows disease microbes and toxic chemicals to get into the cell more easily. The result: sick, weakened cells, poor organ function and an exhausted immune system—in short, lowered resistance and increased risk of disease.

"Trans- fats can also derail the body's normal mechanisms for eliminating cholesterol. The liver normally puts excess cholesterol in the bile and sends it to the gall bladder, which empties into the small intestine just below the stomach. Trans-fats block the normal conversion of cholesterol in the liver and contribute to elevated cholesterol levels in the blood. They also cause an increase in the amount of low-density lipoproteins (LDLs), considered to be one of the main instigators of arterial disease (hardening of the arteries). Meanwhile, trans- fats lower the amount of high-density lipoproteins (HDLs) which help protect the cardiovascular system from the adverse effects of the LDLs. Trans- fats also increase the level of apolipoprotein A, a substance in the blood which is another risk factor for heart disease."

"Another adverse effect of trans- fats in the diet is an enhancement of the body's pro-inflammatory hormones

(prostaglandin E2) and inhibition of the anti-inflammatory types (prostaglandin E1 and E3). This undesirable influence exerted by trans- fats on prostaglandin balance may render you more vulnerable to inflammatory conditions that don't want to heal! Prostaglandins also regulate many metabolic functions. Tiny amounts can cause significant changes in allergic reaction, blood pressure, clotting, cholesterol levels, hormone activity, immune function and inflammatory response, to name just a few.

"Many of these problems with trans- fats have been known or suspected for 15 to 20 years, but have been largely ignored in the US. In Europe, trans- fats are restricted in food products, and some countries allow no more than 0.1 per cent trans- fatty acid content. In contrast, margarines in the US may contain up to 30 to 50 per cent! Of course, the food industry denies there is any problem with this.

"Meanwhile, scientific evidence continues to mount that trans- fats contribute to heart disease and possibly other conditions as well. Even the conservative Harvard Health Letter referred to them as 'the new enemy.'"

"According to Russell Jaffe, M.D., a noted medical researcher, hog farmers will not feed trans- fats to their animals because the pigs will die if they eat them."

"Margarine isn't the only grocery store item with a significant amount of trans- fats. Any 'food' that lists 'hydrogenated' or 'partially hydrogenated' on the label contains trans- fats and should be avoided. You may be surprised to discover how many products in your kitchen contain trans- fats. They include most baked goods such as bread and crackers, shortenings like margarine and Crisco, refined vegetable oils and most brands of peanut butter. Most peanut butter brands contain sugar or corn syrup that stresses the pancreas and is easily converted to fat by the body. So be sure to read the labels on packaged foods and avoid those with hydrogenated or partially hydrogenated oil!"

"Edward Siguel, M.D., Ph.D., is an award-winning researcher who was invited to investigate fatty acids in the Framingham Cardiovascular Offspring Study." He warned about "low fat" diets. He said, "Individuals who maintain normal or low body-weight by eating low-calorie, low-fat, processed foods, such as supermarket cereals, breads and pasta, are at high risk for EFA insufficiency...compounded by the use of hydrogenated oils, leading to elevated levels of circulating trans- fatty acids."

"The breast milk of many US mothers also shows an excess

of trans- fats and low omega-3 fatty acid content. Dr Donald Rudin, in his co-authored book, *The Omega-3 Phenomenon*, stated: 'American mothers produce milk that often has only one-fifth to one-tenth of the omega-3 content of the milk that well-nourished, nut-eating Nigerian mothers provide their infants.'

"The Nutrition Research Division of Health Canada recently published a revealing study. The researchers analyzed the milk of 198 lactating mothers across Canada and found that trans- fatty acids averaged 7.2 per cent of total fatty-acid content, with a range of 0.1 to 17.2 per cent. Further analysis of these trans-fats showed that their major source was partially hydrogenated vegetable oils (that means margarine). They also noted that elevation of these trans- fats occurred at the expense of the EFAs, thus placing the infant in double jeopardy during a crucial period of development.

"Both types of EFAs are necessary for proper development of fetal and infant tissues, especially the nervous system. According to John Finnegan, in *The Facts About Fats*, the omega-3s in particular affect the parts of the brain that relate to learning ability, anxiety or depression, and auditory and visual perception. [Think of how this relates to the many childhood problems we face today in American culture.] They also aid in balancing the immune system."

There was a study done in India where the vegetarians in the south had 15 times the heart disease of the northern meat and butter eaters who had high cholesterol levels. The difference was that the southern vegetarians with high heart disease had stopped eating their traditional butter because they had been seduced into replacing it with margarine and refined polyunsaturated vegetable oils. Twenty years later, the British medical journal, *The Lancet*, then noted an increase in heart-attack deaths amongst the northern Indians. Why? They found that the northerners had also largely replaced the butter in their diets with margarine and refined vegetable oils.

"One hundred years ago, heart disease was virtually unknown. Today, two-thirds of US citizens develop heart disease." This is in contrast to many "undeveloped" parts of the world where they still consume natural foods -- unadulterated dairy and meats, and do not consume over refined, over processed, and devitalized oils -- and heart disease is unknown.

"In *The Facts About Fats* and *Fats that Heal, Fats that Kill*, John Finnegan and Udo Erasmus describe the usual commercial

refining process for vegetable oils. It begins with seeds that may contain high levels of pesticides and herbicides. The seeds are crushed and subjected to a series of chemical treatments at temperatures up to 520°F (271°C). These treatments include the use of toxic solvents, caustic soda, preservatives and defoamers, and they result in the destruction of essential fatty acids, loss of vitamins and minerals, and the formation of trans- fatty acids and free radicals. This is exactly the opposite of what is desirable. It is all in the name of longer shelf-life and consumer acceptance (what's left looks clean and pretty!). This also happens to the oils used in processed foods, which means most everything that comes in a can or a box. Remember to read those labels!"

Of the two types of EFA's, omega-3s are much more deficient in our Western culture than the omega-6s, which are found primarily in vegetables and seeds. However, "excess trans-fats, anti-inflammatory medications like aspirin or Tylenol, or deficiencies of vitamin B6 or magnesium" can block the healthful utilization of omega-6s in our bodies.

"An insufficiency of omega-6 EFAs can result in autoimmune problems, breast pain and lumpiness, eczema, hyperactivity in children, hypertension, inflammation and PMS."

The insufficiency of omega-3s is even more severe and problematic. "Because of food processing and dietary choices, the average Western diet today contains only one-sixth the amount of omega-3 fatty acids needed for healthy function — compared to a healthy balance 100 years ago. Evidence indicates that a deficiency of omega-3 fatty acids is associated with arthritis and joint stiffness, irritable bowel syndrome, PMS, prostate problems, various skin disorders as well as depression, phobias and schizophrenia."

We've mentioned cholesterol a number of times, and since many people have been falsely taught about it and are taking dangerous drugs to lower it, we need to add a little more information here.

Rodney Julian in his article, "Homogenized Dairy, the Dependable Cardiotoxin" states:

"Autopsy studies show that in American soldiers from the Vietnam War, 75% had evidence of atherosclerosis and high cholesterol buildup. The average age was 22 years old. It was natural to assume that since cholesterol was almost always present, it must be the leading cause of atherosclerosis. This assumption has continued to today. Many diets prescribed today by physicians or by diet specialists completely eliminate

cholesterol. [Deadly advice!]

"Cholesterol is manufactured in our bodies. It is so important to the integrity of the body that all cells contain it. It is found in high concentrations in the brain. In addition to its role in the conduction of nerve impulses, cholesterol has an important structural role, as well as a biochemical role in endocrine production. Cholesterol synthesizes male and female hormones. Without cholesterol, vitamin D, which is required for calcium absorption, would not be synthesized. Bile originates in the liver from used or spent cholesterol and is essential for proper fat digestion. With all this evidence indicating the physiological importance of cholesterol, why would the body keep producing it throughout our evolution [since our designed creation] if it were eventually going to destroy us? It would seem that the human system takes adequate care of itself. Perhaps, we are not taking care of the system."

"Perhaps" is putting it mildly! We are destroying our systems, and the rampant disease and morbidity is evident everywhere!

Julian also adds, "It has become trendy for health-conscious people to consume skim or low fat milk . . . low fat milk products will cause someone to gain weight. Farmers feed their pigs skim milk to fatten them up before the slaughter."

Well, beloved, we've learned a lot about how God made such wonderful foods for us, and said in the beginning that "It was good." But man in his ignorance, greed, and rebellion has adulterated so many of our foods that it really is amazing that only two out of every three die from heart disease in the US, and many from cancer. The milk produced by God's created clean animals is not only nutritious, but the flavor and freshness is enhanced where they are fed properly also, and man does not adulterate it.

And might I add a point about costs. The quantity of milk produced by a grazing animal is less than when fed grain and shot up with steroids and hormones. But the total amount of vitamins and minerals is the same in daily output. Therefore, fresh raw milk has many times more nutrients than the "watered down" version found in regular commercial milk. In fact, to share a few stories of what some farmers and unscrupulous commercial factories do is further reason not to use their products. A farmer where I used to get raw milk told me of some who added Clorox to their milk tank to bring down the bacterial count so it would be accepted by the dairy. Then another who watched a dairy pour

water into their tank at the same time they poured the milk in. He tells me that it's common practice. A double watering down, so how much real milk are you getting for your money? Many of you have never tasted the real thing, but I can assure you that it is delicious, nutritious, and health giving.

Real Milk is so nutritious that it actually can heal many diseases. In an article available on the web entitled "Real Milk Cures Many Diseases" by J.R. Crewe, MD, of the Mayo Foundation, forerunner of the Mayo Clinic in Rochester, MN, published in *Certified Milk Magazine*, January 1929, and unearthed by Dr. Ron Schmid, ND, of Middlebury, CT, we discover amazing results using just milk, which was raw milk from pasture-fed cows, rich in butterfat, the kind of milk readily available in those days.

"The treatment is a combination of detoxifying fast and nutrient-dense feeding." Dr. Crewe quotes William Osler, author of a standard medical textbook of the day, showing that "this protocol was an orthodox, accepted therapy in the early 1900s. Today the Mayo Clinic provides surgery and drug treatments, but nothing as efficacious and elegant as the Milk Cure."

Dr. Crewe used the certified milk treatment for many years in a small sanitarium he set up for this purpose. He said, "To cure disease we should seek to improve elimination, to make better blood and more blood, to build up the body resistance. The method used tends to accomplish these things. Blood conditions rapidly improve and the general condition and resistance is built up and recovery follows." In several instances Dr. Osler "speaks of milk as being nothing more than white blood. Milk resembles blood closely and is a useful agent for improving and making new and better blood. Blood is the chief agent of metabolism. Milk is recognized in medical literature almost exclusively as a useful food and is admitted to be a complete food."

Dr. Crewe's treatment was very simple, "The patients are put at rest in bed and are given at half hour intervals small quantities of milk, totaling from five to ten quarts of milk a day. Most patients are started on three or four quarts of milk a day and this is usually increased by a pint a day. Diaphoresis [copious perspiration] is stimulated by hot baths and hot packs and heat in other forms. A daily enema is given."

The treatment was used for many different conditions, and he mentions some by name such as tuberculosis, diseases of the nervous system, cardiovascular and renal conditions, hypertension, in patients who are underweight or run-down, and

overweight, edema, diabetes, gastritis, cancer, rheumatic fever, nephritis, psoriasis, anemias, thyroid and prostatic diseases, and all infections of the urinary tract.

He states: "When sick people are limited to a diet containing an excess of vitamins and all the elements necessary to growth and maintenance, which are available in milk, they recover rapidly without the use of drugs and without bringing to bear all the complicated weapons of modern medicine."

Dr. Osler quotes Dr. George Cheyne as saying: "Milk and sweet sound blood differ in nothing but color: milk is blood."

Another distinguished medical man gives an amazing testimony of a young boy with psoriasis. He said, "This was the worst case of psoriasis I have ever seen. This boy was literally covered from head to foot with scales. We put this boy on a milk diet and in less than a month he had a skin like a baby's." Dr. Crewe adds, "It is well known that there is no time in the life of practically any mammal, but especially of the human, when the body is so beautiful and perfect [and the waste less odorous] as during the period when milk is the only food. It will be admitted that there is no period in life when the body is so perfect as in infancy, the infant being fed on milk from a healthy mother."

Dr. Crewe gives several testimonies of prostatic disease being cured. He states: "In prostatic diseases and associated conditions, this treatment will achieve rapid and marked improvement in the infection and in the reduction of the gland and lessening of obstruction." He sites a case where the patient "had a marked heart lesion and complete prostatic obstruction, so that it was necessary to use a permanent catheter. He had been taking digitalis but this was discontinued, and he received no medication of any kind. The prostate was very large and the residual urine very foul. His recovery has been rapid." He also states "One of the patients lived almost exclusively on milk for more than three years." And he talks about the very excellent results obtained in the treatment of disease with "uncooked food and raw milk."

We can sum up Dr. Crewe's understanding in his own words. "The experience of seeing many cases of illness improve rapidly on a diet of raw milk has suggested more and more the feeling that much of modern disease is due to an increasing departure from simple methods of preparing plain foods. The treatment of various diseases over a period of 18 years with a practically exclusive milk diet has convinced me personally that

the most important single factor in the cause of disease and in the resistance to disease is food. [Emphasis added, you might read that again!] I have seen so many instances of the rapid and marked response to this form of treatment that nothing could make me believe this is not so. . . . The chief fault of the treatment is that it is too simple. Patients attempt to do it at home, but there are many pitfalls, and it does not appeal to the modern medical man."

Since raw milk is so nutritious and healing, one might wonder again, why are we not taught about this, and why have they literally outlawed the sale of raw milk in many states?

Dr. Ron Schmid, goes on to tell us in his article entitled "Raw Milk – History, Health Benefits and Distortions" that "Very little research was done after about 1950 on the relative nutrient content of raw versus pasteurized milk. The move toward universal pasteurization was in full swing and interest in raw milk was waning in agricultural colleges increasingly supported by dairy industry and agribusiness funding." [Emphasis added]

This is a major reason why we are in such a health crisis today in our country, and the costs of health care are increasing so dramatically. This works together with the same problem which exists in medicine. The colleges and journals for doctors are supported by the large pharmaceutical industry, and corrupted government agencies which are supported by them. And the media is perverted for the same reason. Ungodliness and Greed! Consequently the food we are to receive for good health, and the "healing" professions that are to treat us when we get sick, the educational establishment to teach us, and the government which is to protect us have all been subverted and perverted. The scripture warns us of these.

"Woe to those who call evil good, and good evil; Who substitute darkness for light and light for darkness; Who substitute bitter for sweet, and sweet for bitter! Woe to those who are wise in their own eyes, And clever in their own sight!" (Isaiah 5:20-21 NAS). Truly, the "perilous times" of the "last days" are here! (2 Timothy 3:1-5 KJV).

In yesteryear the cure of many diseases was common when proper diet and healing foods were prescribed by doctors, but today they announce routinely that there is no cure, and push pills at you to treat symptoms, and when that finally doesn't suffice, it's cut, burn, or poison at ever higher prices. What a shame!

In an excellent power point available at www.realmilk.com,

Lee Dexter and Sally Fallon present facts concerning the health, safety, economic, and legal issues of raw milk and raw milk products. They show the evidence that "raw milk is uniquely safe." They state: "Consider the calf, born in the muck, which then suckles on its mother's manure-covered teat. How can that calf survive? Because raw milk contains multiple, redundant systems of bioactive components that can reduce or eliminate populations of pathogenic bacteria." They quote from the *Scientific American* of December 1995 and *The Lancet* of November 17, 1984 that there are 14 safety systems built into raw milk naturally, of which 11 are inactivated and the remaining 3 reduced by pasteurization. That is why during a recent five year period, the CDC reported "the incidence of food-borne illness from consuming raw milk is 2.5 times lower than the incidence of food-borne illness from consuming pasteurized milk" [my emphasis]; and 3.5 times lower than the incidence of food-borne illness from consuming other foods." It is fascinating how any amount of harmful bacteria in raw milk as designed by God actually decreases as it stands after milking, whereas in pasteurized milk where these safety factors are destroyed the amount of harmful bacteria increases. These safety factors and health factors such as nutrients and not denaturing the wonderful proteins in raw milk are reasons why it is so special in health programs, whereas pasteurized milk is so harmful.

A number of years ago I came across some wonderful information and confirmation of the benefits of raw milk which through the years has become known as "Pottenger's Cats," taken from a classic study done by Francis M. Pottenger, Jr., M.D., later published in a book appropriately titled, *Pottenger's Cats, A Study in Nutrition*, available from Price-Pottenger.org.

Yesterday, I decided to re-read the book, and today the Lord opened the door to buy a milk goat. You see, the book is fascinating research involving the health and development of various animals and humans based upon specific dietary regimens. His study with 900 cats over many generations for ten years is powerful evidence of the importance of whole fresh milk, and raw meat in a cats diet, and then the application to humans became necessary and proved extremely valuable. It's significant that cats which were fed with cooked meat and processed milk gave birth to feeble, sickly, deformed kittens, and by the third generation the kittens died before they were even old enough to reproduce. It's good reading for anyone, and I highly recommend it.

For you cat lovers, “an *optimum diet* refers to a diet of raw food, including raw meat, raw milk and cod liver oil.”

Dr. Pottenger sums up his portion on cats by stating: “The elements in raw food which activate and support growth and development in the young appear easily altered and destroyed by heat processing and oxidation. What are these elements? Their nature is not known at this time [about 1932-42]. We do know that ordinary cooking denatures proteins rendering them less easily digested. Probably certain albuminoids and globulins are physiologically destroyed. All tissue enzymes are heat labile and so destroyed. Vitamin C and some members of the B complex are injured by the process of cooking and minerals are made less soluble by altering their physiochemical state. It is possible that the alteration of the physiochemical state of foods may be all that is necessary to make them deficient for the maintenance of healthy cats. Now how about humans?”

And then Dr. Pottenger goes on in the application of his study to the effects on humans, from breast feeding to the nutrition of children and adults.

I want to repeat a thought and have you apply it to our human state today in this country. He said, “There are never more than three generations of deficient cats because of the third generation’s inability to produce healthy, viable offspring.”

Isn’t that where we are today? The inability for women to conceive or to bear healthy babies, and for men to be fertile enough to impregnate, is evident all around. I have had it proven to me when I got husbands and wives on multiple vitamins when the wives could not conceive and then they were able. Praise the Lord. Many others have done the same.

I would like to quote several of my highlighted statements from Dr. Pottenger’s book because they tell us much about our human condition today that has been fed now for three generations on a very poor diet.

“Cooked meat fed cats show much more irritability. Some females are even dangerous to handle and three are named Tiger, Cobra, and Rattlesnake because of their proclivity for biting and scratching. The males, on the other hand, are more docile, often to the point of being unaggressive and their sex interest is slack or perverted. In essence, there is evidence of a role reversal with the female cats becoming the aggressors and the male cats becoming passive as well as evidence of increasing abnormal activities between the same sexes. Such sexual deviations are not observed

among the raw food cats."

It doesn't take much intelligence to see the parallels today, does it? But few realize the part that diet plays in human behavior. Or do they?

Here's another statement that follows the one above.

"Vermin and intestinal parasites abound. Skin lesions and allergies appear frequently and are progressively worse from one generation to the next. . . . Abortion in pregnant females is common . . . Deliveries are generally difficult." And the weight of the newborn is "less."

"One of the experiment's most startling discoveries is that once a female cat is subjected to a deficient diet for a period of 12 to 18 months, her reproductive efficiency is so reduced that she is never again able to give birth to normal kittens."

"In this experiment, one group of cats is fed raw meat, placed on a diet of cooked meat for six months and then returned to a raw meat diet. (The six month exposure to cooked food is timed to correspond to the human teenage years.) When a female cat on this altered diet becomes pregnant, her kittens exhibit some deficiency symptoms although she may appear in good health."

"Cats fed evaporated milk show even more damage than their pasteurized counterparts while the most marked deficiencies occur among those fed sweetened condensed milk. The cats on sweetened condensed milk develop much heavier fat deposits and exhibit severe skeletal deformities. They show extreme irritability and pace back and forth in their pens nervously."

In another experiment, kittens were fed either irradiated vitamin D certified raw milk from grass fed cows, or irradiated vitamin D milk from cows fed dry feed (as almost all commercial milk is today.) "The dry-feed-fed cattle gave milk which produced rickets when fed to cats, in spite of high amount of vitamin D present." The green-feed-fed cattle gave milk that did not produce rickets.

Dr. Pottenger gives a lot of evidence how that the skeletal formation of all the bones, including the cranium and jaws are affected by diet, and of course as a dentist I was especially impressed by the fact that the development of the teeth becomes abnormal and that of the jaws insufficient and thus the crowding of the teeth becomes very obvious. Orthodontist anyone?

"Scientists first thought they had established that good nutrition depends upon the adequate intake of proteins, carbohydrates, fats and minerals only to realize later that hormones,

enzymes and vitamins are just as essential to the building and maintenance of the human body. They are just beginning to realize that these vital growth substances are destroyed by modern methods of milling, heating and processing foods; and moreover, that modern methods of agriculture and animal husbandry are depleting the soil and depleting the quality of plant and animal products which furnish these substances to our diet."

The tragedy, dear reader, is that this was written over fifty years ago, and the animal husbandry and processing methods are becoming worse, not better. But knowing the truth, you can escape the deadly conditions that ungodliness, greed, and corruption has imposed upon our food supplies.

Let me add a final comment from Dr. Pottenger.

"I know for certain that breast milk from a healthy mother is the optimal diet for infants. If it is necessary to remove a baby from the breast before a normal span of nursing, or if nursing for some reason is not possible, I would place the infant on Raw Certified Milk where it is available." Then he goes on to suggest other food items as the baby matures.

Now let me give a few of my highlighted comments from Dr. Oski's book, *"Don't Drink Your Milk,"* most observations taken from drinking processed, pasteurized, homogenized milk, written over twenty years ago, even before the deadly things added today such as pesticides, antibiotics, and hormones.

"Breast fed is best fed,"

"Fifty Cents for a Quart of Intestinal Gas" is the title of one chapter. No wonder the next chapter is entitled, "Don't Cry Over Spilt Milk."

"The majority of children with normal blood vessels had been breast-fed; the majority of children with diseased vessels had been fed cow milk or cow-milk-based formulas. . . . coronary arteries. . . . atherosclerosis."

"Breast milk, and most particularly colostrum, the milk secreted by the human breast during the first days after the birth of an infant, is rich in substances that confer immunity on the baby during the period of life when he is most susceptible to life-threatening infections. Breast milk is rich in antibodies. These proteins are necessary for the body's defense against infection by bacteria and viruses."

"Leah Margulies in an article entitled 'Baby Formula Abroad: Exporting Infant Malnutrition' states: "This 'mothercraft' employee [a women dressed as a nurse working for the commercial

milk company promoting a commercial product as better than breast milk] embodies the dynamics and vitality necessary for the growth of markets, not for the growth of infants." In Chile: "In 1973 three times as many deaths occurred among infants who were bottle-fed before three months of age than among wholly breast-fed infants." This is described as "Commerciogenic malnutrition."

"Human milk can be viewed as a natural economic resource as well as a natural resource."

In Tacoma, Washington, investigators found an apparent relationship between heavy milk drinking, processed milk, and anti-social behavior. . . . Juvenile delinquents consumed almost ten times the amount of milk that was drunk by the control group. The juvenile offenders ate less fruit, nuts, and vegetables." And as a dentist I must add: "A real irony is that milk may actually lead to tooth decay." This is because the baby is put to sleep with a bottle of milk instead of water, and the milk then just lays on the teeth of the sleeping baby and promotes decay. Milk does not keep dripping out of the breast, but it just keeps running out of a bottle.

Milk anemia is an occasional problem, but "Mammon always intrudes: the director of a local television program was not allowed to mention milk anemia on his program because the dairy companies were big advertisers." How well I remember the first week I was on a particular "Christian" farm radio station and was called in when I taught what the bible said about pork. Amusing, but pathetic!

And let me add, the biggest "spiritual disease" in the body of Christ is "Milk Anemia." This is a condition that develops when a child is given only milk after 6 months of age, and is not gradually given vegetables, meat, and fruits, and by normally 2 years of age weaned off of the breast onto a balanced diet for their growing body. The baby has enough iron stored from birth for the first six months, but then needs iron in the diet. If they do not get it "milk anemia" results, and they will develop such symptoms as weakness and fatigue, irritability and other mood disturbances, mental confusion, glossitis which is a red, inflamed, sore smoothness of the tongue, headache, loss of appetite, shortness of breath on exertion, restless leg syndrome which is a nervous disorder causing a sense of unease and weariness in the lower leg that is aggravated by rest and relieved by movement ["going to and fro"], and in adults the loss of the sexual and reproductive

drive. That's the spiritual condition of most of the church today. Transpose these physical conditions into spiritual conditions and you'll see the connection. We need the "pure, unadulterated milk of the Word."

"Cow milk contains 1,200 milligrams of calcium per quart; human milk has only 300 milligrams per quart. Yet, despite these differences, the infant receiving human milk *actually absorbs more calcium into his body.*" Think of that statement, that cows milk has four times the amount of calcium than mother's milk, and yet the baby absorbs more from their mother than either cow's milk or some man-made bottled milk formulas! Does this fact alter your understanding about the value of processed milk products for the benefit of calcium?

In 1974 the Federal Trade Commission issued a "proposed complaint" against the California Milk Producers Advisory Board and Cunningham and Walsh, its advertising agency. "They charged that the dairymen's campaign to stimulate milk sales constituted false, misleading, and deceptive advertising." The problem was with their slogan, "Everybody Needs Milk." So they changed their slogan to "Milk Has Something for Everybody." To which Dr. Oski replies, "Who can argue with that? Of course that 'something' might be diarrhea, iron-deficiency anemia, or even a heart attack." And he lists in his book many other disease conditions derived from drinking processed milk.

In a 1974 issue of Consumer Reports entitled, "Milk: Why Is the Quality So Low?" they report that Consumers Union investigators "examined milk as a product and evaluated it for taste, bacterial contamination, and undesirable additives. Their findings should frighten even the milkaholics away from their local dairy bar." Then Dr. Oski gives pages of their reasons why.

All of Dr. Oski's book is well worth reading, but let me end my notes with a quote he gives from Oliver Wendell Holmes. "A pair of substantial mammary glands has the advantage over the two hemispheres of the most learned professor's brain in the art of compounding a nutritious fluid for infants."

Now let's look at how such a deadly and harmful ingredient like rBGH could be approved by the government's FDA for injecting into cows in order to produce more milk, when the country is already over producing milk and the government is subsidizing it.

This pathetic and sad story is best told in the book, *Milk, The Deadly Poison* written by Robert Cohen, a very diligent, persistent,

and dedicated researcher.

In the forward to the book by Jane Heimlich, herself a dedicated health author and advocate, and wife of the world famous Henry Heimlich, M. D., inventor of the "Heimlich Maneuver," the anti-choking technique that has been used to save thousands of lives, she introduces the reader to the story that "uncovers layers of scientific fraud perpetrated by the FDA, with assistance from JAMA, Science News, and even the Cadillac of scientific publications, Science." Reading at times "like a detective story" she states what the book proves by transcripts and documents, that Robert Cohen "our indefatigable scientific sleuth uncovered the smoking gun —incontrovertible evidence showing that laboratory animals treated with rBGH developed cancer." And then the author tells the story how the Monsanto Company has turned their \$500,000,000 investment that produces cancer into a \$500,000,000 yearly profit by sending two of their scientists and an attorney to work for the FDA to change regulations without proper authorization and even writing the legislation of approval for rBGH, and then bribing the congressional committee responsible for oversight with PAC money to gain their approval!

Robert Cohen gives us a historically significant date. "On November 5, 1993, FDA approved the use of a genetically engineered recombinant bovine growth hormone. Natural growth hormones were taken from dairy cows and recombined with the genetic material of bacteria, then implanted inside of *E. Coli* bacteria. The resulting bacteria produced large amounts of bovine growth hormones which are processed. The procedure was commercially viable for farmers and represented the beginning of a new food industry, genetic engineering."

The amazing thing to me is that Nov. 5th happens to be my birthday. The problem is that now, years after 1993, I've "opened their present" only to find a bomb, more deadly than any terrorist bomb, in that it is maiming and killing hundreds of thousands, and affecting millions. And the worst is yet to come.

The statistics on genetic diseases is staggering. In his book, *Biology for the 21st Century*, in which he challenges for a financial reward any and all evolutionists to a court trial before a superior court judge to even prove evolution is a science instead of the "fantasy religion" that it really is, Joseph Mastropaolo, Ph.D., presents the graph showing the rapid exponential increase in genetic disorders that are now occurring in human history, especially since the 1990s (www.csulb.edu/~jmastrop/data3).

html). This is all due to man's rebellion against God's ways, and pursuing their selfish ambitions.

Robert Cohen reveals that the Monsanto turned FDA attorney lied when he wrote the labeling laws and said that "Genetically engineered milk is indistinguishable from normal wholesome milk." The truth is that it contains an increased level of another hormone, insulin-like growth factor-1 (IGF-1), the most powerful growth hormone occurring in nature! And the "greatest biological coincidence of all time" has occurred in that IGF-1 is identical between cows and humans. No other hormone known to science is identical between cows and humans. And this hormone is known by scientists to be required by the body in the growth and proliferation of all cancers! It is not surprising then that "rBGH is not approved in Canada, Japan, Australia, New Zealand and Europe" in 1997, when the book was published.

Also, one amino acid "on the 191 amino acid chain structure" of the rBHT was changed, and only later reported as a "freak" amino acid. The author says: "Shades of Jurassic Park! Shades of Frankenstein! Monsanto had created a 'Frankenfood!'" And the "FDA allowed that food to enter our food supply. . . . Microbiologists are aware that one amino acid difference in a protein can result in hundreds of known diseases including sickle cell anemia and forms of Alzheimer's disease. How many unknown diseases? Unknown!" Exponential growth in "Genetic Disorders" is the statistical fact!

Now you might say, "Well, I don't drink milk." Do you eat cheese? Ice Cream? Yogurt? The American public eats more dairy products than any other food group -- more than meat, vegetables, fruits, or anything else. It takes 10 pounds of milk to make one pound of cheese. Think Pizza! "Double cheese, please," my old favorite. Did you ever order a restaurant hamburger where they didn't try to push cheese on you? Even cottage cheese takes four pounds of milk to make one pound. That's ½ gal. milk to fill that little 16 oz. plastic container with what was another of my favorites. Now my wife makes it naturally. And butter -- it takes over 21 pounds of milk to make one pound of butter. Now think raw milk butter from properly fed and treated cows, naturally pastured on grass.

It is also significant that "research indicates that one bovine protein in milk destroys the insulin-producing beta cells of the pancreas" which results in diabetes. And Virgil Hulse, M.D., author of *Mad Cows and Milk Gate*, wrote that "Cows are being

fed diseased sheep, chickens, and other cows. These cows are then slaughtered, wrapped in plastic, priced and put out in your local grocery store as harmless for human consumption. Of these cows, 80 percent have the bovine leukemia virus and 50 percent have the bovine immunodeficiency virus – the animal equivalent of AIDS.”

And let's mention obesity and the fact that the total amount of milk and dairy products consumed is more than triple that of beer. “One 12 ounce glass of beer contains 144 calories and no fat. On the other hand, a 12 ounce glass of milk contains 300 calories and 16 grams of fat.” Therefore, Robert Cohen suggests, “Protruding stomachs on overweight people should be called milk bellies, not beer bellies.”

Well, my friends, the story of modern milk is truly a sad one. From the Watergate tapes we hear President Nixon being bribed by the milk producer cooperatives to get price increases that you, the consumer, has to pay. And President Clinton passed into law the Economic Espionage Act of 1996 which makes it a federal crime to obtain and publish the harmful effects of research under the guise of “illegal use of trade secrets.” And it's not just on the federal level that such legalized bribery, called PAC money or lobbyist support, routinely takes place. “Many state assemblies, successfully influenced by industry lobbyists, have also passed anti-food slander laws, called Agriculture Disparagement Acts, which make it a crime to criticize an agricultural product” even though anyone knows this is truly blatantly unconstitutional! “The laws are intended to curtail the right to free speech, to make it illegal to hand out leaflets or to dump rBGH milk in the gutter.” And most states have made it illegal to sell unpasteurized milk, under the pretense of protecting the public's health. Just follow the money, my friends.

I've written a lot about real milk and the problems and harmful effects associated with processing and changing it, but I want to add information from one of the best books that I can recommend on this subject. Ron Schmid, ND, has written a most excellent work entitled, *The Untold Story of Milk*, which I would suggest anyone interested in helping to correct the problem read. It will be a classic on the subject. I will make comments from over 400 pages of information to help further your understanding.

When it was written in 2003, there were 100 farms going out of business every week. Ron tells us “why government policies, regulations, laws and controls on milk sales and pricing have

reduced the number of dairy farms in America from 3.7 million in 1950 to just 105,250 in the year 2000." This is a staggering loss, and I now understand why when I drive through the country that there are so many barns and pastures empty compared with when I was a boy.

Ron gives us some excellent history of the use of milk throughout recorded history, and it is significant what developed in the 1800s. "The War of 1812 with England resulted in the permanent cutting off of America's whiskey supply from the British West Indies. As a result the domestic liquor industry was born, and by 1814, grain distilleries began to spring up in the cities as well as in the country. . . . The processes of fermentation and distillation extracted the starch and alcohol from grains, and produced an acid refuse of chemically changed grain and water known as distillery slop. This waste product was then fed to cows by individuals who cared nothing about the animals or the quality of the milk thus produced." This "swill milk," as it was called, was not fit for human consumption, and the death rate of infants under 5 doubled as it rose from 25% to 50% of the total mortality rates in big cities. And what of the cows? It was reported by a concerned physician that cows in Long Island stables were imprisoned there until they died. He states: "There she was kept in foul air, standing or resting in her own manure, with no other food, sickening until her tail rotted off and her skin broke out in gangrenous ulcers, and she died."

This terrible condition resulted in the rise of two movements. The first was initiated by a concerned and dedicated physician who together with his colleagues, at no profit to themselves, started the "Certified Milk" Movement. This involved a legal contract between the dairymen and the physicians who formed a Milk Committee, "stipulating how the [raw] milk would be produced, inspected, and certified." This safe and healthy raw milk was a great benefit for many years, although it naturally cost more than the swill milk available. But then because of the sicknesses caused by the "swill milk," a philanthropic businessman started the pasteurization movement. As this movement grew, pasteurization became big business as "businessmen had invested large sums of money in plants and equipment for the new technique, and further implementation of the technology promised sizable returns." So business, politics, and government soon forced the mandatory pasteurization of all milk except in some states where they could not get total control. The last distillery dairy, where "confined,

diseased, and abused cows were fed the acid waste product of whiskey making," "distillery slop," closed in Brooklyn in 1930. However, the same godless forces are at work today, abusing this wonderful creature of God with mostly grain and no grass, where cows often never leave their stalls except to be milked every 8 hours, three times a day.

I've seen this first hand. I had a providential experience last year when I was studying and writing this information on milk. My wife and I went to a conference in Pennsylvania, and as we always do, prayed for direction as to where we should stay when we got there. After several attempts, we found the motel where we felt the Lord wanted us, and checked in. My wife always packs food for our trips, and we realized it was suppertime and we didn't have any salad dressing. We asked at the front desk where was the closest health food store, but she didn't know. However, she said there was a grocery just down the road a little bit. Only a mile and a half later, we came across not only a grocery, but it was part of a large dairy farm and they were having their annual open house. We were able to go through the facility that night, and the next day also, and see and ask many confirming questions. Sure enough, huge green pastures were part of the farm, however, the cows hardly ever were allowed time pasturing on green grass, but were kept in a large barn and fed grains and silage, like candy to a cow, and thus milked three times per day, and closely monitored for each one's milk production. Some had udders so large they could hardly walk, but they were "producers!" And then the milk was moved up the hill to their processing dairy. And what comes out?

Well, to continue to help us find out, let's get back to Dr. Schmid's book, and I want to just pick out some more facts and quotes for your consideration. It's an amazing story of how and why "small farms have all but disappeared and why 30 million farmers have left the land since the end of World War II" (pg. 6).

We learn what zookeepers have learned by hard experience. He states, "Every zookeeper in the world now feeds zoo animals only raw foods; it took many years, but zookeepers finally learned that animals eating cooked foods fail to reproduce, become diseased and die prematurely. This provides further evidence of the critical importance [especially for animals] of food enzymes found only in raw foods" (pg. 104).

To really understand why we are in the condition we are in, we must understand the "medical-industrial-educational-media-

governmental complex" that is controlling the situation.

An example was when Robert Harris, M.D. wrote an article warning against Undulant Fever and claiming many people were sick and some died in a specific city when it was later revealed the story was entirely fictitious, that there was no such city, and yet they spread the false report in many national magazines and publications all across the country. (pg. 144) Another example is given when a dairy got some doctors to testify "to get raw milk outlawed" when the dairy knew what they were saying was entirely false, but they did it for their own selfish reasons. (pp. 146-147)

To see how open this complex works together, "In 1971, for example, Earl Butz, the director of Ralston Purina, became Secretary of Agriculture. Departing Secretary Clifford Hardin then became the new director of Ralston Purina." It's called "The revolving door." "Forty percent of the congressional representatives defeated in the 1992 election became lobbyists, as did substantial numbers of their committee staff directors." (pg. 155)

For decades this complex "has blamed animal fats for the problems caused by sugar, vegetable oils and other processed foods." However, between 1930 and 1970 the cause of death from heart disease increased 10 fold, but the consumption of animal fats decreased. "In other words, while consumption of animal fats declined, incidence of heart disease increased. These facts are sufficient to disprove the theory that animal fats and cholesterol cause heart disease. During the same years, consumption of refined vegetable oils increased 400 percent while the use of sugar and processed foods skyrocketed." (pg. 175)

"Uffe Ravnskov, MD, PhD, a Swedish researcher who has extensively studied the literature on the diet-heart idea, lists almost three dozen brave scientists that have published studies describing flaws in the modern cholesterol myth." (pg. 177) He and other researchers "conclude that high cholesterol may actually be protective." A French study reported in *The Lancet* in 1989 that: "Women with low cholesterol had a death rate more than five times higher than that of women with very high cholesterol. In fact, the researchers noted that old women with very high cholesterol live the longest." (pg. 180)

"Coincident with the belief that high cholesterol causes heart disease is the concept of good and bad cholesterol, HDL and LDL (high density lipoprotein and low density lipoprotein).

Lipoproteins are particles composed of fat (lipids) and proteins that carry cholesterol through the blood stream. HDL carries cholesterol from the tissues to the liver, where it is used for a variety of purposes or is excreted in the bile. LDL carries cholesterol from the liver, where most of the body's cholesterol is manufactured, to the peripheral tissues." (pg. 181)

This proposes a problem and ethical challenge for doctors. "The practicing physician who does not recommend cholesterol-lowering drugs for, let us say, his elderly female patient who tests a bit above the official norm of 200 mg/dl, is guilty of failing to follow standard-of-care guidelines. He may be subject to disciplinary action from a medical review board and even the loss of his license, and perhaps even a civil suit from a zealous family and their lawyers should his patient have a heart attack." (pg. 181)

And yet, studies show that "treatment with cholesterol-lowering drugs resulted in a markedly higher incidence of suicide, depression and violent death." (pg. 187) It affects the central nervous system.

"In 1996, an article titled "Carcinogenicity of lipid lowering drugs" appeared in the *Journal of the American Medical Association*. A careful review showed that all of the statins [a class of drugs such as Zocord, Pravachol, Lipitor, Lescol, and Mevacor] caused cancer growth in rodents, and that the blood levels causing cancer in rodents were close to those of patients treated with statins." (pp. 188-189)

In his next chapter, Dr. Ron Schmid states, "Since I started farming, ten million farmers have been removed from the land due to low farm prices. The experts call this technology. I call it planned destruction of rural America by the international conglomerates sanctioned by our government. Our food supply is in dire jeopardy." (pg. 193)

In this chapter he reveals "why government policies, regulations, laws and controls on milk sales and pricing have reduced the number of dairy farms in America from 3.7 million in 1950 to just 105,250 in the year 2000. Over three-and-a-half million farm families left the land during those years. The trend continues in 2002, as an average of 24 dairy farms go out of business every day."

"In 1950, 3.7 million of America's 5.4 million farms had milk cows, cows that spent most of the year out at pasture. By 2000, the total number of farms had shrunk to less than 2 million,

and only 105,250 had milk cows. Most of those cows spend most of their time in confinement facilities.” (pg. 194)

In 1950 the average was 6 cows per farm, in 1990 it was 52, in 2000 it was 88 cows. Today it is hundreds and sometimes thousands. “Get big or get out” is the war cry. But sad to say, “the average lifespan for a modern confinement dairy cow is 42 months, compared with 12-15 years for a cow on pasture. (pg. 195)

But the consumer and poor old Betsy aren’t the only victims of this vicious culture. The conglomerate rulers, far from the pain and agony of their suffering creatures (like our politicians far from the cold calculated butchery of the abortionist’s knife), are continually “Speaking lies in hypocrisy; having their conscience seared as with a hot iron” (1 Timothy 4:2).

“Broiler chickens . . . get their beaks snipped off with a hot knife to keep them from cannibalizing one another under the stress of their confinement.” And then there’s “Tail docking,” snipping pigs tails off with a pair of pliers (and no anesthetic) because pigs in confinement bite the tails off the pig in front of them. Oh, it’s worse, just read more about this inhuman treatment of God’s creation. (pp. 196-205) Immoral, godless capitalism vs. moral, godly capitalism, the tendency of the need for profits to take precedence over moral considerations. No moral restraint.

Consumers see many brands of milk on supermarket shelves, but behind these brand names, four multinational companies control over 70 percent of fluid milk sales in the US: Land O’Lakes, Foremost Farms, Dairy Farmers of America, and Dean Foods. . . . And while more than 100 dairy farmers throughout America go out of business every week . . . the CEO of Dean Foods makes \$3.2 million per year.” (2003, pg. 212)

Dr. Schmid begins his chapter on “Modern Milk Disasters, Mishaps and Disturbing Reports” with a report from JAMA, The Journal of the American Medical Association, December 11, 1987, “Over 16,000 culture-confirmed cases of infections due to *Salmonella typhimurium* were traced to two brands of pasteurized 2% milk produced by a single dairy plant. The number of persons who were actually affected was estimated to be somewhere between 150,000 and 200,000 . . . eighteen deaths occurred.”

If they could “successfully charge” that just a few persons got sick from raw milk, they would close the whole business down. How do I know? Because they did it to the last big dairy which had been selling raw milk here in Ohio since 1869. They had

been grandfathered to continue to sell raw milk, but after a small outbreak of Salmonella at the dairy, that originated elsewhere in the state, the state authorities pressured and threatened to take away their Grade A license until the dairy agreed to sell only pasteurized milk. Dr. Schmid reports: "The outbreak and the subsequent decision by the dairy came just a week after the Ohio Farm Bureau Federation voted to support an effort aimed at permitting more sales of raw milk. Coincidence? We think not." (My emphasis of the timing of the attack after the expression of the will of the people and the farmers. pg. 379) It's greed with industry, political, police power!

Remember, when the official party line and the major media's cry is "public safety," the truth behind it is corporate and political profits.

"In 1973, thousands of pounds of PBB [a toxic fire retardant chemical] were accidentally mixed into livestock feed that was then distributed throughout Michigan." (pg. 214) Many cows died within a few months, others became sick, and "Michigan became a vast test tube of nine million human beings."

"The earliest clinical signs that a disaster had occurred [in Michigan] included amnesia, confusion and somnolence (farmers forgot the location of their tractors, were unable to find their way home at the end of the day, and fell asleep in the fields) and lowered white blood cell count, i.e. evidence of immunosuppression. Decreased birth weights, increased respiratory illnesses, and lower IQ values among children born to Michigan mothers exposed in 1973-74 have been reported, and the mental development of these children continues to be followed into adulthood." (pg. 218) After reading the five pages of this terrible story, of the "suppression, obfuscation and outright deception" by the state agencies, along with the cover-up by university and corporate officials, knowing it affected many hundreds of farmers and thousands of their cattle were destroyed, and millions of people living in Michigan and elsewhere where their products were shipped were poisoned in various degrees, it's enough to make anyone sick.

In 1985 there was a "Massive Outbreak of Antimicrobial-Resistant Salmonellosis Traced to Pasteurized Milk." It was estimated that "close to 200,000 people" were affected, there were "16,000 culture-confirmed cases of infection. . . . nearly 3,000 people were hospitalized" and "eighteen deaths occurred." (pg. 219)

Aflatoxins [mold] in milk is due to feeding grains that

are often moldy, and is “relatively unaffected by pasteurization, sterilization, fermentation, cold storage, freezing, concentrating or drying.” In 1991, the levels were so high from one dairy that thousands of gallons of pasteurized dairy products had to be recalled. (pg. 221)

Sometimes unsafe or illegal animal drugs are found, and “milk from a single sulfamethazine-treated cow can contaminate the milk from 70,000 cows when pooled.” (pg. 225)

“Johne’s (pronounced yo-nee-z) disease or paratuberculosis is a common ailment of cattle characterized by chronic or intermittent diarrhea, emaciation and death.” Surveys indicate, “40% of dairy herds in the US are infected and the rate is increasing” and if the situation is not corrected, it “may reach 100%.” (pg. 226)

“The dairy industry has been slow to admit the possible relationship between Johne’s disease in cattle and Crohn’s disease in humans” although an international expert on Crohn’s disease has stated: “It is certain that *M. paratuberculosis* can be pathogenic in humans and that it’s very likely that it causes a significant proportion – even a substantial proportion – of Crohn’s disease in humans.” Pasteurization does not kill the Johne’s bacterium. I personally know farmers who are separating the new born calves from their mothers, after at least allowing them to get the benefits of the colostrum, and are then feeding the calves milk from a bucket in order to keep them separated from their mothers to try and keep this disease from spreading by contact. However, the oxidation of the milk results in less healthy growth in the calves.

In the modern milk processing plant, milk is changed from the way God designed it, and is “remade,” not for the advantage or health of you the consumer, but for the many advantages of the producers! “Production of nonfat dried milk involves forcing skim milk out of a tiny hole at high temperatures and pressures, a process that not only destroys nutrients but also causes the production of nitrates – which are potent carcinogens. Furthermore, the process causes oxidation of the cholesterol in milk” which “has been shown to initiate the process of injury and pathological plaque build-up in the arteries.” This is not the undamaged cholesterol that occurs normally in food. “Thus the obedient consumer who drinks reduced-fat milk in order to avoid heart disease and cancer actually increases his intake of substances that cause heart disease and cancer.” (pg. 229)

“Nonfat dried milk does not appear on the label of

commercial reduced-fat milk because this practice spans the entire industry. The FDA considers the addition of nonfat dried milk an 'industry standard' and does not require labeling." This is what lobby bribes can buy.

In his chapter on "Milk Homogenization and Heart Disease" we read a quote by Kurt Oster, M.D. "Milk has been changed over the years by processing into an unrecognizable physicochemical emulsion which bears little resemblance to the original, natural, and nutritional milk."

Sold primarily no longer in glass but in either plastic bottles or plastic lined cardboard containers, homogenized milk is "a product designed solely for the profit and convenience of manufacturers and distributors."

Ultra-high temperature (UHT) pasteurization, also known as Ultrapasteurization, "causes more denaturing than regular flash pasteurization" which already can increase allergenicity of the proteins one hundred-fold.

Old-fashioned milk contained from 4 to 8 percent butterfat, while modern milk is standardized at 3.5 percent because it "brings bigger profits to the dairy industry being sold as butter or as an ingredient in ice cream than as a component of liquid milk." (pg. 249)

In the chapter "Grassfed, Raw and Fermented Milk is Best" we read a quote from the Lord. "I will send grass in thy fields for thy cattle, that thou mayest eat and be satisfied" (Deuteronomy 11:15). And then a quote from Joann Grohman's book, *Keeping a Family Cow* that "The teeth of children raised on the milk from their family cow are always straight. I'm making this rather sweeping statement because I have never run into any exceptions. I have had letters from my readers also describing the freedom from decay their family enjoys now that they keep a family cow." (pg. 313)

An experiment at an Agricultural College in 1941 was done with two sets of eight calves each. At the end of 90 days the group on raw milk were all in excellent health. But at the end of 90 days on pasteurized milk, two had died after only 30 days and the remaining six were all in ill health, and one of them died two days after the experiment ended. (pg. 321)

This reminds me of a personal story told me by a close friend many years ago. When he was young, they fed some calves with different kinds of milk as a test. Even the ones drinking their milk directly from the cow did better than those drinking raw milk

from a bucket that had fresh milk put into it. However, the cows on processed milk were very sickly, their growth was stunted, and I wish I could remember the end of the story. This was when I first learned about homogenized milk in the 70s. Now with more processing and what the "mad scientists" are doing now, the situation is much, much worse.

Another significant health problem Dr. Schmid mentions is autism, "a heartbreaking condition in which the child is unable to engage in normal social and emotional reactions with those around him. . . . Autistic children suffer not only from neurological impairment but also severe digestive disorders." A parent, Mrs. Linda Carlton has written suggesting, "a diet containing raw milk, raw fermented milk and other fermented foods for autistic children" and comments, "The changes in our children are incredible!" (pp. 330-331)

Dr. Schmid, warns prospective parents of so many facts, and of the "reprehensible" and "insidious 'negative' propaganda" in which many writers, and "supposedly objective men and women of science or responsible journalists, indulge." Such propaganda as "the fundamental modern lie, that modern processing of natural foods has nothing to do with disease, but rather is carried out for the benefit of the people. Thus do the corporate owners and managers and their professional, government and media lackeys manipulate and control the masses for profit. How sad that this description, reading like nineteenth century Marxist [godless] rhetoric, constitutes an accurate description of corporate [godless] power in America today." (pg. 324)

An example of this is the denial of the often proven scientific fact that cultured milk products even improve the nutritional value of the milk from which they are made. And that these "fermented milk products also have powerful bactericidal properties." In fact, in a hospital in Canada, the diarrhea that developed "in all newborns fed regular cow's milk . . . occurred in none of those fed fermented milk." Amazingly, "the hospital's antibiotic expenses dropped by over 75 percent when fermented milk was introduced." (pg. 328) *Lactobacillus acidophilus* is probably the most common good bacteria observed, but *L. salivarius*, *L. plantarum* and other forms of *Lactobacillus* are also found. Unfortunately, modern medicine usually prescribes antibiotics that kill the good as well as hopefully the bad, and an imbalance in the intestinal flora is the result. For this reason, it is always advisable to eat some live yogurt or take probiotics

after any antibiotic treatment. This has been substantiated many times. And one such article is appropriately entitled, "Nature's Gastrointestinal Antibiotics."

Not only antibiotics but also other prescribed drugs destroy the normal intestinal flora, but "a host of side effects has become widespread in the process, often including constipation or diarrhea. Fermented milk products restore normal intestinal flora, a known beneficial effect, while inhibiting the multiplication of pathogens; the antibiotic value of yogurt [live from the milk of grass fed cows or goats] has been compared to that of penicillin." (Emphasis added, pg. 330)

As a dentist, I find it very helpful that *L. Acidophilus* has been given in oral capsules, two capsules four times daily, for the relief of acute infectious inflammation of the gums and mouth. (pg. 330)

"The scope of food-borne illness in the United States is vast." Not only pasteurized milk but also, "Eggs [from confined chickens] contaminated with *Salmonella* are said by some authorities to sicken 300,00 and kill hundreds of Americans each year." (pg. 254) Ground beef is also often contaminated with *Salmonella*, whereas in Sweden it has been almost entirely eliminated from both beef and eggs. It can be done! Nearly every country in the world allows its citizens to obtain raw milk, but only a few others following the American authorities do not.

"It was the advent of modern, closed-system milking machines, starting in the 1920s, and not pasteurization, that reduced the spread of the human strain of tuberculosis in milk to nearly zero." It was that the milkers and handlers who had tuberculosis were no longer in direct contact with the milk. We need to remember, raw milk from grass fed cows has been successfully used to treat people with tuberculosis.

According to reports, only a few hundred people in the United States have become ill from raw milk over the past 25 years. Compare this with other kinds of food sources, where "some 200,000 people are sickened each day in the United States due to food-borne illness; about 900 are hospitalized, and about 14 die [that's 14 people every single day]. The Centers for Disease Control (CDC) states that over a quarter of all Americans come down with food poisoning each year." (pg. 276)

Is it any wonder when "in Arkansas alone, about 3 million pounds of chicken manure were fed to cattle in 1994"? This is inexcusable when the "Physicians Committee for Responsible

Medicine" reports that "chicken manure may contain dangerous bacteria, parasites, antibiotic residues, arsenic and heavy metals." (pg. 279)

So now, due to their filthy but lucrative practices, they want the "irradiation pasteurization" of solid foods with low doses of gamma rays, X-rays, and electrons. "Fast food restaurants are selling irradiated burgers, and schools are using irradiated meats." The public is now being brainwashed into accepting this by calling it euphemistically "cold pasteurization" and "safety-enhancement." The industry also wants to mandate the irradiation of all eggs. But there are studies showing the formation of cancer causing properties in irradiated fat, so where "the industry is less cozy with top elected and appointed officials" it has been rejected, such as in the European Union as of 2002. (pp. 298-301)

According to a 1998 report in Science magazine, "Cattle that were fed grain had one million-fold more acid-resistant *E. coli* than cattle fed hay." (pg. 303) Amazingly a farmer in California took samples of his milk from cows fed daily on grass to a laboratory and they put the deadly *Salmonella* and *E. coli* bacteria in it, but "The organisms could not be found in the milk the next day – they could not survive." Raw milk contains active disease fighting bacteria, such as the well known *L. acidophilus*. That is why many of us have been using good bacteria for years, commonly called "probiotics." "If [good] raw milk were a normal part of the American diet, we would receive daily protection against disease-causing organisms." God's people have had that blessing for thousands of years as the scripture we read before promised: **"And I will send grass in the fields for thy cattle, that thou mayest eat and be satisfied [with taste, nutrition, and health]."** (Deuteronomy 11:15 NAS)

Contrast this pure raw milk with the fact that many "confinement farmers . . . won't drink their own milk raw. They go to the store for milk. That's how bad milk from confinement cows is. A lot of these animals are excreting *Salmonella* in the milk." (pg. 345) And what does the Establishment do? Instead of allowing for grass-fed cows to give pure raw milk for our use, the way God intended and it has been done since creation, and still is in some states and also all around the world, they propose legislation that would prevent anyone, even the farmer and his family, from drinking any raw milk. This wisdom does not come from God, but is selfish, soulish, and satanic (James 3:15). God says, **"The hard-working farmer ought to be the first to receive**

his share of what he produces.” (1 Timothy 2:6 lit.)

Consequently, in Canada, there is estimated “a quarter of a million citizens drink ‘underground, black market’ raw milk.” There, and coming here if we don’t stop it, “the law prevents farmers from giving raw milk even to family members” and “penalties for farmers selling or giving away raw milk include fines up to \$250,000 and three years in jail.” (pg. 350)

It’s significant that “official campaigns to make raw milk unavailable seem to be limited to English-speaking countries.” And “America has led the charge to ban all sales of raw milk. The Centers for Disease Control (CDC), the US Department of Agriculture (USDA), and the Food and Drug Administration (FDA) have all taken official positions calling for compulsory pasteurization and the criminalization of raw milk sales. Professional medical, veterinary and dairy organizations have unanimously followed suit. . . . Strictures against raw milk are very much in tune with America’s move since about 1980 towards demonstrably less individual freedom and increasing penalties for non-violent violators of government-imposed taboos.” (pp. 350-351)

It is time, dearly beloved, to rise up and declare to Pharaoh, **“LET MY PEOPLE GO!”**

It is our God-given Constitutional right! Our “right to life, liberty, and the pursuit of happiness” which has been being stripped from us continually in recent decades and exchanged for “the right to kill,” “the right of legalized bondage,” and “the right of the pursuit of health destroying drugs!”

Thank God, “People are waking up to the fact that the issue of raw milk has nothing to do with protecting the public and everything to do with protecting those who control the food supply.”

“Leading the activist movement to establish universal access to high quality raw milk is The Weston A. Price Foundation” but there needs to be a spiritual movement among God’s people, a spiritual EPA, where we Educate, Pray, and Activate, and add to the fight a spiritual level with spiritual weapons.

“What’s needed today is a return to humane, non-toxic, pasture-based dairying and small-scale traditional processing, in short . . . *A Campaign for Real Milk!*”

The author, Dr. Ron Schmid, has a lot of truth in a concluding statement when he says, “Raw milk is the key to the health crisis, the farm crisis, the economic crisis, the small town crisis, even the

environmental crisis, the political crisis and the educational crisis. Every person in America can take part in this transformation, and so can you, simply by drinking your milk raw."

Think of what problems there are when we have the legal distribution of alcoholic beverages and cigarettes, and yet we can't be permitted to obtain good, pure, real, raw milk and raw milk products?

Dearly beloved reader, I hope the information in this chapter inspires you to Pray and take Action, and to share this information with others, Educate. God's people are suffering and dying needlessly from the godless systems that have developed. The systems of antichrist are upon us, but with intelligent, informed understanding, we can escape much of what is here and the worst of what is to come. I would encourage you to re-read the chapter, get some of the books I've referred to, and "**Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth**" (2 Timothy 2:15), and the truth about God's created, health building foods and what man has done unto it to the detriment and ill-health of us all. Then you will know as you commune with God what is really sanctified.

May God bless you as you do!

In conclusion of this chapter, let me give you another one of my Milk Stories, one that is in fact the result of researching and writing this information.

For years, my wife complained often of my bad breath. As a husband, and as a teacher on health, and among people, I was of course concerned, and often prayed about this. I did all I knew to do. I was eating and living clean, and was very careful not to consume anything that I knew was bad or could possibly cause this. After studying what I've just written, I stopped eating the usual milk products that I often enjoyed. Mainly organic, live yogurt several times a week from the health food stores and a favorite cultured cottage cheese from the supermarket, and occasionally organic non-homogenized but pasteurized whole milk, and whole milk ice cream made with real cream (and occasionally from organic ultrapasteurized cream) and honey, and my wife's lasagna made with cottage cheese and mozzarella. All delicious! But . . .!

Due to the pasteurization and processing methods, it was what caused my bad breath. Putrefying food from insufficiently

digested unclean and adulterated food products pollute one's intestinal tract, and portions become toxic wastes that are reabsorbed from the intestines back into the blood stream, and is exhaled out through the lungs. Intestinal toxemia is more common than most people realize, and is a major source of disease and cancer. That is why bowel cancer is so prevalent in our society. Regular bowel cleansing is therefore a necessary and very helpful health procedure that I recommend at least a couple of times per year.

And thus when I quit eating these processed milk products, I went from halitosis to hallelujah! And you can too! From carnal, worldly nutrition to "Holy Nutrition." From sicknesses to holiness, happiness, and health!

Now, after writing the rest of the book, I must add to this chapter on milk some other information that reveals to us that the situation is now even worse. Because it has become so evident to physicians and health professionals that standard store bought milk (processed, adulterated cows milk) causes so many problems in children, they have now determined to promote a substitute that is even worse. And this may shock many, but it is the soy formula for infants. And all soy for teenagers and adults is also very harmful, and causes many health problems. I've known for some time that there are serious dangers in soy products the way they are processed today and unfermented. And the problems are growing so fast, that it is astounding. Let me say as clearly and loudly as I can, Do not eat soy products! Except perhaps for small amounts of fermented soy. Period!

For those who want to know why, there is excellent information on the web. For instance, google "dangers of soy," as I did. Also, a 400 plus page book I just finished this week, *The Whole Soy Story, the dark side of America's favorite health food* by Kaayla T. Daniels, PhD, CCN, which I consider a must read for any health care professional who wants to know the truth and truly help people. It begins with statements of acclaim by many well-known health professionals, one M.D. stating that he believes "This is the most important nutritional book of the decade."

There are many myths and lies being spread about soy by the multinational companies and their government and media lackeys, and Kaayla's book is excellent to give the history and answers concerning all soy bean products used for food.

She begins chapter one in this very documented expose by

revealing, "The ancient Chinese valued the soybean as a national treasure and honored it with the name 'the yellow jewel.' Yes, the Chinese revered the soybean – but they did not eat it. The soybean is one of the 'Five Sacred Grains,' along with rice, millet, barley and wheat." She then goes on to explain with documentation that the soybean was used for hundreds of years for a cover crop which enriches the soil with nitrogen between plantings of the crops used for food. It was designed by God as a natural fertilizer! It is pictured in their language as such, the characters showing the root system, not the grain as in the other four sacred grains.

It was hundreds of years before they found out that if they fermented soy, it could then be eaten in small amounts as a condiment, but not as a main dish. It wasn't until this past century that large companies began to process soy with high temperatures, pressure, and modern technology and to promote soy as a health food. However, it has many antinutrients that cannot be removed easily, if at all, such as protease inhibitors, phytates, lectins, saponins, and oxalates. It has heavy metals such as excessive manganese, fluoride and aluminum toxicity, and many substances causing allergies, damage to the thyroid, breasts, reproductive system, brain, lungs, pancreas, skin, blood, kidneys, liver, intestines, heart, and causes cancer.

As one example of an antinutrient, phytates prevent the assimilation of minerals, such as calcium, magnesium, copper, iron, and zinc. Think what that means!

Vegetarians are really having severe problems because of the health lies and intense propaganda that they have been deceived into believing, that soy protein and products are the answer to meet their nutritional needs, especially for adequate protein.

One of the most tragic developments is that soymilk is being vigorously promoted worldwide, and the various effects on children, as well as adults, are devastating. For instance, due to the phytoestrogens, "Babies fed soy-based formula have 13,000 to 22,000 times more estrogen compounds in their blood than babies fed milk-based formula. Infants exclusively fed soy formula receive the estrogenic equivalent of at least five birth control pills per day. . . . Almost 15 percent of white girls and 50 percent of African-American girls show signs of puberty, such as breast development and pubic hair, before the age of eight. Some girls are showing sexual development before the age of three" (Soy Alert, WestonAPrice.org). This difference in the groups is due to free soymilk being given by the government to the low income.

And for boys, their sexual and mental development is altered, stunted, and irreparably damaged.

This morning as I was hopefully reading this book for the last time before printing, a sister called for some wonderful Barley Grass Juice Powder, and as we talked she mentioned another food item that is now gaining in promotion and popularity among "health food" people. That is hemp for food, and I believe the Lord wants me to insert this info here.

Hemp is a wonderful plant that the Lord made and has been used since the beginning of recorded history. Hemp fiber is used for many things such as paper, rope, cloth, medicine, and many other industrial products. In fact, the first drafts of our Declaration of Independence were printed on hemp paper, and all of our early American flags were made from hemp cloth.

Sometime ago a hemp food company sent me some hemp hearts and flavored bars with hemp hearts to try. The chocolate bars were delicious, but I did not feel led to eat the hearts. Instead, after more prayer I went to the www.WestonAPrice.org web site and found an excellent article I would strongly recommend to you by Sally Fallon entitled, "Instead of Soybeans...Hemp and Kenaf." Sally reports that the history of hemp is very old, and it has been used for many purposes, but not for food. It is out of balance nutritionally, and can cause one to fail a drug test because it is of the same family of plants as marijuana.

The sister who called shared again her testimony with me. She had a friend who had been eating hemp for sometime and liked it very much. I told her that I didn't believe it should be used for food and referred her to Sally's article. She read the article and searched the web, but still decided she wanted to try it also. I offered her all that I had been given, but with the admonition to continue to pray and seek the Lord about it. She told me what happened:

"I tried it for two weeks and felt great. Then when I took it after 2 weeks, within 1-1 ½ hours I threw up violently. This was on the recommended 4 tablespoons per day. I also had bad diarrhea. Then a second time in a week or so, I took just one teaspoon, and in 1 ½ to 2 hours I had the same reaction of violent vomiting. Then later I stopped at a health food store and bought a bottle of "Fruit and Vegetable Juice" on my way home because I was thirsty. It had a long list of ingredients in small print, but I didn't have my reading glasses with me. Within 2 hours I became sick to my stomach and threw up. The next day I looked carefully

at the ingredients and found that it had hemp in it.”

Was this reaction due to physical properties, or was it due to spiritual action, the answers to sincere prayer for her, and for you, the reader, and others? Remember my testimony about pork in chapter 7? I’ve seen these answers before, and know that God is very serious about His instructions to us: **“Be ye holy, for I am holy.”** Sincere prayers for sanctification are answered!

Now back to the sad soy story. It is becoming worse!

Remember in this chapter on milk the story how Monsanto lied and forced genetically modified milk onto the US public and the world. They have done it again in genetically modified soy, and the results are deadly. Listen to the warning one soy producer gave to Soy Online Service when investigating their evil works. They told them they had “...teams of lawyers to crush dissenters, could buy scientists to give evidence, owned television channels and newspapers, could divert medical schools and could **even influence governments...**” (soyonline.service.co.nz). Go to their web site and read what else they have to report!

Beloved, we are dealing with Food Terrorists! Religious terrorists are deadly, as we all know. But in these last days Food Terrorists are affecting all people worldwide. Dr. Joseph Mastropaolo, who I quoted earlier, has determined that due to the exponential increase in genetic disorders, the human race cannot endure the devolution taking place, that we are in danger of “imminent human extinction.” Christians have long thought that when Jesus said concerning the end time in which we are living: **“For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be. And except those days should be shortened, there should no flesh be saved: but for the elect’s sake those days shall be shortened”** (Matthew 24:21-22 KJV) that this referred to war and possibly atomic and chemical “Weapons of Mass Destruction.” Yes, but that’s not all. Beloved, these WMDs are not coming from just “over there,” but being created and delivered to us right here in our culture, in our “food stores.” The “mad” scientists, greedy businessmen, bribed legislators, corrupt officials, traitorous politicians, radicalized educational establishments, ungodly lawyers, and duped media that have no fear of God have been born and reared right here at home, and are actually causing the deformity, physical sickness and disease, and death of more people right now than the religious terrorists! God warned us

about these kinds of traitors coming to power in these last days!

"This know also, that in the last days perilous [difficult] times shall come. For men shall be lovers of their own selves, covetous [lovers of money], boasters, proud, blasphemers [revilers, abusive], disobedient to parents [rebellious], unthankful [ungrateful], unholy, without natural affection [unloving], trucebreakers [irreconcilable, unappeasable], false accusers [slandorous], incontinent [without selfcontrol], fierce [brutal, cruel], despisers of those that are good, traitors [treacherous, covenant or agreement breakers, betrayers], heady [headstrong], highminded [conceited, haughty], lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof [refusing the power that can make them godly]: from such turn away."

(2 Timothy 3:1-5 KJV)

Beloved, it's not just war and military chemical weapons of mass destruction that we need to be concerned with. These deadly chemicals in our food supply, these Food WMDs are killing millions now, and it will only get worse. I beseech you, eat holy! Holy nutrition is needed as never before. Spread the Word!

And remember the Word of the Lord:

"Godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out. And having food and raiment let us be therewith content. But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition.

"For the love of money is the [Gk.: a] root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. But thou, O man of God, flee these things. "

(1 Timothy 6:6-11 KJV)

Proverbs 24:13-14

Honey, Honeycomb, and More

My son, eat thou honey, because it is good; and the honeycomb, which is sweet to thy taste: So shall the knowledge of wisdom be unto thy soul: when thou hast found it, then there shall be a reward [a future NAS], and thy expectation [hope NAS] shall not be cut off.

(Proverbs 24:13-14 KJV)

In the last chapter about Israel being “a good land and a large, unto a land flowing with milk and honey” we gave a lot of information about milk, but now we need to give a little more about honey and the honeycomb.

There is not a better sweetener than honey. It is both delicious and nutritious. Many books have been written about the health benefits of raw honey, but many, including some translators, do not realize the benefits also of the honeycomb. We read from its Creator, “**Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.**” (Proverbs 16:24 KJV) And again, “**I have come into my garden, my sister, my bride; I have gathered my myrrh along with my balsam. I have eaten my honeycomb and my honey; I have drunk my wine and my milk. Eat, friends; Drink and imbibe deeply, O lovers.**” (Song of Solomon 5:1 NAS) There are many references in the scriptures, and a few with different truths to be learned are: 1 Samuel 14:27; Psalm 19:7-11; Proverbs 25:16, 27; Isaiah 7:15, 22; Exodus 16:31;

Matthew 3:4.

Honey is a perfect and a holy food. And both honey and the honeycomb have medicinal properties, that although not fully understood, are simply amazing, the wisdom of which is only possible from an all knowing and beneficent Creator. To realize that it is He who made the humble bumble bee, and for our topic the magnificent and absolutely essential and vital honeybee, is to begin to realize and give glory to our God. Without the pollination performed by these wonderful little creatures, there would be very few fruits or flowers, and earth would not be the delicious and beautiful place God created it to be.

In fact, let's look at honeybees a little so that in their creation we will then be better able to appreciate what God made them for and the wonderful products they produce. The Lord in His Word uses ants, birds, and animals to teach us His wisdom, so let's see some of His wisdom from the honeybee. (Proverbs 6:5-11; 30:19-31; Matthew 6:24-34)

The scientific name of the common honeybee is *Apis Mellifera*. *Apis* means "honey maker" and *Mellifera* means "honey carrier," and it is one of over 20,000 species (kinds) of bees, but the only one that produces honey and wax in large enough amounts for common commercial beekeeping, called "apiculture."

The honeybee is a "social bee," meaning it lives and works together in colonies with many others, rather than being a "solitary bee" that builds a nest and lives alone and does not produce the bountiful supply of honey for others. Truly, "It takes a family!"

Honeybees gather nectar from flowers, which is a sweet liquid found deep in the blossom composed principally of sucrose and water but having many vitamins, minerals, and other health giving nutrients. The honeybee sucks up the nectar through its long tubular proboscis, a specially designed mouth with a long flexible tongue that can lick up the nectar from deep within the flower blossom. This is not to be confused with the stinger that is on the back end of the honeybee, and is used for self-defense or protection against invaders to their hive such as other types of insects, wild animals, or humans. The stinger or sting as it is called has barbs that continue to work into the flesh and has two poison sacks attached, all of which are torn out of the bee when it is used, causing the bee to die shortly thereafter. Therefore, if stung, wipe the activated stinger off as soon as possible and less pain will result. Also, apply Aloe Vera, which will detoxify the poison immediately.

Isn't it wonderful that the honeybee is willing to give its life in order to protect its own hive, its God given family? Jesus said **"Greater love has no one than this, that one lay down his life for his friends"** (John 15:13 NAS). And similarly John wrote, **"We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren"** (1 John 3:16).

The nectar is sucked into a specially designed holding honey sack or honey stomach as it is called and carried to the hive. The bee mixes the nectar with enzymes made in glands in its head that causes a process called inversion to take place which changes the sucrose sugar into levulose (fructose) and dextrose (glucose) and with the evaporation of water ripens the mixture into honey. When the honeybee is hungry, it simply opens up a valve at the rear end of the honey stomach and allows honey to pass into its regular stomach where it is digested as food for itself.

The bees store the honey in a honeycomb, a double layer of very uniform, six-sided (hexagonal) cells made out of beeswax. This wax is made from the honey by a special process within the bee, and it takes thousands of bees and 8 pounds of honey to make 1 pound of this wonderful beeswax, that is used to store the honey for their food, to raise their young, and by us for health, and the manufacture of adhesives, candles, crayons, cosmetics, polishes, waterproofing compounds, prepared fruits, medicines, and others products.

The honeycomb is a very remarkable container, showing the engineering genius of our Creator. "It has been determined that these hexagonal cells will hold the largest amount of honey for the smallest amount of wax used. One pound of wax will build 35,000 cells in which about 22 pounds of honey can be stored. . . . To produce a single pound of honey, more than 550 bees have to visit more than 2.5 million flowers" (Encyclopedia Americana). And they may have to fly 40,000 miles.

There are three different kinds of honeybees in the hive. There is one queen bee, a fully developed female, whose only job is laying eggs. "In the spring she lays as many as 2000 eggs in a day – about one every 43 seconds" (WB, World Book). The queen bee is developed by the worker bees, the most numerous bees numbering sometimes 10,000 to 100,000 bees in one colony, by feeding the queen only "royal jelly," a creamy substance made by the bees rich in vitamins and proteins. "A queen may live as long as five years and produce up to a million eggs during her lifetime" (WB).

The worker bees are females also, developed from fertilized eggs, but are only fed royal jelly for two days, and then a mixture of honey and pollen, called "beebread." The third kind of bees are the males, called drones, which are developed from the same kind of eggs from the queen except that they were not fertilized.

Bees go through four stages of development. First the queen lays the egg in a cell where workers have placed royal jelly. The egg hatches into a larva or grub and when three days old is fed by a worker a mixture of pollen and honey hundreds of times each day. When the larva grows and is five days old it is sealed in the cell with wax and goes through the pupa stage for fourteen days, and by the process of metamorphosis emerges a young adult bee.

The division of labor is very interesting among the bees, and instructive. During the first two days of adulthood, the workers have the job of cleaning the hive. On the third day they are promoted to feeding the older larva. On the fifth day they are promoted again to the feeding of the younger larva. At about ten days of age the workers are promoted to receiving the food that the field bees bring to the hive and make wax with some of it and store the rest of it in the cells that they have made. They do this for about a week, and then start going out of the hive on short trips to familiarize themselves with the territory in which they live and will gather. On the 17th day they are promoted again, to the job of guarding the hive until the 21st day in which they are promoted to being a full-fledged field bee, which will go out and gather nectar and pollen for food, and propolis, a sticky tree resin, for sealing the hive and making it watertight. The field bees will do this for the rest of their lives as God also uses them for pollination, and a few of them might become scouts, which are the bees that go out to find new food supplies or a good location to start a new colony.

A very significant feature of the field bee has become known as the "honey dance," done on the comb in the hive. This is a type of tail wiggle in relation to the position of the sun that tells the other sisters the direction of where they have gotten the nectar from and even how far away it is. It also has been determined that bees from different countries speak different dialects, such as the Italian honeybees, the Austrian, and bees from India that have been studied. Different species of honeybees are different in color and disposition. The black bees from Holland and Germany are ill-tempered and not so easy to manage, but the golden bellied

honeybee from Italy is the most popular here in the United States, although the silver-gray from the Alps is sometimes favored. The Italian queens are very prolific, and the workers are gentle and easier for a beekeeper to manage.

Another remarkable feature of the honeybee is that in order to keep the hive at the proper temperature, honeybee "air conditioning" is used. In summer the workers will bring water and sprinkle it in the hive, and the evaporation will cool the hive down. Others fan their wings for air circulation. In winter bees do not hibernate, but the colony will form a dense cluster in the hive and keep warm by shivering and sharing their body heat (real fellowship).

When a colony becomes overcrowded, they will send out scouts to find a new location that is suitable, and a large group of them, called a swarm (a new church plant), will leave the hive with the old queen and start a new colony. The male drones do not mate with the queen from their own hive, but will fly sometimes many miles to mate with another queen.

Honeybees may live only six weeks during the busy summer months, but may live several months during the winter season. Bees are subject to many diseases, and have many enemies that eat both them and their honey.

Pollination of various plants, fruits trees, and flowers is absolutely essential for their survival. At the same time, bees are dependent upon the plants, trees, and flowers for their survival. This perfect arrangement would not be possible except by special sudden creation. It would have been impossible by some evolutionary process to have bees and plant life evolving at the same time because they have to be mature and have all their functions complete, be a finished creation in order to function and live at all. Evolution is simply the Babylonian religion of those who are in rebellion against their creator. It is not true science (1 Timothy 6:20 KJV).

It is truly amazing how certain flowers, for example, have a hinged stamen with a lever that the bee hits against when it enters the flower to obtain nectar. This causes the stigma, the male part of the stamen to bend down and deposit some pollen onto the back of the bee so that the bee will then take it to the next flower for pollination in the fertilization process. Oh, what wonders of God, how marvelous and amazing are His feats in the engineering of the various kinds of life! What designs of creation the Lord has performed in providing the plant life and fruits for food, the

flowers for beauty, and the bees to do so much work in providing us with such a nutritious and delicious food as honey, with many different flavors from all the various varieties of blossoms. Let us give thanks forever!

And now let us look at honey more closely, which is not only a tasty sweet, but also a health promoting sanctified food that is fit for kings and yet available to all. It is composed of mainly two natural simple sugars, predigested by the bees, dextrose (glucose) which is absorbed by the body more quickly, and levulose (fructose) which is absorbed more slowly; and thus honey gives quick energy but is also therefore able to help maintain a proper balance of blood sugar. There are small amounts of other sugars; significantly some rare sugars are present. I have found in herbs the presence of various natural sugars, polysaccharides, to be a major source of their healing properties. The resultant mixture in honey is an excellent medium for vitamins, of which it contains all those that nutritionists consider necessary for health. Pollen is also present in honey which the bees go out and gather together with the nectar from carefully selected flowers, plants, and the blooms of fruit trees to make the honey, and is carried to the hive in an area of their hind legs called the "pollen basket." Pollen is very high in vitamin C, the content of which is higher than almost any fruit or vegetable. Pollen itself is a useful food, containing vitamins, proteins, fats, and minerals; and herbalists regularly recommend it for allergies and other disorders. Honey also contains many minerals which are essential for good blood, and why God spoke specifically of both it and the comb being good for healthy bones. (Proverb 16:24) Honey also contains many acids which make it an excellent food preservative, and are helpful in maintaining an alkaline pH of the blood, which knowledgeable nutritionists understand is absolutely necessary for good health and to fight infection. Interestingly, chewing honeycomb turns the urine pH from alkaline to acid, showing how quickly honeycomb brings about a healthy change in body chemistry.

Besides the ingredients mentioned, there are enzymes, various carbohydrates, proteins, and fats, and other nutrients that make honey the tremendous food that it is. Like so many of God's created foods, modern science is just now beginning to discover so many different health giving ingredients in them, but by no means have they discovered all of the wonderful, specially designed and created bio-chemicals that God has provided for our health and healing. When we come to truly believe in God,

we will simply obey His Word and by faith receive the promises of good health. Amen!

In fact, I am right now experiencing the promise of healing as practiced by those who believe God. Early this morning I found myself singing words from that old familiar song: "Honeycomb, won't you be my ??? Honeycomb be my own."

I am right now chewing the honeycomb for a spring allergy that I have been suffering with for several weeks. I stopped writing this morning when the symptoms became so aggravating, and so I made several calls to farm markets and health food stores, but found no one with any honeycomb. I then went out to a beekeeper a few miles from home, and sure enough, they had honey in the comb frozen from last fall, as the spring honey is not due for a few weeks. Allergy is reported to be very bad this year, and I have found it so. Having been healed supernaturally 40 years ago of a fall allergy, I know the power of God to heal from His touch. And after about 20 years, an allergy returned, and the Lord showed me different things to use to take care of it in the following years, and it worked. But this spring I have tried all my old remedies, and nothing worked. I went to see an M.D. friend who gave me some things to try instead of an antihistamine, and they didn't work. Now I am writing on honey and the honeycomb, and I've just reread again the chapter on "The usefulness of honey" from that classic book by D. C. Jarvis, M.D., entitled *Folk Medicine*. In this chapter I am sharing from his experience and research in which he gives so many uses of honey and the honeycomb; and not only do I highly recommend his book, it has been a favorite and sold millions through the years. In it Dr. Jarvis recommends honey and gives a page of instructions for nasal sinusitis, and says, "There is something in honeycomb which powerfully protects the breathing tract against sickness."

In the next three pages he gives many testimonies and the instruction for chewing the honeycomb for hay fever, whether mild or severe, either as a preventative or symptomatically, and it always works. Sometimes just raw honey will work, but chewing the honey and the comb until the comb is thoroughly chewed and then swallowing any wax that is left, will work wonders. To help prevent reoccurrence, take a mixture of two teaspoonfuls of honey and two teaspoonfuls of apple cider vinegar in a glass of water twice each day, once before breakfast and once at bedtime, before the expected hay fever season, and then chew the honey and the comb during the season.

Dr. Jarvis reports that "The vinegar-honey combination plus chewing honeycomb work better than hay-fever shots." The itching eyes, runny nose, and terrible scratching throat and sneezing are all relieved by this treatment. Praise the Lord! And I can testify to you right now, at this very minute, these same symptoms, which I have been suffering with for weeks and have had until this morning, are gone! G O N E - GONE! Praise His wonderful name forever! What relief! What a blessing! They were gone before I returned home to continue this writing. And to think that there are those who consider themselves physicians who spurn and reject God's provision, even with disdain, saying honey is no good. This is pride, and the work of a seducing spirit that results in this teaching of the devil (1 Tim. 4:1-6).

Besides this wonderful example of Vermont Folk Medicine for allergy, Dr. Jarvis gives many other uses for honey. Because of the potassium content, "bacteria cannot live in the presence of honey." It is used for various purposes in infant feeding, adding 2 teaspoonfuls of honey to every 8 ounces of feeding mixture. Many physicians recommend it as it produces a mild laxative action along with furnishing minerals, a small amount of protein, and the exceptional healthy sweetening of its natural sugars, and is antiseptic. A teaspoon at bedtime is used to correct bed-wetting and honey has a remarkable sedative effect in agitated and nervous children. In adults as well, "Vermont folk medicine regards honey as the best remedy of all for producing sleep." The recommendation is to take one tablespoon of honey with the evening meal each day, and sometimes to take apple cider vinegar with it at bedtime. This mixture is also used for annoying twitching of the eyelids or at the corner of the mouth, muscle cramps in the legs and feet at night, and as a cough remedy.

Honey is used successfully for skin burns, and is an ideal energy food with many superior benefits in athletic nutrition, such as producing better sustained energy, endurance, fatigue recovery, and weight control. A teaspoon of honey taken at the end of a meal helps with reducing diets, and eating honey enables student athletes to study better after training.

Since honey is hygroscopic it absorbs moisture from the atmosphere, and is therefore wonderful in keeping baked goods "moist and palatable indefinitely."

What a blessing honey is. God has made the honeybee His "compounding pharmacist," but now we need to warn you that man has compounded his own product, and today's honey is not

always pure honey. In fact, many brands labeled just "Honey" sold in supermarkets and not labeled "Pure honey" are an adulterated mixture of honey and corn syrup, which has been determined not to be a healthy sweetener. And honeys bought in the average supermarket have been heated to very high temperatures, usually marked pasteurized. This is not the way God made it so do not buy it. I recommend only "Raw" honey, which has not been heated over 130 degrees in the extraction from the comb, and the best has not been heated at all. Heating honey changes the flavor as well as the health benefits. Although honey in the comb is more expensive, it is a good way of insuring the very best pure raw honey. And you get all the nutritious health benefits of the comb as well as that of the delicious honey.

Now, we've written mainly about the use of honey and the honeycomb, but there are three other products from the hive that are worthy of more discussion, holy foods that complement one another, namely: Royal Jelly, Propolis, and Bee Pollen.

Bee Pollen is perhaps the best known and most widely used of these three honey bee products. It has been called a perfect food as it can sustain life completely by itself. Being full of the necessary vitamins such as vitamin A, B-complex, C, D, E, F, H, K, PP, Folic acid, and lecithin, bioflavonoids, RNA/DNA, important minerals, trace elements, enzymes, essential fatty acids, phytosterols, natural hormones such as human growth hormone (HGH), sugars, pigments, and more protein and free amino acids than steak. In fact it contains over 180 known phyto-nutrients. Why is this food so powerful and why has it been used so effectively for so many health problems from the earliest times of recorded history? The answer is in what it really is. It is the male seed, the sperm cells of flowers and fruit blossoms that therefore must contain all of the vital elements to reproduce and sustain many kinds of life. Each of the two tiny pellets of pollen carried back to the hive by the honey bee contain approximately 2,000,000 grains of these sperm cells, and a teaspoon of pollen, often the recommended dose, contains about 2.5 billion. This is powerful food, and why bee pollen has been called a "miracle food" because of all the health conditions it is known to improve and heal.

We might add here that there are two kinds of pollen. One is the "anemophile" pollens, which is derived from the words "anemos" meaning "wind," and "philos" meaning "friend" or "to love" in Greek. These pollens are the ones that are blown by the wind and cause allergies and health problems. They are not as

nutritive as the ones bees gather which are called "entomophile" pollen, which means "friend of the insect" and are the potent variety that bees mix with nectar to produce a consistency that they can carry back to the hive in their two "pollen baskets."

Because of its potency, bee pollen has been used successfully for many health problems, known especially for allergies, obesity, and prostate problems in men, and also for endurance and strength. A fine little booklet available through the web is "Bee Pollen, Miracle Food, Source of Youth, Vitality, and Longevity" by Dr. Felix Murat. He mentions such uses as for mental retardation in children, lessening of capillary permeability and bleeding time, therefore "in obstetrics, it corrects the capillary fragility" in women giving birth and "prevents the meningeal hemorrhages of the baby." It has been used successfully for strengthening of the heart, its diuretic action, lowering of blood pressure, corrective dermatology, and improves and cures cases "of loss of appetite, weakness, loss of weight, intestinal disorders, psychosis, neurasthenia, retarded growth, cerebral hemorrhage, loss of memory, general debility, shortening the time of convalescing, deficient children, the general state, etc."

Dr. Murat states "By eating as little as a teaspoonful of dry pollen every day, it immunizes an allergic person." This would be why Dr. William G. Peterson, an allergist, reports that using raw honey, which has some pollen in it, is an effective treatment for 90% of all allergies.

Dr. Murat tells us that since pollen traps were invented in France in our generation that enables bee keepers to collect pollen efficiently, much research and reporting has been done there, and it is no wonder that "Pollen is now sold in every drug store and super-market in France and other European countries."

Another excellent use for bee pollen is for detoxification from radiation exposure and chemical poisons. Rita Elkins reports in her book *Bee Pollen, Royal Jelly, Propolis, and Honey* that "the Center for Disease Control and the Environmental Protection Agency have stated that over the course of one year, we will be exposed to over 200 different forms of radioactive toxins and over 60,000 individual chemical poisons."

It has been documented that Bee Pollen is effective in reducing the effects of these harmful substances. For instance, for women that have been given radiation treatment for inoperable uterine cancer, "taking Bee Pollen resulted in less nausea, stronger immune system responses, and an increase in red and white

blood cells. In addition, unlike the typical response to radiation treatments, these patients sustained a good appetite and avoided the expected sleep disruption and standard weakness that usually accompany such therapy. These women took approximately 20 grams of Bee Pollen, about two teaspoons, three times daily."

Other traditional uses of Bee Pollen are many, and include mixing with honey and good raw milk for sore throats and laryngitis. "Poultices made up of honey and pollen have been used in Europe for generations to treat respiratory ailments including bronchitis and asthma." A few other uses are treating chronic fatigue, impotence, infertility, kidney disorders, longevity, menopausal symptoms, prostate diseases, ulcers, and even multiple sclerosis. Bee Pollen is simply a very powerful rejuvenator, healer, and sustainer of life.

Now let's look at Bee Propolis. Propolis is a sticky substance made from the resins of tree buds and bark mixed with honey, pollen, and the beeswax produced from within the honeybee. It is used by the bees to coat the inside of the hive as it is very antibacterial, antiviral, and antifungal, and therefore protects against various microorganisms. It is also called "bee glue" and is used to fill any holes or cracks in the hive and makes it watertight.

Because of Propolis, "the beehive has proven to be the most sterile environment in the animal kingdom" another writer reports. It is as one physician has said, "more sterile than hospitals." Rita Elkins notes, "The bee is the only insect to have been found free of bacteria due to the antibiotic action of Propolis."

"Propolis is regarded as the strongest and most powerful natural antibiotic" and therefore because of its widespread use in the Soviet Union for infection, it has "earned the appropriate title of 'Russian Penicillin.'"

From the earliest days of recorded history, Propolis has been used to fight all kinds of infections, sores, and ulcers. Hippocrates, the Father of Modern Medicine prescribed it, and today it is used "to fight bacterial strains which have become resistant to man-made antibiotic drugs." It is also anti-inflammatory, a natural anesthetic, and an anti-oxidant, and because of all its healing properties, is used for dozens of diseases and sicknesses. It helps the thyroid and thymus glands, which is why it increases energy, and dentists and their patients use it for gum infections. It is effective when mixed with honey, and also with the other bee products of Royal Jelly and Pollen.

So now let's look at what is considered the "Crown Jewel of the Beehive," Royal Jelly. It is an incredibly rich, creamy, opalescent, white "thick, milky substance secreted from the pharyngeal glands of a special group of nurse bees between their 6th and 12th days of life after birth" (Y.S. Organic Bee Farms). It is fed to all bees for the first three days of the larva stage, but is then fed continuously to a chosen female bee larva which develops her into a special, egg laying wonder, the Queen Bee. She will lay over 2,000 eggs in a single day, a total more than twice her own body weight. Due to this incredibly potent food, she will live four to five years, way beyond the 3 months or so of a regular female bee that is not sustained on this precious food. Of course the female worker bees are out flying so much they wear their wings out, while the big queen stays in the hive and just keeps on laying.

Royal Jelly has many nutritive factors like honey, pollen, and propolis, but some additional mysterious ingredients that only God knows and His bees can produce, and man is unable to figure out and synthesize. There is no substitute for this precious food. It targets the "immune, cardiovascular, endocrine, integumentary, nervous, reproductive, cellular, skeletal, hepatic, and respiratory" systems of the body.

It is used by royalty, and even the late Pope John Paul II attributed a healing from a serious illness to Royal Jelly that was prescribed by his personal physician.

Many have called it a "Fountain of Youth," as it has been sought for centuries for its ability to restore youth and vitality. "Barren women and impotent men alike plotted to obtain it." Royal Jelly's uses are so numerous -- from dry scaly skin, blemishes, wrinkles, and acne to those who are too fat or too skinny as it normalizes metabolism. Besides what has been mentioned, it is used to improve memory and mental function, depression, chronic fatigue as it restores energy and stamina, to correct high blood pressure and high cholesterol levels, treat cancer, Parkinson's disease, panic or anxiety attacks, diabetes, asthma, ulcers, eczema, and impetigo.

Royal Jelly is truly another miracle food God has given us through His wonderfully created and designed honeybee. Some refer to it as the "R-Factor" because it is such a "metabolic catalyst." It can be effectively mixed with the other bee products or various herbs like Ginseng, or taken by itself either in its fresh liquid state, which needs to be refrigerated, or freeze-dried in capsules.

In closing our sharing on these wonderful products

of the beehive, I'd like to share another couple of very helpful testimonies.

Noel Johnson writes that at age 70, "I had high blood pressure, arthritis, gout, and bursitis. I was 40 pounds over my normal weight of 135 and I could barely climb a flight of stairs without wheezing. My heart had been acting up with an uneven rhythm . . . my life insurance company cancelled my coverage because I was such a risk. Finally, my doctor advised me that any physical activity could be extremely dangerous – even fatal. He warned, 'If you even try to mow the lawn you may never get to trim the edges.'"

Then Noel decided he was not going to stay and die that way. He began to exercise, eat right according to good nutritional advice, learned good breathing techniques, practiced positive mental discipline, and started walking and later jogging for his health. In a few years he was sometimes running 50 miles a week and eating a dozen times a day, "but never much and seldom meat." He soon won gold medals in races for his age group. All of his old bad health symptoms left him and he says he was "more physically active than ever before. I run about 20 miles every week, bounce for an hour each day on a mini trampoline, and do arm lifts with light weights."

In Noel's story he reveals, "At age 78 I was again slowing down. At that time I was introduced to honeybee pollen. . . . As soon as I started using honeybee pollen, I knew it was something I needed. By age 80 I was in better physical condition than I had ever been." He ran his first New York City Marathon at age 80, 26.2 miles, and then again and again until I think it was his eighth one when he was 90!

Noel writes of his incredible rejuvenation in his book available through Amazon, *The Living Proof... I Have Found the Fountain of Youth*. He states, "Fresh honeybee pollen is a fundamental element of my personal rejuvenation program. I credit this incredible storehouse of vitamins, minerals, hormones, amino acids, enzymes, and coenzymes with helping me back to full vigor, restoring my manhood, and continuing to protect my health by nourishing every cell." What a testimony!

Now another bee pollen advocate we need to consider was our much beloved President Ronald Reagan. Like Noel Johnson he also exercised and lifted weights regularly, but I believe bee pollen was what helped give him endurance, stamina, and longevity. However, unfortunately he mixed in with his diet his

famous Jelly Beans, always on his desk and close at hand.

Jelly Beans are mostly concentrated refined sugar, a deadly substance. Raymond Francis, a M.I.T. trained scientist, registered nutrition consultant and author, writes a fine four page article on Alzheimer's available at beyondhealth.com in which he reports from the "Proceedings of the National Academy of Sciences" that Alzheimer's results from the accumulation of beta-amyloid peptides causing free-radical damage in the form of cellular malfunction in the brain due to "the deadly metabolic poison known as *sugar*."

The B vitamins, especially Vitamin B-12 and folic acid, and magnesium are depleted in the body by eating refined sugar, causing memory loss, the result of the deadly Jelly Bean.

But sugar and its destructive consequences aren't the only problem with Jelly Beans. "Food additives in the form of flavor enhancers such as MSG [monosodium glutamate, marketed under such trade names as Accent, Ajinomoto, Vetsin, or disguised as glutamic acid, hydrolyzed protein, or natural flavors; see Mercola.com for much info], artificial sweeteners such as aspartame [— marketed under such trade names as NutraSweet®, Equal®, Canderel®; in diet sodas it can result in terrible side effects. For example, there are over 92 different health side effects associated with aspartame consumption, including brain tumors, birth defects, diabetes, emotional disorders and epilepsy/seizures; see RussellBlaylockMD.com for more info, and his book, *Excitotoxins: The Taste That Kills*. And also for all other artificial sweeteners such as saccharine, marketed as Sweet 'N Low®, Sweet Twin®, and Necta Sweet®, and sucralose, a chlorinated sucrose derivative marketed under the trade name Splenda®, see Dr. Mercola's book: *Sweet Deception: Why Splenda®, NutraSweet®, and the FDA May Be Hazardous to Your Health*, SweetDeception.com, for the reasons man-made sweeteners are dangerous for your health. Or simply google up "dangers of (insert the substance of your choice)" and read to your heart's discontent. Use natural sweets or a God-made herb with no calories such as Stevia, used widely in Japan but made unlawful in the USA by the government as a food "additive" but available in health food stores when sold separately. —], artificial colors, and artificial flavors all damage brain cells and contribute to neurodegenerative diseases such as Alzheimer's. These dangerous neurotoxins are found in all manner of processed foods including breakfast cereals, sodas and jelly beans. . . . Combining aluminum, fluoride, and aspartame

in a soda creates an enormously powerful mixture of brain toxins. Unfortunately, numerous processed foods including soups, breakfast cereals, and jelly beans are made using tap water containing aluminum fluoride."

Mercury is another deadly toxin associated with Alzheimer's, and unfortunately is still being forced upon the ignorant public by the political control of the American Dental Association and commercial interests. Every dentist learns that 50% of a "silver amalgam" filling is mercury, which is what makes it look like silver. But very few learn that some mercury comes out and is breathed into the body when chewing or drinking hot liquids. The concentration of mercury vapor in your mouth if you have amalgam fillings is higher when you chew than the law allows in the atmosphere of manufacturing buildings. "Even the mercury contained in vaccines contributes; *having a flu shot five years in a row will increase your risk of Alzheimer's by 1000 percent.*" I haven't had the flu since '92 when I started drinking quality Aloe Vera juice regularly, and wouldn't think of taking flu shots and submitting to the spirit of fear propagated by the world.

"Another risk factor for Alzheimer's is the now highly-discredited hormone replacement therapy (HRT) for women. A May 2003 *Journal of the American Medical Association* reported that *HRT doubles the risk of Alzheimer's disease.* . . . Because of HRT, millions of women are at risk for everything from cancer to heart disease to Alzheimer's (another of Modern Medicine's epic blunders)" reports Raymond Francis.

Well, beloved, I trust you've enjoyed learning about the benefits of the beehive that God has given us. Five tremendous products, and some even benefit from a sixth, bee stings, which I've heard and read of many people being helped with arthritis by using this precious little creature. This treatment, known as apitherapy, has been around for thousands of years, and is found in ancient Egyptian and Greek medical writings. Both rheumatoid and osteoarthritis, high blood pressure, asthma, hearing loss, and even premenstrual syndrome have been treated successfully today with bee venom. Besides being stung directly, injections and supplements are also used. Skin disorders, pain, multiple sclerosis, and various inflammatory conditions have also been treated with success.

At least 40 ingredients in Honeybee venom have been identified, 18 of which are known to be potent anti-inflammatory agents. Dr. Lawrence Cohen, who uses apitherapy, says, "Mellitin,

an anti-inflammatory agent found in the venom, is one hundred times stronger than cortisone."

Well, beloved, in closing this chapter on the wonderful products of the beehive, let me say that it is now fall, and the honey and honeycomb that took care of my allergy this spring, I can testify that it has taken care of it again in this season of fall allergies. Praise the Lord! No symptoms whatsoever!

In fact, after studying more thoroughly about all of the products of the beehive, it is reasonable to say that they could be used together to supply the needed nutrients that are usually missing or in short supply in our foods, and therefore can be used as a safe natural preventative and food supplement in place of the man-made supplements that we are all familiar with. Since God has designed and made them all through His wonders of creation, let us rejoice and be glad, and thank Him for a truly all natural food supplement formulated by God Himself.

Therefore, let us follow the Lord where we read of Him,

"The Lord Himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call His name Immanuel. Butter and honey shall He eat, that He may know to refuse the evil, and choose the good."

(Isaiah 7:14-15 KJV)

Now, beloved, I must add some more information since finishing this chapter. Incidentally, it is now just past the spring allergy season again, and I had no allergic symptoms this spring since starting regularly on Honeycomb and Bee Pollen last spring.

Besides 1-2 teaspoons of Pollen, I also have taken 3000 mg. of Propolis and 2000 mg. freeze dried Royal Jelly daily. An extreme fatigue which started after a trip overseas where I contacted a bug has been greatly relieved, so I thank God for that answer to prayer! I also have thrown in ½ teaspoon of a creamy mixture of honey, propolis, and Royal Jelly, just for good measure and experimentation.

Now I am interjecting this note the second springtime after first using the honeycomb so effectively. This spring the allergy season is reported to be very severe with many suffering, and I find that the honeycomb is effective in relieving the itching, but I have to use it more times each day, and I am also suffering with an aggravating stuffy sinus condition. So, I went out to the bee

lady to get some more honeycomb and asked her about what she recommends for allergy besides the honeycomb which I had shared with her was so effective. She suggested the bee pollen. Because I was taking it I asked her how much and she suggested a 1 ½ teaspoon dose. I had been taking one teaspoon every morning, and usually, when I remembered, a second teaspoon at lunch as the Lord had impressed me when I asked how much I should take each day, "Two Teaspoons." When one teaspoon hadn't done it, and one at two different times hadn't resulted in success, I came home and immediately took two teaspoons all at once. The effect was dramatic! Almost immediately I was symptom free from the terrible drainage and stuffy nose with which I had been suffering. The honeycomb had relieved the itching, but now the additional bee pollen at two teaspoons all at once at breakfast time really has been effective. I have remained symptom free the rest of this spring season. Praise the Lord! This is a good lesson for all of us. It reveals to us that it is important not only how much of something is taken daily, but how much at one time! "The effective dose."

Now to return to what I have written previously.

Not long ago, I received a Health email with an article entitled: "No Organic Bee Loses" from Crusader Publications. It was reporting on a very serious problem that has arisen concerning the loss of much of our honeybee population. In the United States and Europe, there has been reported cases where from 25% up to 80% of the bees are simply found missing from their colonies. It is so drastic and important that great interest worldwide is being reported and investigation is ongoing. An article available on the web entitled: "Ecological Apocalypse: Why Are All The Bees Dying?" states: "The alarming decline in bee populations across the United States and Europe represents a potential ecological apocalypse, an environmental catastrophe that could collapse the food chain and wipe out humanity. Who and what is behind this flagrant abuse of the eco-system?"

"Many people don't realize the vital role bees play in maintaining a balanced eco-system. According to experts, if bees were to become extinct then humanity would perish after just four years.

" 'If the bee disappeared off the surface of the globe then man would only have four years of life left. No more bees, no more pollination, no more plants, no more animals, no more man,' said Albert Einstein."

This condition, now called Colony Collapse Disorder

(CCD), is most serious. The few remaining bees found in a colony exhibit infections of all known bee viruses, sometimes having five or six at a time plus being infested with fungi, "a sign, experts say, that the insects' immune system may have collapsed."

Many causes are being speculated, but it is most interesting to note that organic beekeepers are not reporting any losses whatsoever. Why? It seems that again the ignorance of man who rejects an all-wise Creator and changes the natural ways of His creation pays an awful price that the entire world is paying.

You see, for years greed has cause bee keepers to remove too much of their honey, and then feed the bees with refined sugar, devoid of the necessary vitamins, minerals, and phytonutrients found in the plants they are designed to get their food from. Then they also have enlarged the size of the foundations that determines the size of the cells in the honeycomb, which causes the development of a hyper-sized bee, and a different developmental time frame, that allows for more mites and viruses to attack the bees. Then, antibiotics and pesticides are used to try and control the infections, and these toxins take their toll.

Now we also have the problems of genetically modified (GM) plants that are designed to do away with toxic spraying, and instead genetically spliced toxins against pests are inserted into the DNA of plants themselves, so that everything feeding on these GM plants, whether bees, animals, or humans are ingesting more toxins than anyone can imagine!

Doing to bees what they have been doing to cattle, chickens, fish, and Old Betsy is causing a situation that could bring about the horrible situation prophesied about, the scarcity of food in the approaching end-time scenario where a quart of either wheat or barley costs one day's wages (Rev. 6:6). Besides the articles I have referred to, I have talked with my sources of organic honey products, and they also tell me that none of those they are working with, those who are keeping bees according to God's natural order, have experienced any CCD. But beloved, with the greed from unbelief and rebellion against God that is so rampant around the world, we can expect more plagues and catastrophes are in the making.

The seriousness of genetically modifying plants, animals, and now humans cannot be over emphasized, as this is one of the causes that angered God in the days of Noah, and this corrupting of His ways is stated in the scripture.

“The earth also was corrupt before God, and the earth was filled with violence. And God looked upon the earth, and, behold, it was corrupt; for all flesh had corrupted his way upon the earth.”

(Genesis 6:11-12 KJV).

Further insight on the type of corruption is given to us in the book of Jasher, an ancient historical book referred to in the scriptures twice, once in Joshua 10:13 and the other in 2 Samuel 1:18. It says, *“And the sons of men in those days took from the cattle of the earth, the beasts of the field and the fowls of the air, and taught the mixture of animals of one species with the other, in order therewith to provoke the Lord; and God saw the whole earth and it was corrupt, for all flesh had corrupted its ways upon earth, all men and all animals.”* (Jasher 4:18).

An excellent chapter entitled: “Does The Bible Have Anything To Say Against Genetic Engineering?” is available in a wonderfully informative and enlightening book, *Beware of the Coming Food Apocalypse! GMOs Genetically Modified Organisms* by Greg Ciola available to download and read free from his web site, www.HealthTruthRevealed.com. I encourage you to read it. A jolting article also appears on Greg’s web site where he reveals more about the “twisted satanic science” that is going on today entitled: “What Do Prominent Scientists Have To Say About Genetically Engineered Foods?”

Let’s read some comments from over the two dozen quotes of “well respected scientists and researchers.”

Professor Richard Lewontin, professor of genetics, Harvard University, *“We have such a miserably poor understanding of how the organism develops from its DNA that I would be surprised if we don’t get one rude shock after another.”*

Dr Suzanne Wuerthele, US Environmental Protection Agency (EPA) toxicologist, *“This technology is being promoted, in the face of concerns by respectable scientists and in the face of data to the contrary, by the very agencies which are supposed to be protecting human health and the environment. The bottom line in my view is that we are confronted with the most powerful technology the world has ever known, and it is being rapidly deployed with almost no thought whatsoever to its consequences.”*

Professor Norman Ellstrand, ecological geneticist at the University of California, *"within 10 years we will have a moderate to large-scale ecological or economic catastrophe, because there will be so many products being released."*

Dr Harash Narang, microbiologist and senior research associate at the University of Leeds, who originally pointed to the possible link between mad cow disease (BSE) and CJD in humans, *"If you look at the simple principle of genetic modification it spells ecological disaster. There are no ways of quantifying the risks... The solution is simply to ban the use of genetic modification in food."*

Dr Mae Wan-Ho, geneticist in the UK Open University Department of Biology says: *"Genetic engineering bypasses conventional breeding by using artificially constructed parasitic genetic elements, including viruses, as vectors to carry and smuggle genes into cells. Once inside cells, these vectors slot themselves into the host genome. The insertion of foreign genes into the host genome has long been known to have many harmful and fatal effects including cancer of the organism."*

Professor Dennis Parke of University of Surrey School of Biological Sciences, a former chief advisor on food safety to Unilever Corporation and British advisor to the US FDA on safety aspects of biotechnology writes: *"In 1983, hundreds of people in Spain died after consuming adulterated rapeseed oil. This adulterated rapeseed oil was not toxic to rats".* Dr Parke warns that current testing procedures for genetically altered foods including rodent tests are not proving safety for humans. He has suggested a moratorium on the release of genetically engineered foods.

Dr. George Wald, Nobel Laureate and Higgins Professor of Biology, Harvard University, wrote *"Up to now, living organisms have evolved very slowly, and new forms have had plenty of time to settle in. [Godless education with its foundation of false evolutionary science underlies all of this ungodly madness.] Now whole proteins will be transposed overnight into wholly new associations ..going ahead in this direction may be not only unwise, but dangerous. Potentially, it could breed new animal and plant diseases, new sources of cancer, novel epidemics."*

Now let's read a couple quotes from the web site that originally published the article: www.gmwwatch.org

"All policymakers must be vigilant to the possibility of research data being manipulated by corporate bodies and of

scientific colleagues being seduced by the material charms of industry. Trust is no defense against an aggressively deceptive corporate sector." **The Lancet**

"We strongly object that the image of the poor and hungry from our countries is being used by giant multinational corporations to push a technology that is neither safe, environmentally friendly nor economically beneficial..." **Delegates from 20 African Countries to the Food and Agriculture Organization of the UN meeting on Plant Genetic Resources**

The dangers of Genetically Modified Foods cannot be overemphasized! This is particularly true when one realizes the procedure now used for killing pests. Instead of the toxic insecticide being sprayed on the plants, where, "the spray form is broken down within a few days to two weeks by sunlight, high temperatures, or substances on the leaves of plants; and it can be 'washed from leaves into the soil by rainfall,' or rinsed by consumers" the toxic pesticide is inserted into the DNA of the plant, where we then eat the GM plant which produces "about 3,000-5,000 times the amount of toxin as the sprays." And the toxic effect is compounded by the fact that this toxin can then be transferred into the DNA of our own human gut bacteria, where it is reproduced continually, long after the GM Food is digested and eliminated from the body. This is the worst kind of legalized drug pushing. And the compromised governmental authorities have refused to demand or in some cases even allow for the GM Foods even to be labeled for the consumer's information and choice, and thus protection.

An example of the toxic pesticides used is the Bt toxin used in corn and cotton. In spite of "authorities" saying that it is harmless to humans, many symptoms in people have been demonstrated already, such as sneezing and runny nose, red eyes, itching and burning eruptions on the skin, fevers and hospitalization. "In 2003, during the time when an adjacent Bt cornfield was pollinating, virtually an entire Filipino village of about 100 people were stricken by a disease. The symptoms included headaches, dizziness, extreme stomach pain, vomiting, chest pains, fever and allergies, as well as respiratory, intestinal, and skin reactions." The next year the same thing happened in all four villages during corn pollination where the Bt corn was planted. "People with compromised immune systems or preexisting allergies may be particularly susceptible to the effects of Bt." (Institute for

Responsible Technology, June 2007; “Genetically Engineered Foods May Cause Rising Food Allergies ; Part 2: Genetically Engineered Corn”)

In Part 1 of the series, “Genetically Engineered Soy” we read, “By 2004, farmers used an estimated 86% more herbicide on GM soy fields compared to non-GM. . . . The allergy study identified irritable bowel syndrome, digestion problems, chronic fatigue, headaches, lethargy, and skin complaints, including acne and eczema, all related to soy consumption.” The recommendation is “to avoid products containing any ingredients from the seven food crops that have been genetically engineered: soy, corn, cottonseed, canola, Hawaiian papaya and a little bit of zucchini and crook neck squash. This means avoiding soy lecithin in chocolate, corn syrup in candies, and cottonseed or canola oil in snack foods.” These articles have been written by Jeffrey M. Smith, whose first book, *Seeds of Deception*, is the top rated and #1 selling book on GM foods in the world. His new book, *Genetic Roulette The Documented Health Risks of Genetically Engineered Foods* is also now available at: www.seedsofdeception.com

Beloved, I hope that now you can understand that Genetic Modification is against God’s wisdom of design in creation, and consequently brings disastrous results. The plagues it is producing will only continue until He comes, and destroys those who destroy the earth as He created and designed it (Rev. 11:18). Therefore, stay away from Genetically Modified Foods as much as possible, eat holy, study and inform others of this information.

Acts 10 & 11

Peter's Vision

[ACTS 10:1-48 KJV] There was a certain man in Caesarea called Cornelius, a centurion of the band called the Italian band, a devout man, and one that feared God with all his house, which gave much alms to the people, and prayed to God alway. He saw in a vision evidently about the ninth hour of the day an angel of God coming in to him, and saying unto him, Cornelius. [4] And when he looked on him, he was afraid, and said, What is it, Lord? And he said unto him, Thy prayers and thine alms are come up for a memorial before God. And now send men to Joppa, and call for one Simon, whose surname is Peter: He lodgeth with one Simon a tanner, whose house is by the sea side: he shall tell thee what thou oughtest to do. And when the angel which spake unto Cornelius was departed, he called two of his household servants, and a devout soldier of them that waited on him continually; and when he had declared all these things unto them, he sent them to Joppa.

[9] On the morrow, as they went on their journey, and drew nigh unto the city, Peter went up upon the housetop to pray about the sixth hour: [12 noon] And he became very hungry, and would have eaten: but while they made ready, he fell into a trance, [11] And saw heaven opened, and a certain vessel descending unto him, as it had been a great sheet knit at the four corners, and let down to the earth: [12] Wherein were all manner of fourfooted beasts of the earth, and wild beasts, and creeping things, and fowls of the air. [13] And there came a voice to him, Rise, Peter;

kill, and eat. [14] But Peter said, Not so, Lord; for I have never eaten any thing that is common or unclean. [15] And the voice spake unto him again the second time, What God hath cleansed, that call not thou common. [16] This was done thrice: and the vessel was received up again into heaven.

[17] Now while Peter doubted in himself what this vision which he had seen should mean, behold, the men which were sent from Cornelius had made inquiry for Simon's house, and stood before the gate, [18] And called, and asked whether Simon, which was surnamed Peter, were lodged there.

[19] While Peter thought on the vision, the Spirit said unto him, Behold, three men seek thee. [20] Arise therefore, and get thee down, and go with them, doubting nothing: for I have sent them. Then Peter went down to the men which were sent unto him from Cornelius; and said, Behold, I am he whom ye seek: what is the cause wherefore ye are come? And they said, Cornelius the centurion, a just man, and one that feareth God, and of good report among all the nation of the Jews, was warned from God by an holy angel to send for thee into his house, and to hear words of thee. Then called he them in, and lodged them. And on the morrow Peter went away with them, and certain brethren from Joppa accompanied him.

[24] And the morrow after they entered into Caesarea. And Cornelius waited for them, and had called together his kinsmen and near friends. And as Peter was coming in, Cornelius met him, and fell down at his feet, and worshipped him. But Peter took him up, saying, Stand up; I myself also am a man. And as he talked with him, he went in, and found many that were come together. [28] And he said unto them, Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but God hath showed me that I should not call any man common or unclean. [29] Therefore came I unto you without gainsaying, as soon as I was sent for: I ask therefore for what intent ye have sent for me?

And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour [3 pm] I prayed in my house, and, behold, a man stood before me in bright clothing, And said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God. Send therefore to Joppa, and call hither Simon, whose surname is Peter; he is lodged in the house of one Simon a tanner by the sea side: who, when he cometh, shall speak unto thee. Immediately therefore I sent to

thee; and thou hast well done that thou art come. Now therefore are we all here present before God, to hear all things that are commanded thee of God.

[34] Then Peter opened his mouth, and said, Of a truth I perceive that God is no respecter of persons: but in every nation he that feareth him, and worketh righteousness, is accepted with him. The word which God sent unto the children of Israel, preaching peace by Jesus Christ: (he is Lord of all:) That word, I say, ye know, which was published throughout all Judaea, and began from Galilee, after the baptism which John preached; [38] How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him. And we are witnesses of all things which he did both in the land of the Jews, and in Jerusalem; whom they slew and hanged on a tree: Him God raised up the third day, and showed him openly; not to all the people, but unto witnesses chosen before of God, even to us, who did eat and drink with him after he rose from the dead. And he commanded us to preach unto the people, and to testify that it is he which was ordained of God to be the Judge of quick and dead. To him give all the prophets witness, that through his name whosoever believeth in him shall receive remission of sins.

[44] While Peter yet spake these words, the Holy Ghost fell on all them which heard the word. And they of the circumcision which believed were astonished, as many as came with Peter, because that on the Gentiles also was poured out the gift of the Holy Ghost. [46] For they heard them speak with tongues, and magnify God. Then answered Peter, Can any man forbid water, that these should not be baptized, which have received the Holy Ghost as well as we? [48] And he commanded them to be baptized in the name of the Lord. Then prayed they him to tarry certain days.

[11:1] And the apostles and brethren that were in Judaea heard that the Gentiles had also received the word of God. And when Peter was come up to Jerusalem, they that were of the circumcision contended with him, saying, Thou wentest in to men uncircumcised, and didst eat with them. But Peter rehearsed the matter from the beginning, and expounded it by order unto them, saying, I was in the city of Joppa praying: and in a trance I saw a vision, a certain vessel descend, as it had been a great sheet, let down from heaven by four corners; and it came

even to me: Upon the which when I had fastened mine eyes, I considered, and saw fourfooted beasts of the earth, and wild beasts, and creeping things, and fowls of the air. [7] And I heard a voice saying unto me, Arise, Peter; slay and eat. But I said, Not so, Lord: for nothing common or unclean hath at any time entered into my mouth. But the voice answered me again from heaven, What God hath cleansed, that call not thou common. And this was done three times: and all were drawn up again into heaven. And, behold, immediately there were three men already come unto the house where I was, sent from Caesarea unto me. And the Spirit bade me go with them, nothing doubting. Moreover these six brethren accompanied me, and we entered into the man's house: And he showed us how he had seen an angel in his house, which stood and said unto him, Send men to Joppa, and call for Simon, whose surname is Peter; [14] who shall tell thee words, whereby thou and all thy house shall be saved.

And as I began to speak, the Holy Ghost fell on them, as on us at the beginning. Then remembered I the word of the Lord, how that he said, John indeed baptized with water; but ye shall be baptized with the Holy Ghost. Forasmuch then as God gave them the like gift as he did unto us, who believed on the Lord Jesus Christ; what was I, that I could withstand God? [18] When they heard these things, they held their peace, and glorified God, saying, Then hath God also to the Gentiles granted repentance unto life.

(Acts 10:1 – 11:18 KJV)

"Peter's vision" is one of the most misinterpreted scriptures in all of the bible concerning what we are to eat. Why? For a clear understanding of the theological reasons, I would refer you to my book, *The church, From Babylon to the Promised Land*, but let me say here that we all have been reared in religious systems of idolatry, where customs and traditions, doctrines and behaviors are more important than the will of God, where our carnal appetites rule, because we are a very carnal people.

In Acts chapter 17:11 we read where the Christians in Berea **"were more noble-minded than those in Thessalonica, for they received the word with great eagerness, examining the Scriptures daily"** to see if what Paul the apostle was teaching them was true or not. Of course, as Jesus taught in John 7:17, we

must be willing to do the will of God before it will be revealed to us what it is, so assuming your desire is to obey God and do His will, let us proceed with examining these scripture, and we'll see the truth very clearly.

One mistake many Christians have with dreams and visions, is that they are hasty in their interpretations, and that of course is sometimes a problem here. But the biggest mistake is to listen to false teaching, or to the carnal remarks of a carnal interpretation of these scriptures, without reading the entire passage and discovering that Peter gives the correct interpretation herein for us, and we can only **"wrest the scriptures to our own destruction,"** and that the Holy Spirit confirms again His word in showing us the "Holy Nutrition" of the first apostles of our Lord Jesus Christ.

In Peter's account of his vision, we find first, that he had never eaten anything that was considered **"common or unclean."** This was many years after Pentecost and the beginning of the New Testament church, as well as his years of walking with the Lord while He was on the earth. The Lord had not changed the clear health teaching of scripture, and so Peter **"doubted in himself"** (10:17 KJV), **"was greatly perplexed"** (NAS), what the vision meant when he heard in it the words, **"Rise, Peter, kill and eat"** three times. Then the Holy Spirit spoke to him and told him that three men, who were considered by his Jewish tradition as unclean, were seeking him and that he was to go with them **"doubting nothing, for I have sent them."** (10:20)

So Peter met them, lodged these "unclean" gentiles there that night (contrary to his traditions but now accepted according to the Holy Spirit), and proceeded to go with them to Cornelius's house at Caesarea the next day. Immediately upon entering, Peter gives us the correct interpretation of his vision when he says to these Gentile unbelievers, **"Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but God hath showed me that I should not call any man common or unclean. Therefore came I unto you without gainsaying, as soon as I was sent for."** (10:28-29 KJV)

Peter's interpretation (and since this is scripture it is also the interpretation of the Holy Spirit), is not that God was cleansing and making fit to eat all the unclean and disease carrying, bacteria loaded, parasite infested, virus teeming creatures on the earth, but it means God was going to cleanse humanity, formerly "unclean" Gentiles, which had been consider **"common"**, meaning "that

which comes in contact with anything and everything.” Peter said, **“God hath showed me,”** meaning he had seen it in a vision, that God was going to cleanse the Gentiles by faith in our Lord Jesus Christ, the same as He had done to the Jews who believed. In fact, the Lord had told Peter that He was going to give him the keys to the kingdom (Matthew 16:18-19), and that was what He did when Peter unlocked the door to the Jews on the day of Pentecost, and now to the Gentiles here in Cornelius’ house. Peter will confirm this interpretation in Acts 15 where we read from his lips, **“Peter rose up, and said unto them, Men and brethren, ye know how that a good while ago God made choice among us, that the Gentiles by my mouth should hear the word of the gospel, and believe”** (Acts 15:7).

I quoted the entire portions of chapters 10 and 11 so you can see these truths clearly for yourself, but also let’s mention a few other significant spiritual facts.

First, God heard, acknowledged, answered, and memorialized Cornelius’ prayers and his good deeds of alms giving when as yet he was an unbeliever, even before he was saved. This is contrary to some church traditions today which state that God never hears the prayers of unbelievers. Also, what made this unsaved man acceptable so much, to the point of sending an angel to him so that he would be saved, was his fear of God, his righteousness with a good report among the people, his prayers, alms giving, fasting and devout life style (10:2, 4, 22, 30-31, 34-35). This is what the Lord said He requires of us in His Sermon on the Mount (Matthew 5, 6, 7).

Another fact. When Cornelius fell at Peter’s feet and worshipped him, Peter reprovved him immediately, and told him to **“get up”** because he was only just a man, not God or His only or chief representative on this earth. Peter did not allow himself to be worshipped or honored unscripturally with some concocted title or conceived and deceived religious position, or have him kiss his ring or any other self glorifying or position exalting act, but declared he was just a man. This account does confirm what Jesus meant when he declared and prophesied that the church, all the people of God everywhere, would be built not just on Peter’s confession of faith in Jesus as **“the Christ, the Son of the living God”** (Matthew 16:15) but also (17) on Peter the “rock,” an apostle, who was himself built on Jesus the foundation rock, when He said **“And I say also unto thee, That thou art Peter, and upon this rock I will build My church; and the gates of hell shall not**

prevail against it. [18] And I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven." (Matthew 16:17-18)

We **"are built upon the foundation of the apostles and prophets** (Peter and all of the apostles and prophets of the past, of those who followed, and of those today), **Jesus Christ himself being the chief corner stone"** (Ephesians 2:20). Paul said, **"According to the grace of God which is given unto me, as a wise masterbuilder, I have laid the foundation, and another buildeth thereon. But let every man take heed how he buildeth thereupon. For other foundation can no man lay than that is laid, which is Jesus Christ"** (1 Corinthians 3:10-11).

All of us who are true believers today are built upon Peter, Paul, and the other apostles Jesus called then, and if we are wise, the apostles since then and those who are living today so that our lives are built upon Christ correctly, with a right understanding of the apostles doctrine of the true faith as given originally.

Fact: Cornelius was told by the angel not what he must believe, but what he must do; according to Jesus **"be born of water and Spirit"** and thus being repentant and ready to obey when he heard the gospel he believed with **"all his kinsmen and near friends"** and they were all, first, born of the Spirit as the Holy Spirit fell upon them in power as **"they heard them speak with tongues, and magnify God,"** and then Peter, **"commanded them to be baptized,"** to be born of water (10:44-48, 11:14-18).

This apostolic gospel of the true grace of God requires us to **"repent and believe"** (Mark 1:15), and obedience is the proof that we do!

So we see, beloved, Peter's Vision is no excuse for indulgences in eating what our culture or Church traditions may have taught us contrary to the holy word of God, teachings which are kept in order to please ourselves and others, and tickle the ears of the carnal, but are displeasing to a holy and righteous God.

Romans 14

All Food is Clean!

“Now accept the one who is weak in faith, *but not for the purpose of* passing judgment on his opinions. One man has faith that he may eat all things, but he who is weak eats vegetables [garden herbs] only. Let not him who eats regard with contempt him who does not eat, and let not him who does not eat judge him who eats, for God has accepted him. Who are you to judge the servant of another? To his own master he stands or falls; and stand he will, for the Lord is able to make him stand. One man regards one day above another, another regards every day *alike*. Let each man be fully convinced in his own mind. He who observes the day, observes it for the Lord, and he who eats, does so for the Lord, for he gives thanks to God; and he who eats not, for the Lord he does not eat, and gives thanks to God. For not one of us lives for himself, and not one dies for himself; for if we live, we live for the Lord, or if we die, we die for the Lord; therefore whether we live or die, we are the Lord’s. For to this end Christ died and lived *again*, that He might be Lord both of the dead and of the living. But you, why do you judge your brother? Or you again, why do you regard your brother with contempt? For we shall all stand before the judgment seat of God. For it is written, “As I live, says the Lord, every knee shall bow to Me, And every tongue shall give praise to God.” So then each one of us shall give account of himself to God.

[13] “Therefore let us not judge one another anymore, but rather determine this-- not to put an obstacle or a stumbling block in a brother’s way. [14] I know and am convinced in the

Lord Jesus that nothing is unclean [κοινον, *koinon*, common] in itself; but to him who thinks anything to be unclean [common], to him it is unclean [common]. [15] For if because of food [βρωμα, *broma*, food, that which is eaten] your brother is hurt, you are no longer walking according to love. Do not destroy with your food [*broma*] him for whom Christ died. [16] Therefore do not let what is for you a good thing be spoken of as evil; [17] for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. [18] For he who in this *way* serves Christ is acceptable to God and approved by men. [19] So then let us pursue the things which make for peace and the building up of one another. [20] Do not tear down the work of God for the sake of food [*broma*]. All things indeed are clean [καθαρα, *kathara*, clean], but they are evil for the man who eats and gives offense. [21] It is good not to eat meat [κρεα, *krea*, flesh] or to drink wine, or to do anything by which your brother stumbles. [22] The faith which you have, have as your own conviction before God. Happy is he who does not condemn himself in what he approves. [23] But he who doubts is condemned if he eats, because *his eating is not from faith*; and whatever is not from faith is sin."

[Romans 14:1-23 NAS]

In this chapter, we find a couple of statements that are often misunderstood because of false teaching, carnal appetites, and the seduction of evil spirits.

We find here that first of all, Paul was revealing that different people have different beliefs, and this is to be expected, not necessarily to be accepted without teaching them the truth. But we are not to pass judgment on those who do not believe as we do that we can eat certain scripturally sanctified foods that others do not believe we should eat (such as flesh foods, especially those sacrificed to idols). And neither are we to judge others who eat what we believe are things not to be eaten (scripturally unclean things that they consider foods but we know to be unfit, disease and sickness causing things, such as unclean flesh). We must speak the truth, but always in love, seeking to the edification of the other.

One of the verses that causes some people to reject the truth is verse 14, but if we look at the next verse and see what Paul was saying, there is no confusion or contradiction to the plain truth that is consistent throughout the scriptures.

[14] **"I know and am convinced in the Lord Jesus that nothing is unclean [κοινον, *koinon*, *common*] in itself; but to him who thinks anything to be unclean [common], to him it is unclean [common].** [15] **For if because of food [βρομα, *broma*, *food*, that which is eaten] your brother is hurt, you are no longer walking according to love. Do not destroy with your food [*broma*] him for whom Christ died."**

Some people think in verse 14 that Paul is saying that "nothing we eat is unclean, and, therefore, all things are clean," that you can eat whatever you want. But Paul is not saying that because he is talking about food, which he refers to twice in the next verse. And as we've seen by starting in Genesis 1 and 2, food is what God says it is, not just anything anyone can put in their mouth. Would anyone consider a dead, bloated and diseased animal at the side of the road clean? Of course not, but thank God He has designed the buzzards to feast on it to help clean up the environment. We can all think of some things that most of us would not consider clean, such as fish swimming in sewage, but there are those who do, unfortunately for them.

Another verse that we hear sometimes quoted inappropriately is verse 17.

[17] "For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit."

Here some say that for those of us in the kingdom of God, what we eat or drink is not important and we are not to be concerned with it, only **"righteousness and peace and joy in the Holy Spirit."** But this also is a misunderstanding.

First, Paul is using a common Hebrew idiom, which means literally that the first thing mentioned is not the major point, but the second point is the one emphasized. Peter used a Hebrew idiom when he told Ananias in Acts chapter 5 that he had not lied to men but to the God. Actually, Ananias had lied to Peter and the others by pretending that he was giving all from the sale of his land, but the important issue was that he had lied to God. Hebrew idioms are common among the Hebrews and are used a number of places in the scriptures. (John 6:27; Genesis 32:28; 46:2, 5; 45:8; Exodus 16:2, 8; 1 Corinthians 4:19-20; Acts 5: 1-4)

When we consider this verse more closely, we realize that

eating and drinking can be very important, and our neglect of this truth results in the sickness and death of many who are part of the kingdom of God. Also, righteousness itself includes eating and drinking rightly according to the teachings of God's Word and Spirit. But here, Paul is emphasizing that we are not to judge one another or criticize one another whether we should eat only vegetables or not, or if there are special days for worship, but to be concerned about living righteously in this present age.

Notice, Paul concludes his thought on eating and drinking by saying that he would not ever **"eat flesh or drink wine"** if it makes a brother to be offended or to stumble, so obviously eating and drinking has significance (21). We'll address this further in another chapter. And he ends with the statement that whatever we eat that **"is not from faith is sin."** (23)

So we see, beloved, that this scripture does not say that everything one can put in one's mouth is clean and good for us. And to understand this and live righteously according to God's kingdom rules will bring us **"peace and joy in [His] Holy Spirit."** Amen!

Romans 11:5-10

When our table brings sickness and death

“Even so then at this present time also there is a remnant according to the election of grace. And if by grace, then is it no more of works: otherwise grace is no more grace. But if it be of works, then is it no more grace: otherwise work is no more work. What then? Israel hath not obtained that which he seeketh for; but the election hath obtained it, and the rest were blinded (According as it is written, God hath given them the spirit of slumber, eyes that they should not see, and ears that they should not hear;) unto this day. [9] And David saith, Let their table be made a snare, and a trap, and a stumblingblock, and a recompense unto them: [10] Let their eyes be darkened that they may not see, and bow down their back away.”

(Romans 11:5-10 KJV)

Here in this passage by Paul in the New Testament we find a most revealing and yet sobering truth, one which I have seen fulfilled many times in the lives of disobedient Christians. Paul quotes and amplifies the meaning of David's words in the Psalms.

“Let their table become a snare before them: and that which should have been for their welfare, let it become a trap.”

(Psalm 62:22 KJV)

How tragic and unnecessary when our table, that which we eat and is meant for our nourishment, health and healing, strength, and welfare, is used instead against us to bring sickness, disease, and death.

It happens this way at the Lord's Supper. An example is given us again by Paul when he wrote to the Corinthians that their lack of consideration and respect for the sacrifice of the Lord's blood and body and His church which is now His body was resulting in the Lord's chastening, bringing weakness, sickness, and premature death upon some of them (1 Corinthians 11:17-34). We read: **"Therefore when you meet together, it is not to eat the Lord's Supper, for in your eating each one takes his own supper first; and one is hungry and another is drunk"** (1 Corinthians 11:20-21 NAS). Because some were eating all the food before others had a chance at their Love Feasts, and some were drinking all the wine and getting drunk while others were going hungry, Paul wrote further:

"For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes. Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord. But let a man examine himself, and so let him eat of the bread and drink of the cup. For he who eats and drinks, eats and drinks judgment to himself, if he does not judge the body rightly. For this reason many among you are weak and sick, and a number sleep. But if we judged ourselves rightly, we should not be judged. But when we are judged, we are disciplined [παιδενομεθα, *paideuometha*, *chastened*, lit. *child trained*] by the Lord in order that we may not be condemned along with the world. So then, my brethren, when you come together to eat, wait for one another. If anyone is hungry, let him eat at home, so that you may not come together for judgment."

(1 Corinthians 11:26-34 NAS).

Just as we read that the Corinthian Christians were being chastened by the Lord for their sin of indulgences and lack of consideration for other Christians in eating at the Lord's Supper, so too we see this at the everyday meals Christians indulge in today with their lack of consideration for their own health and the health of their brothers and sisters.

Paul writes that their table becomes **"a snare"** (παγδα,

pagida, snare), a sudden, unexpected device often used to entangle and catch birds. It also becomes “**a trap**” (θηραν, *theran, trap*), that which is used in the artful hunting of wild beasts, often used with a bait to allure the victim. And what one eats or is offered to eat can become “**a stumblingblock**” (σκανδαλον, *skandalon, stumblingblock*), a trigger of a trap, an impediment, a temptation to sin. And our table may be “**a recompence**” (ανταποδομα, *antapodoma, recompence*), the thing paid back, a repayment, a retribution.

What a profound statement Paul wrote of how our table, what we eat regularly or incidentally, can become a snare, a sudden or gradual unknown cause of sickness that we are unaware of, uneducated about; a trap that uses an alluring taste, a bait that tempts and entices us resulting in sickness, that holds us in bondage and ill health; something we stumble over into pain and misery, a temptation of a taste acquired before we have learned the truth; and pathetically even the very thing that gradually or suddenly takes our lives as we are rewarded for our disobedience and sin.

Dear friends, let us not be disobedient and yielding to the commercials of this world seen everywhere on TV, billboards, or magazines, or to the tempting offers of ignorant or carnal Christians at Church socials or gatherings. Let our tables not result in the weakness, sickness, or death that comes from not listening to or heeding the precious word that God has given us or the still small voice with which He speaks. Our conscience must become renewed in every aspect, and we must take seriously the word, “**Whatsoever is not of faith is sin.**” (Rom. 14:23 KJV)

Now, another factor that can bring about the fulfillment of the scriptures we have been considering here in Romans 11:9 from Psalm 69:22 is not just the food that we eat, but the utensils in which it is prepared, or the containers in which it is sold or stored.

There has been much written for years about the toxic chemicals that come out of the cooking pans that are commonly sold, or the dishes, or the packaging and storage containers used.

Glass is the best for food storage. Plastic has many problems, so healthy paper products are preferred.

An inexpensive Lead Test Kit can be purchased to determine if lead is leaching out of dishes, cups, pans, toys, cribs, jewelry, paint, soil, water, or whatever.

Iron skillets have been used for years, but there is a danger of people getting too much iron absorbed into their bodies, and it can cause serious problems. This is also true from iron in food supplements, so this is a factor that must be considered.

Aluminum cookware is notorious for leaching into foods cooked in it, and it is not recommended because aluminum is a major factor in memory loss and Alzheimer's Disease.

Copper cookware must be lined due to the possibility of copper poisoning.

Non-stick cookware is available today in many brands, and they make up the majority of cookware sold. They are made with a chemical called perfluorooctanoic acid (PFOA), which is sometimes called C8. It is used not only in non-stick cookware, but also in countless household products such as coated paper plates and products, shampoo, carpets, wrinkle free clothing, and even microwave popcorn bags. Dupont was the first to develop a non-stick coating they called Teflon, and has been successfully sued and settled out of court and also paid millions of dollars in fines to the EPA for withholding research facts concerning the dangers of PFOAs. "According to the Environmental Working Group [www.ewg.org], studies conducted by Dupont's own scientists over the last 50 years showed that when Teflon is heated it breaks down into 15 types of toxic gases and particles." Just "google" up "non-stick cookware dangers" and you will find thousands of articles of warning. These chemicals are used so much today that John Hopkins Medical Center did a test and found PFOA was present in the umbilical cord blood of 99% of the 300 infants tested. Research indicates many serious problems, and DuPont admits that when non-stick pans are heated, fumes are emitted which can lead to brief flu like symptoms in humans, called polymer fume fever. "Teflon toxicosis" is the term for the deadly illness that arises in birds that are exposed to the fumes. "The lungs of exposed birds hemorrhage and fill with fluid, leading to what must be an agonizing death from suffocation." Infertility in women, lung problems, and stunted fetal growth and birth defects in babies are indicated in humans. PFOA and other PFCs, Perfluorinated Chemicals, are known carcinogens.

Speckled Metal Cookware should never be used unless in boiling canning jars where food never touches the surface of the pan. The amount of harmful chemicals that leach out when cooking is shocking. I discovered this from Dr. Mercola's free health newsletter. A large amount of aluminum and nickel,

as well as some cobalt, chrome, and iron, is leached out of the enameled steel as indicated in the test report available online at mercola.com.

Stainless steel cookware is much better but it has alloys containing nickel, chromium, molybdenum, and carbon. It can become pitted due to extended use or storage of acidic foods. For those with nickel allergies, it's a particularly important problem, and may be in men with prostate problems. Good quality multiple ply waterless stainless steel cookware is good, and is best if used according to directions for waterless cooking. It will last longer than a lifetime. We still use some of my mother's waterless cookware, and I have had my set for over 45 years since I sold it when putting myself through dental school.

Glass and porcelain can be satisfactory, if it has been tested for the non-release of toxic chemicals.

A newer type of natural Extreme Temperature Ceramic Cookware is now available that tests extremely safe, is non-reactive, and bacteria resistant. It has a non-stick finish inside and out, an ultra-durable high gloss "Nano Glaze" unscratchable surface that will never peel or flake off even if used with metal utensils, cleaning powders, or industrial steel wool. It will not break even if accidentally boiled dry because it can withstand up to 2,700°F, whereas steel can melt at 2,200°F, and therefore can be used on the stovetop or barbeque grill, under the broiler, or in the oven, microwave (although I do not recommend microwave ovens because they distort the molecular structure of foods and destroy much of the nutrients, and cause many other problems with the immune system), toaster oven, or dishwasher. It has an attractive and functional design, and therefore can be used to serve the food on the dining room table, or stored with food in the refrigerator or freezer. When taken out of the freezer, it can be put immediately on the stove or in the oven. It does not absorb or emit gaseous or toxic odors at any temperature. It is called Xtrema, and is available in cookware, bakeware, and teaware, and is guaranteed for 50 years if it breaks from hot or cold thermal shock, but not if dropped. Dr. Mercola has it all available on his web site at www.mercola.com, and demos are even available on youtube, and other info on the web.

Now, let me add here a very important revelation that the Lord gave me while finishing this book, tucked away here near the end of this teaching on Holy Nutrition, that is another

unsuspecting “trap” or “snare” that is present today like never before in human history that can sap our strength and cause unknown health problems.

Three years before I received this revelation my wife and I went to the Philippines, and I didn’t think to take along any probiotics which I usually recommend to anyone going overseas and eating foods that they are not as able to insure its cleanliness, or in fact are being subjected to local parasites that our systems have not built immunity against.

My wife and I each got a bug with the accompanying diarrhea and after getting some medicine from a local physician, everything seemed alright and in a few weeks flew back home. However, I had a constant weakness in my body that resulted in an extreme fatigue, a few times so bad I was in bed most of the day. I woke up tired most of the time, and asked for prayers many times from our fellowship and others, and consulted health care providers. I was careful in eating a holy diet as usual, took a number of extra supplements, and was often asking the Lord for the answer as to what my body needed additionally that I was missing. After a year and a half while writing this book on the chapter on honey I was healed as you’ve read of the spring and then fall allergy by eating honey and the honeycomb. And then the bee products greatly relieved my fatigue, but I was still not able to always stay awake and pray in the middle of the night as I had when I was younger and first started taking our concentrated Whole Leaf Aloe Vera Juice. And I required more sleep than I usually had for many years.

Then a few weeks before writing this book update, I was able to get a copy of Sylvia Zook’s new book on CD, and felt I needed to read her book before having this one printed as a few personal comments from her had stimulated me to add some info to this book, and so I felt she might have something else I should add.

Eatin’ After Eden on CD came the day I completed another update. So I put the CD into our laptop computer, propped myself up in bed with the computer on my lap, and began to read. Most of Saturday morning, and evening, and again Sunday morning, I devoured Sylvia’s book. I did a baptism Sunday afternoon, and when we came home, realized I had not been as energetic as I would have liked to have been, had not shared as much with those present as I would have liked, and felt so tired that I laid down and slept for a couple of hours. When I awoke I watched

a news program on TV, and then climbed back onto my bed with the CD in my laptop and continued reading. When it was time for me to go to sleep, I was so tired and fatigued I could hardly move, and I told my wife how I felt and that it was a strain to even talk. I went to sleep praying and asking the Lord what was wrong with me, and He revealed that it was the computer. I had been “zapped.” In the morning my wife said as she had prayed she felt the problem was the computer. That was confirmation, and now the story gets more interesting. Two weeks before, at our monthly meeting, a sister had given me a SRT2 Q-Link pendant which she had worn while using a computer at her employment, but had retired after 50 years, and no longer thought she needed it. She said it was designed to protect against EMFs, electro magnetic fields, and another brother at the meeting had one he was presently wearing that I had not been aware of.

Now, I had been told for years about radiation (electro magnetic radiation, EMR) coming from TVs, cell phones, computers and their screen monitors, electric clocks and blankets, microwaves, and other appliances, but since we don’t see it, feel it, hear it – sense it with our physical senses – we so easily dismiss it, or put off doing anything about it. In fact, I had not worn the new gift, but had it on the table, all wrapped up in a pretty little pouch – waiting.

Well, when I awoke that Monday morning (expecting because of the way I felt when I went to bed that I’d be in bed most of the day as I had sometimes before), I immediately went downstairs and got the Q-Link pendant that I had been given providentially and put it on, and within a half hour felt like a new man! And I have felt that way ever since! After a few weeks I became so excited as all my old energy was renewed, I was able to pray better as I can pray for hours when led in the middle of the night without falling asleep on my knees, and still not be tired the next day. I lost weight, and its nice to go out and buy a new pair of pants a size smaller, and have my wife take in the waist of other ones. My appetite and hunger went down, my energy went up. I require less sleep as I’ve returned to the sleep discipline that I’ve had for years — God is my alarm clock.

Since I have been in the health ministry for years, have always sought ways to bring healing to God’s people both naturally and supernaturally, I immediately contacted the manufacturer, invested in a supply and became a distributor so I could help “the church.”

After sharing the new Q-Links, the SRT3, I have seen remarkable results in those who have gotten one. Another confirming thing happened the night I was sharing with my two nephews at our dinner table about the Word, and my new experience and products. My wife was upstairs reading a book that I had read a couple months before, entitled *The Weight Loss Cure* by Kevin Trudeau. I had not acted on the words that she was now reading, but now they came alive from my experience as she shared them. She had stopped reading a few weeks before, and providentially had started to read again that night, and immediately she was reading from his "Weight Loss Cure Protocol," number 49, where we read:

"Electromagnetic Chaos Eliminator. We are bombarded by invisible electromagnetic energy every day. This did not exist fifty years ago. Today, however, with satellites, radio transmissions, cell phones, wireless devices, high-definition TVs, and an array of electronic products, every cell in our body is being smashed with trillions of bits of unnatural electromagnetic chaos. Researchers have now proven that this adversely affects the cells in our body, which in turn, adversely affect our health. This also leads to glandular abnormalities including that of the hypothalamus. This in turn leads to increased appetite and lower metabolism, thus contributing to obesity. It is recommended that you obtain a device that neutralizes these electromagnetic frequencies. I personally wear a Q-Link and E-Pendant. I also use a Biopro device on my cellular phone. Use of these devices will lead to increased energy, better mental clarity, better body function and reducing of depression." (Kevin Trudeau)

Oh, what a blessing and answer to three years of prayer this knowledge and Q-Link protective technology has been. I've removed the normal electric clock from my bedside and replaced it with one "that does not drain your energy while you sleep or work." And it "powerfully neutralizes the effects of EMF" in our home and work environment as it "influences a 30 foot radius." After more study and investigation, I've also removed the cordless telephone from our bedside, and am looking into other beneficial changes that I can make.

To read articles, obtain Q-Link products, become a distributor, or what I want to see in every congregation of God's people, to not just distribute books and bibles but a few specific

health products that can be obtained at wholesale for the benefit of God's people, go to our web site or contact us. You may also go to the manufacture's web site at www.clarus.com where you'll find lots of research and read under the "Products" info:

"HOW Q-LINK WORKS.

"Beneficial Resonance with your Biofield. In 1994, the National Institutes of Health in the United States adopted a new term – biofield – to describe a growing body of research showing a subtle field that permeates and extends beyond the physical body. The biofield is something you've probably already noticed: a vital force that animates our bodies and powers our daily lives. When our biofield is out of balance, we're out of balance. Disease, fatigue, and apathy all reflect a compromised biofield. When something improves our biofield, such as the Q-Link, it can increase our mental and physical performance, reinforce our natural immunity to stress and enhance our sense of well-being.

"Every day, our biofields are negatively impacted by flickering computer monitors, irate bosses, cell phones, emotional stress, tabloid television, and traffic jams. We are literally bombarded with frequencies that wear us down. That's why it is essential to recharge.

"Q-Link products tune up your biofield through a resonant effect that harmonizes your energy and helps you to navigate smoothly through a stressful world. Think of them like tuning forks that remind your biofield of its optimal functioning state. Worldly stress causes the biofield to become more chaotic and incoherent. The Q-Link reverses this process, ensuring greater efficiency, harmony, and balance."

I have many research articles available in PDF format for those who want to read more of the scientific research, sports application, or helpful information. Also, there are a number of books available through Amazon.com, such as the classic: *The Body Electric, Electromagnetism and the Foundation of Life* by Robert O. Becker, M.D., and his later book, *Cross Currents, The Perils of Electropollution, The Promise of Electromedicine*. Dr. Joseph Mercola also has a lot of informative articles on the dangers of EMFs on his website, mercola.com. Try "Are EMFs Hazardous to Our Health?" And there are many other articles. Just search with: "EMFs." One from his free email newsletters just came providentially this morning before I began to get this chapter ready for printing:

“Could your iPhone be the most dangerous cell phone ever?” I love mine but I use the Q-Link and have bluetooth in the car that works through the car speakers so I do not have it by my head. Also, get a cell phone only with speaker phone, and use it whenever possible. And he has a new type headset, “blue tube,” that sounds great. And do not let children have a cell phone with their developing brain. Research reveals they cause brain cancer. And all these electronic devices and toys emit EMFs, and EMRs! Protect yourself and loved ones.

Another important item I’d like to share since weight control is such a major concern for many in this country and around the world is that the hypothalamus is a most significant gland that must be functioning properly. In Kevin Trudeau’s book, *The Weight Loss Cure*, he gives ample evidence of this reality, and shares about Protocols that reset the hypothalamus by either injections of specific amino acids, or diet, in order to experience normal weight. This is what I have observed has happened to me, as Kevin also mentioned in his remarks about EMF protection. I knew that my thyroid, controlled by the hypothalamus, had been very low as my morning temperature was several degrees below the normal of 98.6° and various supplements for it had helped, but not enough. Therefore my metabolism had been out of balance, but now appears to be more normal, and thus my energy level has increased. I’ve lost the sluggishness and tiredness of those past three years due I believe to my immune system and glandular health having been lowered by the parasite and medical treatment together with the electronic stress of a long air flight. (By the way, EMF Protection helps prevent jet lag, and probiotics prevent Montezuma’s Revenge — Traveler’s Diarrhea.) My sleep pattern has returned to normal, and I feel great! Praise the Lord!

Since everyone in this world is being constantly bombarded with EMFs of various degrees, I encourage everyone to pray about this, and to protect themselves and their loved ones from this silent attack, this “snare” that no amount of Holy Nutrition alone can solve, but the proper technology that counters the wireless technology of our day can solve. I have been blessed with the Q-Link technology that answers this need, and am making it available to you. Please contact us for help.

1 Corinthians 6:12-13, 19-20

Lawful, but unprofitable

“All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything. Food is for the stomach, and the stomach is for food; but God will do away with both of them. Yet the body is not for immorality, but for the Lord; and the Lord is for the body. . . . Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.”

(NAS)

Here we have a statement by Paul, which he repeats in the 10th chapter and we'll look at further in my next chapter, that some use to reject the laws of God when Paul says, **“All things are lawful for me.”** However, when we consider the context we know that is not the complete truth because Paul just finished saying in the preceding verses that the unrighteous, that is those who do not keep the laws of God, are not going to inherit the kingdom of God. He wrote,

“Do you not know that the unrighteous shall not inherit the kingdom of God? Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor homosexuals, nor thieves, nor the covetous, nor drunkards, nor revilers, nor swindlers, shall inherit the kingdom of God. And such were some of you; but you were washed, but you were sanctified, but

you were justified in the name of the Lord Jesus Christ, and in the Spirit of our God."

(1 Corinthians 6:9-11 NAS)

What then does Paul mean with this phrase that he repeats twice in this letter? I believe Paul means that all things not against the laws of Christ are permitted, but that they are not always profitable, helpful, to either ourselves or to others. This could include many things, such as where we go and what we do. Even some occupations, hobbies, habits, and the clothes we wear.

And then by repeating the words again, is meant that all things that are lawful as a Christian in obedience to the laws of God and of Christ (1 Cor. 9:21) are not to bring us into bondage or addiction which would harm our bodies or our testimonies. Nothing must bring us under its power or mastery, but we must only be under the power and mastery of the Lord Himself. Again, many things that we can spend too much time at, such as TV, hobbies, sports, entertainments, are not helpful or profitable. They are not a wise use of our time and talents, and when the Lord Jesus said, **"That every idle word that men shall speak, they shall give account thereof in the day of judgment"** (Matthew 12:36 KJV), it should sober us up and get us to pray earnestly about everything.

Many foods that are high in sugar content can become addictive. We can develop cravings for them due to the physiological working of our bodies with the chemistry of the substance. Alcohol is another substance, which metabolizes in the body like sugar, and they both utilize and deprive the body of large amounts of vitamins, particularly the B vitamins, and therefore in one aspect usually, we must supplement the body nutritionally for the best and most effective way in delivering people from these addictions. Many "prepared foods" (grocery stores have refrigerated rows of them), soft drinks particularly, are deliberately loaded with chemicals specifically made to create addictions, so that you will buy more. Various drugs, both legal and illegal, can also bring us into bondages that the Lord is not pleased with and people need deliverance from. Many drugs may be "lawful" but not "expedient" or "profitable" for us, only profitable for the drug companies and their promoters and "pushers." Illegal drug pushers are known as "street pharmacists," as opposed to the legal pharmacists that together with "medicine," the advertisers, led by the pharmaceutical industry and now the government,

have more people in harmful addictions than practically anything else in this world.

When Paul next writes, **“Food is for the stomach, and the stomach is for food; but God will do away with both of them”** it reminds us that we should utilize food properly in this age, and “eat to live” not “live to eat” (1 Cor. 6:13 NAS).

He then immediately follows this remark with the words, **“Yet the body is not for immorality, but for the Lord; and the Lord is for the body.”** The apostle is emphasizing the Lordship of Christ, and reminding us that He is **“for the body,”** that He wants it healthy and whole as He bore stripes upon His own body specifically for our healing. **“With His stripes we are healed”** (Isaiah 53:6; Matthew 8:16-17; 1 Peter 2:24). After food, Paul goes on to discuss another indulgence of the flesh, the destructive sin of immorality, literally “fornication” which includes all types of sexual sins, and then concludes with the revelation so much needed today, **“Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body”** (1 Cor. 6:19-20 NAS).

God does not live in temples made with man’s hands, but in us! (Isaiah 66:1-2; Acts 8:48-49; 17:24; 2 Corinthians 6:14 – 7:1) And our bodies do not belong to ourselves. They belong to the Lord! He bought them from the slave market of sin with His own precious blood, and He owns our bodies, not us! Therefore, we are to give our bodies to Him, which is the only reasonable thing to do, Paul wrote to the Romans. (We’ve discussed this from Romans 12:1-2 in the first chapter.) Our bodies are to be a living sacrifice, a holy sacrifice, and therefore then an acceptable sacrifice. In giving them as such we then, and only then, will have our bodies bring glory to God.

So few Christians today live like their bodies belong to the Lord and not to themselves. Most live like unbelievers, which perhaps they are. They do what they want with their bodies — what they put in them, on them, or where they take them. It is a shame, and will not only be accounted for in the day of judgment, but is being judged now, in ways they are blind to now, but their eyes will be opened on the day of judgment when there will be much crying and many will be unexpectantly “vomited out of His mouth,” and for the rebellious the **“wailing and gnashing of teeth”** (Revelation 3:16; Matthew 13: 42, 50).

Oh, beloved, let us bring glory to God with our bodies, it is

our biggest witness to those who see us, and watch our lives. Only God sees our hearts. What we look like is our witness to men and angels, and a true reflection of what really is in our hearts. Be not deceived! The Lord Jesus said, **"That except your righteousness shall exceed the righteousness of the scribes and Pharisees [both imputed and practical righteousness, declared righteous and then the keeping of the laws of Christ], ye shall in no case enter into the kingdom of heaven."** (Matthew 5:20)

And for those who would say, but "we are not under law but under grace" I would say, "A text without a context is a proof text for a pretext." A lawless excuse for sin! Paul wrote,

"Now if we be dead with Christ, we believe that we shall also live with him: Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him. For in that he died, he died unto sin once: but in that he liveth, he liveth unto God.

"Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. [13] Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God. [14] For sin shall not have dominion over you: for ye are not under the law, but under grace.

[15] What then? shall we sin, because we are not under the law, but under grace? God forbid. Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness? But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you. Being then made free from sin, ye became the servants of righteousness. I speak after the manner of men because of the infirmity of your flesh: for as ye have yielded your members servants to uncleanness and to iniquity [lawlessness] unto iniquity [lawlessness]; even so now yield your members servants to righteousness unto holiness. For when ye were the servants of sin, ye were free from righteousness. What fruit had ye then in those things whereof ye are now ashamed? for the end of those things is death. But now being made free from sin, and become servants to God, ye have your fruit unto

holiness, and the end everlasting life. For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord."

(Romans 6:8-23 KJV)

Paul is telling us that we are not under law for the power to live without sin because the law provides no power over sin, only grace does. The law is for our guidance and direction; grace is for the power to keep the laws of Christ, to lead a holy life unto eternal salvation. Thank God for both His truth and His mercy and grace! Amen!

Let's yield the members of our bodies to God!

1 Corinthians 8; 10:23 - 11:1

Doing All to the Glory of God!

"Now concerning things sacrificed to idols, we know that we all have knowledge. Knowledge makes arrogant, but love edifies. If anyone supposes that he knows anything, he has not yet known as he ought to know; but if anyone loves God, he is known by Him.

"Therefore concerning the eating of things sacrificed to idols, we know that there is no such thing as an idol in the world, and that there is no God but one. For even if there are so-called gods whether in heaven or on earth, as indeed there are many gods and many lords, yet for us there is but one God, the Father, from whom are all things, and we exist for Him; and one Lord, Jesus Christ, by whom are all things, and we exist through Him.

"However not all men have this knowledge; but some, being accustomed to the idol until now, eat food as if it were sacrificed to an idol; and their conscience being weak is defiled. But food will not commend us to God; we are neither the worse if we do not eat, nor the better if we do eat. But take care lest this liberty [ἐξουσία, *exousia*, *authority*] of yours somehow become a stumbling block to the weak. For if someone sees you, who have knowledge, dining in an idol's temple, will not his conscience, if he is weak, be strengthened to eat things sacrificed to idols? For through your knowledge he who is weak is ruined, the brother for whose sake Christ died. And thus, by sinning against the brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food causes my brother to stumble, I will never eat meat [κρέα, *krea*, *flesh*] again, that I might not cause my brother to stumble."

(1 Corinthians 8 NAS)

[23] "All things are lawful, but not all things are profitable. All things are lawful, but not all things edify. [24] Let no one seek his own good, but that of his neighbor. [25] Eat anything that is sold in the meat market, without asking questions for conscience' sake; [26] for the earth is the Lord's, and all it contains.

[27] If one of the unbelievers invites you, and you wish to go, eat anything that is set before you, without asking questions for conscience' sake. [28] But if anyone should say to you, "This is meat sacrificed to idols," do not eat it, for the sake of the one who informed you, and for conscience' sake; [29] I mean not your own conscience, but the other man's; for why is my freedom [ἐλευθερία, *eleutheria*, *liberty*] judged by another's conscience? [30] If I partake with thankfulness, why am I slandered concerning that for which I give thanks? [31] Whether, then, you eat or drink or whatever you do, do all to the glory of God. [32] Give no offense either to Jews or to Greeks or to the church of God; [33] just as I also please all men in all things, not seeking my own profit, but the profit of the many, that they may be saved. Be imitators of me, just as I also am of Christ."

(1 Corinthians 10:23 - 11:1 NAS)

These passages are dealing with food, legitimate food, that has been offered to idols. It is not dealing with unclean flesh. A beginning remark by Paul is well worth remembering, and that is that "**knowledge puffs up, love builds up.**"

Paul explains that since an idol is nothing and does not represent the real God, it is alright to eat anything offered to an idol except when it affects other people adversely, either believer or unbeliever.

We must set a proper example for both unbelievers, and for those believers who do not yet understand the truth that we might know, and therefore their consciences would be defiled if they eat something because they were tempted by what we have done. Paul makes it clear that in those cases we have sinned not only against the brother, but also against Christ, who died for and lives in the brother.

What is sold in the local meat market might be vegetables or some type of clean flesh, but we must not use our liberty to eat it if it will offend someone and cause them to stumble.

One of the statements Paul makes that confuses some people is that he says that we are to eat anything set before us. In this context it is clear that he is referring to the meat whether it has been or has not been offered to idols. He is not teaching that anything at all that one could have set before them is fit to be eaten. We would not take a cigarette, cigar, or strong drink that has been offered to us just to keep from "offending" that person. We should kindly thank them for the offer but explain that it is not to our desire. It might then be appropriate to explain why, or it might not. If they ask, then explain it. I'm sure there are many things that could be offered to anyone, which they would not find difficulty in refusing. But this statement by Paul is sometimes twisted to mean that we should accept anything, no matter what. This can be very dangerous. I remember well a brother whom I had taught the truth to about unclean flesh going on a mission trip to South America where they ministered among very primitive natives. One of their delicacies was to feed a pig some corn and then later butcher the pig and eat the intestines with its partially digested food. He didn't want to "offend" so he ate. He became so sick he literally almost died. He ate not only what was unclean but all the parasites, bacteria, and viruses that this "delicacy" was filled with. Such are the results of the foolish interpretation of this verse.

Another item mentioned in these passages is the "liberty" that we have in Christ. This is so wonderful, but we need to know that liberty does not mean freedom to do anything we please. Liberty is the freedom to do what is right, not what is wrong. This distinction between freedom and liberty is not well understood in this day of gross licentiousness, but our forefathers understood it well.

An important example of this for our day is the definition given to us in the first dictionary of our Republic published by Noah Webster, *American Dictionary of the English Language*, Noah Webster 1828, that great patriot and "Founding Father of American Scholarship and Education," when he gives us the definition by Blackstone, the most honored of legal scholars: "Liberty of the press, is freedom from any restriction on the power to publish books; the free power of publishing what one pleases, subject only to punishment for abusing the privilege, or publishing what is mischievous to the public or injurious to individuals. Blackstone."

Oh, how much better we would be today, and our influence

throughout the world, if we still adhered to this historical legal definition of liberty, and prohibited and punished all that is “abusive, mischievous, or injurious.” Then we might better understand what Patrick Henry meant when he said, “Give me liberty or give me death!” And the quote in the beginning of the dictionary: “**‘Where the Spirit of the Lord is, there is liberty,’ II Corinthians 3:17.**”

An excellent application of true liberty as it pertains to our teaching on “Holy Nutrition” is the statement in scripture by James, **“But one who looks intently at the perfect law, the law of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man shall be blessed in what he does”** (James 1:25). And again when he says, **“So speak and so act, as those who are to be judged by the law of liberty”** (James 2:12 NAS).

Paul tells us that we are to try and please all people in everything we do, but of course this means that we are not to disobey the word of God to do it, for our ultimate purpose is to always obey and please God in everything, whether while we are in this corruptible body, or later in heaven with our incorruptible, glorified body. Paul wrote in his second letter to these Corinthians,

“Therefore, being always of good courage, and knowing that while we are at home in the body we are absent from the Lord — for we walk by faith, not by sight — we are of good courage, I say, and prefer rather to be absent from the body and to be at home with the Lord. Therefore also we have as our ambition, whether at home or absent, to be pleasing to Him. For we must all appear before the judgment seat of Christ, that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad. Therefore knowing the fear of the Lord, we persuade men.”

(2 Corinthians 5:6-11 NAS)

Paul then concludes this portion of scripture with this wonderful admonition,

“Whether, then, you eat or drink or whatever you do, do all to the glory of God. Give no offense either to Jews [Jewish unbelievers] or to Greeks [Gentile unbelievers] or to the church of God [Christian believers].”

Sickness – Its Causes and Cures

The first time the word sickness appears in the Scriptures is in Genesis 48:1 where the Hebrew word means primarily “to be rubbed or worn” and therefore, weak, sick, afflicted. In the Greek the most common word also means, “to be feeble, impotent, weak, without strength, infirm, and sick or diseased.”

According to Noah Webster’s 1828 *AMERICAN DICTIONARY OF THE ENGLISH LANGUAGE*, sickness is defined as: “Disease; malady; a morbid state of the body of an animal or plant, in which the organs do not perfectly perform their natural functions. ‘Himself took our infirmities, and bore our sicknesses.’ Matt. viii”

As we study the scriptures, we find that there are many causes and cures for sickness. First it was spiritual and dietary. Man disobeyed God’s Word and he ate what God had told him not to. It resulted in death (which means separation) entering into the world as a just punishment from God for man’s sin. Other causes in addition to sin and dietary are such things as the natural wearing out process of our corruptible bodies, lack of sanitation, parasites, infections, and Satan.

The purpose of this little study is to show by specific statements and examples of both the Old and New Testament Scriptures that God started sickness and only He will end it, not Satan, and that God uses sickness for chastening, discipline, judgment and justice, and for His glory. Although Satan also can and does cause much sickness and depression in this world, he can do nothing to one of God’s children unless God allows it. And all things work together for good to them that are loving God. (Romans 8:28)

The very popular teaching that all sickness is of Satan is itself of Satan, and one that “tickles the ears” of God’s people, and ministers to their flesh, not in bringing them to the cross. It helps to destroy the fear of God in a person and to keep them sick by blaming their sicknesses on another, namely Satan, rather than helping people to be responsible for their own sickness, which may be due to sin, ignorance, or some other reason which can be revealed to them by seeking the great physician, our healer, our Lord Jesus Christ, in truth and humble holiness. We are in the last days when God said the church would not endure sound doctrine, but after their own selfish desires would heap up to themselves many teachers (accumulate in large numbers and large gatherings) because they have itching ears that want to hear what makes the flesh and carnal nature feel good. (2 Timothy 4:3) Therefore, let us look at some of the scriptures that will verify the truth of God that people are turning away from.

Old Testament statements:

“And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.”

(Genesis 2:16-17 KJV)

“Fools because of their rebellious way, and because of their iniquities were afflicted. Their soul abhorred all kinds of food; and they drew near to the gates of death.”

(Psalm 107:17-18 NAS)

“The LORD’S voice crieth unto the city, and the man of wisdom shall see thy name: hear ye the rod, and who hath appointed it... Therefore also will I make thee sick in smiting thee, in making thee desolate [stunned, numb, waste] because of thy sins.”

(Micah 6:9,12 KJV)

“And the LORD said to him, Who has made man’s mouth? Or who makes *him* dumb or deaf, or seeing or blind? Is it not I, the LORD?”

(Exodus 4:11 NAS)

“And He said, If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the LORD, am your healer.”

(Exodus 15:26 NAS)

“And the LORD will remove from you all sickness; and He will not put on you any of the harmful diseases of Egypt which you have known, but He will lay them on all who hate you.”

(Deuteronomy 7:15 NAS)

“I, in turn, will do this to you [Israel, God’s people]: I will appoint over you a sudden terror, consumption and fever that shall waste away the eyes and cause the soul to pine away; also, you shall sow your seed uselessly, for your enemies shall eat it up. And I will set My face against you so that you shall be struck down before your enemies: and those who hate you shall rule over you, and you shall flee when no one is pursuing you. If after these things, you do not obey Me, then I will punish you seven times more for your sins. And I will also break down your pride of power; I will also make your sky like iron and your earth like bronze. And your strength shall be spent uselessly...”

(Leviticus 26:16-21 NAS Also 21-46)

“The LORD will make the pestilence cling to you until He has consumed you from the land, where you are entering to possess it. The LORD will smite you with consumption and with fever and with inflammation and with fiery heat and with the sword and with blight and with mildew, and they shall pursue you until you perish.... The LORD will smite you with the boils of Egypt and with tumors and with the scab and with the itch, from which you cannot be healed. The LORD will smite you with madness and with blindness and with bewilderment of heart... Also every sickness and every plague which are not written in the book of this law, the Lord will bring on you until you are destroyed.”

(Deuteronomy 28:21,22,27,28,61 also 35,59,60 NAS)

“My people are destroyed for lack of knowledge. Because you have rejected knowledge, I will also reject you from being My priest. Since you have forgotten the law of your God, I also will forget your children.”

(Hosea 4:6 NAS)

"Come let us return to the LORD. For He has torn us, but He will heal us; He has wounded us, but He will bandage us."

(Hosea 6:1 NAS)

"Do not be wise in your own eyes: Fear the LORD and turn away from evil. It will be healing to your body, and refreshment to your bones."

(Proverbs 3:7-8 NAS)

" 'behold, the LORD is going to strike your people, your sons, your wives, and all your possessions with a great calamity; and you will suffer severe sickness, a disease of your bowels, until your bowels come out because of the sickness, day by day.' Then the LORD stirred up against Jehoram the spirit of the Philistines and the Arabs who bordered the Ethiopians: ...So after this the LORD smote him in his bowels with an incurable sickness. Now it came about in the course of time, at the end of two years, that his bowels came out because of his sickness and he died in great pain."

(2 Chronicles 21:14-19 NAS)

"So Saul died for his trespass which he committed against the LORD, because of the word of the LORD which he did not keep; and because he asked counsel of a medium, making inquiry of it, and did not inquire of the LORD. Therefore He killed him, and turned the kingdom to David the son of Jesse."

(1 Chronicles 10:13-14 NAS)

New Testament statements:

Jesus said: "Behold, thou art made whole: sin no more, lest a worse thing come unto thee."

(John 5:14 KJV)

"Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord. But let a man examine himself, and so let him eat of the bread and drink of the cup. For he who eats and drinks, eats and drinks judgment to himself, if he does not judge the body rightly. For this reason many among you are weak and sick, and a number sleep. But if we judged ourselves

rightly, we should not be judged. But when we are judged, we are disciplined by the Lord in order that we may not be condemned along with the world."

(1 Corinthians 11:27-34 NAS)

"And as He passed by, He saw a man blind from birth. And His disciples asked Him, saying, 'Rabbi, who sinned, this man or his parents, that he should be born blind?' Jesus answered, 'It was neither that this man sinned, nor his parents; but it was in order that the works of God might be displayed in him.'"

(John 9:1-3 NAS)

" 'Lord, behold, he [Lazarus] whom You love is sick.' But when Jesus heard it, He said, 'This sickness is not unto death, but for the glory of God, that the Son of God may be glorified by it.' "

(John 11:3-4 NAS)

"If any man see his brother sin a sin *which is* not unto death, he shall ask, and He shall give him life for them that sin not unto death. There is a sin unto death; I do not say that he shall pray for it. All unrighteousness is sin: and there is a sin not unto death."

(1 John 5:16-17 KJV)

Jesus said, "And I will kill her children with pestilence [death]; and all the churches will know that I am He who searches the minds [kidneys] and hearts; and I will give to each one of you according to your deeds."

(Revelation 2:23 NAS)

Jesus said, "For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things, God shall add unto him the plagues that are written in this book: And if any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life, and out of the holy city, and from the things which are written in this book."

(Revelation 22:18-19 KJV)

"For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth."

(Hebrews 12:6 KJV)

"Do not think that I came to abolish the Law or the prophets; I did not come to abolish, but to fulfill. But I say to you that everyone who is angry with his brother shall be guilty before the court [of judgment]; and whoever shall say to his brother, 'Raca,' [numskull] shall be guilty before the supreme court [eldership]; and whoever shall say, 'You fool,' shall be guilty enough to go into the fiery hell."

(Matthew 5:17,22 NAS)

Jesus said our Father will hand us **"over to the torturers"** if we do not forgive.

(Matthew 18:23-35 NAS)

"And I say unto you my friends, Be not afraid of them that kill the body, and after that have no more that they can do. But I will forewarn you whom ye shall fear: Fear Him, which after he hath killed hath power to cast into hell; yea, I say unto you, Fear him."

(Luke 12:4-5 KJV)

Old Testament examples:

"To the woman He said, I will greatly multiply your pain in pregnancy, in pain you shall bring forth children; yet your desire shall be for your husband, and he shall rule over you."

(Genesis 3:16 NAS lit.)

"And the LORD furthermore said to him, 'Now put your hand into your bosom.' So he put his hand into his bosom, and when he took it out, behold, his hand was leprous like snow."

(Exodus 4:6 NAS)

"So the anger of the LORD burned against them and He departed. But when the cloud had withdrawn from over the tent, behold, Miriam was leprous, as white as snow. As Aaron turned toward Miriam, behold, she was leprous."

(Numbers 12:9-10 NAS)

"the anger of the LORD was kindled against the people [Israel], and the LORD struck the people with a very severe plague. So the name of that place was called 'graves of greediness,' because

there they buried the people who had been greedy."

(Numbers 11:33-34 NAS lit.)

"Then the LORD said to Moses and Aaron, 'Take for yourselves handfuls of soot from a kiln, and let Moses throw it toward the sky in the sight of Pharaoh. And it will become fine dust over all the land of Egypt, and will become boils breaking out with sores on man and beast through all the land of Egypt... and it became boils breaking out with sores...'"

(Exodus 9:8-10 NAS)

"Now the Spirit of the LORD departed from Saul, and an evil spirit from the LORD terrorized him."

(1 Samuel 16:14 NAS)

Throughout this Psalm David confesses that his sickness is from the Lord and due to his sin. For example, consider this prayer through the Holy Spirit, **"There is no soundness in my flesh because of Thine indignation; there is no health in my bones because of my sin."**

(Psalm 38:1-22; :3 NAS)

Testing, refinement:

(Job 1, 3:25, 42:6)

New Testament examples:

"Behold there was a woman who for eighteen years had a sickness caused by a spirit . . . You hypocrites . . . this woman is a daughter of Abraham . . ."

(Luke 13:10-16 NAS lit.)

Discipline of a sinning Christian turned over to Satan for the destruction of the flesh in order that his spirit might ultimately be saved.

(1 Corinthians 5:5 read 5:1-13)

Ananias and Sapphira judged with death for tempting the Lord because of greed and lying about it.

(Acts 5:1-11)

Saul, later Paul, struck by the Lord with blindness in bringing him to the Lord Jesus.

(Acts 9:8, 17-18)

Bar-Jesus, a false prophet, struck by the Lord with blindness for hindering someone else's salvation.

(Acts 13:11)

An angel of the Lord struck Herod the king **“and he was eaten by worms and died.”**

(Acts 12:23 NAS)

A star from heaven opens the bottomless pit to unleash tormenting locusts upon unsaved mankind.

(Revelation 9:1-12)

God's **“two witnesses”** devour their enemies by fire and smite the earth with great plagues at will.

(Revelation 11:3-6)

Now that we realize that we must deal seriously with God about our sicknesses, and have seen in the scriptures and in the chapters of this book, Holy Nutrition, many causes and cures, let us look at a summary list of some of the causes of sickness and disease and methods God uses to heal us:

Causes of Sickness & Disease:

Man himself due to sin, God and angels, Satan and demons, natural deterioration by aging due to the curse, lack of exercise, improper eating, nutrient deficient foods because of earth's aging and poor soil mineralization, or ignorant or shameful farming practices, food processing and adulterization procedures, food preparation and cooking methods, cooking utensils, infectious agents such as viruses, bacteria, fungi, molds, and parasites, lack of cleanliness, sanitation and quarantine, chemicals, toxins, poisons, EMFs, falsely trained healing professions, government and greed, media propaganda and advertising, legal and illegal drugs, and finally false and demonic teaching.

Methods of Healing:

Diligently listening to and obeying the voice of God;
Doing what is right in God's sight, righteousness;
Giving ear to God's commandments;
Keeping all of God's statutes, such as dietary, sanitary, and,
many others.

(Exodus 15:26)

Getting rid of our idols, such as men, organizations, doctors,
names, titles, education, sex, etc.
Serving God; Eating blessed bread and drinking blessed water,
not cursed! This means God-made food, not man-made junk,
prayed over by a self indulgent, taste bound, junk food addict.

(Exodus 23:20-33)

Trusting the Lord;
Leaning not on one's own understanding;
Acknowledging God in all your ways (in sickness and in
health);
Not being wise in one's own eyes (humility);
Fearing the Lord;
Departing from evil.

(Proverbs 3:5-8)

The Words of God;
Keeping thine heart.

(Proverbs 4:20-23)

All the above plus Vitamins, Minerals, Trace Elements,
Enzymes, Fiber, Essential Fats, Quality Proteins, Proper
Carbohydrates, Holy Bacteria, Phytonutrients, Clean Foods &
Whole Food Concentrates. Fruit, vegetable, and herb juices. Bee
products. Healing medicines, spices, essential oils, aromatherapy,
hydrotherapy, sunbathing, personal hygiene, natural soaps and
lotions, acupuncture, light therapy, EMF protection, massage,
walking, jogger, deep breathing, light weights and exercise.

A prayerful study of the preceding scriptures reveals that
food can be either blessed or cursed, and that God's statutes
for health must be obeyed. When we alter the way God made

food for our nourishment and remove what modern science has discovered are the life giving elements of good food, we are asking for sickness and can expect nothing else. Food supplementation is then a necessity if we want to maintain or regain good health. God's Health Laws are found throughout the bible and He tells us what is good or bad.

Flesh of clean animals, birds, and fish vs. unclean meats:

Holiness! Leviticus 11; Deuteronomy 14

Obedience to God's sanctifying will into complete blamelessness

– spirit, soul, and body: 1 Thessalonians 3:11 – 4:8; 5:23

Good food vs. Bad food (The Table set with snares, traps, stumbling-blocks, and recompenses!):

Psalm 103:5 KJV; Romans 11:9

Herbs, many listed by name in a bible dictionary:

Psalm 104:14 KJV

Proper nourishment is the purpose of good food. Green foods are essential!

Genesis 1:29

Water:

Waters healed, 2 Kings 2:19-22; Ezekiel 47:1-12

Bitter or sweet, Exodus 15:23-27, James 3:11

Blessed, Exodus 23:25

Drink, Daniel 1:12-21, Psalm 23:2

Wash in running water, Leviticus 15:13, 2 Kings 3:11

Fruit juices: Song of Solomon 8:2

Leaves of fruit trees: Ezekiel 47:12; Revelation 22:2

God's sent Word: Psalm 107:20

Fasting: Isaiah 58:8; Matthew 6:16-18

"Healing" medicines: Jeremiah 30:12-17 KJV

Balm, an aromatic gum or resin, natural oils and spices:

Genesis 43:11

A prescription from God: balm, not useless medicines.

Jeremiah 46:11

Doctors: i.e. physicians, including osteopaths, naturopaths, and homeopaths, dentists, chiropractors, herbalists, nutritionists, iridologists, and many others.

Matthew 9:12; Jeremiah 8:22

Cleanliness: Priests & sacrifices, disease, food, bodies, hands, clothes, eating & storage vessels, houses.

Exodus 29:4,17; 30:18-21;

Leviticus 11 – 15;

Numbers 19:11-22

Sanitation:	Deuteronomy 23:12-14
Quarantine:	Leviticus 13:45-46
A fig plaster, poultice:	2 Kings 20:7
A little wine:	1 Timothy 5:23
Laying on of hands:	Mark 16:18
Gifts of the Holy Spirit: faith, healings, miracles, word of knowledge, word of wisdom, discerning of spirits, tongues, interpretation of tongues, prophecy.	1 Corinthians 12:7-11; Acts 10:38
Revelations, Dreams and Visions:	1 Corinthians 14:6, 26, 30; 2 Corinthians 12:1, 7; Acts 2:17, 10:3, 17.
A Merry Heart:	Proverbs 17:22
Singing, Music, Praise and Worship:	1 Samuel 16:14-23; Acts 16:24-26.
Casting out evil spirits:	Luke 13:10-17; Matt. 8:16-17, 28-34; 12:22-37; Mark 1:23-28.
The Lord's Table & Discerning the Body of Christ correctly:	1 Corinthians 11:17-34, 28-32; 10:14-23.
Cleansing oneself from defilements of the flesh (which includes unclean meats) and defilements of the spirit:	2 Corinthians 6:14 – 7:1
Call for the elders of God's church, Anointing with oil by elders and apostles (those in authority in the church), which brings forgiveness of sins and then healing by "the prayer of faith":	James 5:16; Mark 6:13; Exodus 30 & 31.
Confession of one's faults to another person and prayer:	1 John 5:16.
Prayer:	John 14:13, 15:16, 16:23; 1 John 5:16.
Faith:	Matthew 9:22; Mark 2:1-12; 5:25-34; 10:52; Luke 7:50; 8:48; 17:19; 18:42.

This chapter's teaching is available for download at:
www.JohnRothacker.org

Fasting For Health and Healing

I thought I had finished this book a few months ago and was starting to get it into the correct format for printing when I developed unexpectedly a severe pain above my right shoulder whenever I was writing on the computer or on the internet. After investigation on the web I discovered this was a common problem for many, called a “mouse shoulder,” caused by a poor ergonomically setup workstation and my using glasses with progressive lenses.

Naturally I had prayed, started to praise the Lord for His goodness and the healing that would be manifested, and after many types of prayer for healing, also started using natural means to alleviate the pain, but to no avail. I made a few trips to a chiropractor to insure nothing was out of alignment, and some special treatments were given but they didn’t work. Extra nutrients of various kinds were tried, pain remedies that have been successful for others. A google search turned up Biotape, so I purchased some. Which, by the way, took care of a headache for my wife last night, (www.biotape.net, developed by Darrell J. Stoddard), but it didn’t help me. I took magnesium supplements, and then an article in a health letter turned up liquid magnesium, which has helped many, but they didn’t work either.

Then the day after Christmas the Lord sovereignly put my wife and I on a fast. After several months of pain, often so bad I had to take some pain medicine, or lie down and get my arm just right to alleviate the pain, I knew from past experiences that a season of fasting was the answer to this pressing need. It always has been a tremendous blessing, and a prerequisite to something

the Lord wanted to do in or through me or say to me in some special way.

This fast proved to be different than any other that I have ever done, and besides getting several words from the Lord, the Lord instructed me to add this chapter and explain some aspects of fasting and some things I've learned from many years of experience.

I first learned about fasting from a tract that I received just a few weeks before I went to the mission field to do missionary dentistry in 1966. I had just read a book on church history which told me of great men of God since the early church, and now this tract on, "The Ministry of Fasting," revealed why they had done such great things for God – they were men who fasted regularly.

I had learned more about the power of prayer through a book just a few weeks before that time, and had become very excited as I had been taught that although God did all the miracles that we read about in the scriptures, that He doesn't do them today, but now I read where He is answering prayers in miracle power today! I can remember that I was so excited with new faith as I read the book, that I would only read awhile, then get down and pray for awhile, before going back and reading more. So I started to arise an hour earlier to pray before I began each day.

And thus I went to the mission field with this new faith and practice of prayer and fasting, and saw God move wonderfully. I fasted two days each week, and before leaving the field, I was led to Christians who believed and practiced according to the scriptures in all of the "spirituals," supernatural manifestations, (KJV & NAS: "spiritual gifts"; Gk.: πνευματικῶν, pneumatikon, spirituals; 1 Corinthians 12 & 14) and ministries (Ephesians 4:11) of God. When I saw the evangelist who had just fasted for many days sit a child on his lap and pray to "Dr. Jesus" and saw a leg grow out to normal length before my eyes, saw a paralytic stand up healed, received three physical healings myself and a prophetic word that I was called as an "end-time preacher," my life was changed forever!

After I arrived home from the mission field, I lived with my parents. The pastor we were introduced to just before I left found in his parsonage basement some books on fasting by Franklin Hall. *Glorified Fasting*, *The A,B,C of Fasting* and *Atomic Power with God* excited he and I and a few others in a small congregation so much we started fasting toward what Bro. Hall advocated, 40-day

fasts. These are true fasts, days without any food, only water, as one should never go without water more than three days unless very supernaturally led or it can lead to kidney problems. Our body needs to flush out the toxins and waste from metabolizing the stored fat, and so it is very important to drink lots of purified water.

This was my first and longest complete fast, in which after several days one's hunger completely subsides, and then when the fast is to be broken, it returns. It was during this fast that I was healed of an "incurable" disease (see chapter 9). It was also during this time that an aunt offered to pay my way through seminary, but the Lord spoke to me and said, "No, I'm going to put you through my own seminary." Soon after this fast of just over a month, the Lord led me to a congregation north of Detroit where I was ordained "**by prophecy, with the laying on of the hands of the presbytery**" as an "apostle, to plant the church." (1 Timothy 4:14 KJV).

Since that time, I have fasted weekly except for a time that started two years later when after a five-month apostolic trip with another brother I visited a cousin in Colorado for two weeks before returning home. During this time I enjoyed her excellent cooking and hospitality and didn't fast as usual, and when I left I found that I just could not fast regularly as usual. This problem lasted for many months, and I struggled with trying to fast each week, sometimes successfully and sometimes not. Then after about a year or so, the Lord revealed to me why I was having trouble. It was because I had indulged myself at my cousin's, and that I was to start fasting every week from then on for the rest of my life or I would not be able to continue on in my ministry. Therefore, I have fasted every week since that time, and I know it has not just helped me spiritually personally and also for ministry, but it is a discipline that every child of God must learn and practice if they are to be true disciples of the Lord Jesus Christ! The Lord Jesus made no doubts about it. He said in the greatest message ever given, The Sermon on the Mount:

"Take heed that ye do not your alms [Panin's Gk: δικαιοσυνην, dikaiousunen, righteousness] before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven.

Therefore when thou doest thine alms [Gk: ελεημοσυνην, eleemosunen, alms, a donation to the poor]. . .

And when thou prayest . . .

Moreover when ye [pl.] fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

But thou [sing.], when thou fastest, anoint thine head, and wash thy face;

That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Lay not up for yourselves treasures upon earth . . ."

(Matthew 6:1-2, 5, 16-19 KJV)

When teaching on practices of righteousness that we all are to follow, the Lord didn't say His disciples might give alms, might pray, might fast, or might heed some good advice on handling one's finances, or even that they should do these things, but that they would do them. "**When ye fast,**" He said!

Another time the Lord said there would be a time when His disciples "**will fast.**" This was to be after He was taken from them up into heaven. This teaching came when revealing that the disciples of John the Baptist fasted regularly, and also the Pharisees which history reports fasted twice each week and we have the scripture of one of them (Luke 18:12), and which Jesus said our righteousness must surpass theirs if we are to enter the kingdom of heaven (Matthew 5:20). The Didache, a church-manual of primitive Christianity, also called "The Teaching of the Apostles," available in *The Apostolic Fathers*, reports that since the hypocrites "fast on the second and fifth day of the week," that the Christians were not to fast with them, but were to therefore "fast on the fourth and on the preparation (the sixth) day" (Didache 8:1).

This practice of the early Christians was what I believe inspired John Wesley and made the movement of the Holy Spirit so powerful through him and his followers. I took along on my recent trip one of Derek Prince's books on fasting, an excellent book to reread after many years, and where we find in the ninth chapter:

"In the early days of the Methodist movement there was strong emphasis upon regular fasting. John Wesley himself made this a part of his own personal discipline. He taught that the early church practiced fasting on Wednesday and Friday of each

week, and he exhorted all Methodists of his day to do the same. In fact, he would not ordain to the Methodist ministry any man who would not undertake to fast until 4 P. M. each Wednesday and Friday" (*Shaping History through Prayer and Fasting* by Derek Prince).

"Then the disciples of John came to Him, saying, "Why do we and the Pharisees fast, but Your disciples do not fast?"

And Jesus said to them, "The attendants of the bridegroom cannot mourn as long as the bridegroom is with them, can they? But the days will come when the bridegroom is taken away from them, and then they will fast."

(Matthew 9:14-15 NAS; also Mark 2:18-20 & Luke 5:33-35)

Remember, Jesus said His true disciples are those who live in His word, and their prayers are answered as they also allow His word to live in them:

"Jesus therefore was saying to those Jews who had believed Him, "If you abide in My word, then you are truly disciples of Mine; and you shall know the truth, and the truth shall make you free." "

(John 8:31-32 NAS)

"If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you." (John 15:7 KJV)

Now for some more specific understanding about fasting. One should not break a fast with lots of fruit juice. Especially after a long fast, and strong hunger returns, it is tempting to eat too much or drink too much juice. Actually, one should never drink more than two ounces of fruit juice at any one time, as it is a very concentrated sugar. What internationally recognized nutritionist and naturopathic physician, Paavo Airola, Ph.D., wrote many years ago in *Hypoglycemia: A Better Approach* is very true: "Juices are not whole and natural foods. They are also fragmented, isolated, concentrated, sugar-laden liquids which our bodies and our metabolisms are not equipped nor programmed to handle."

I found this out the hard way. After many years of fasting weekly, and then often breaking it with a lot of fruit juice, I believe this was the cause of my hypoglycemia, low blood sugar, that came along after awhile. This has been helped greatly by taking an ounce or so per day of our Manna From Heaven, Whole Leaf Aloe

Vera Concentrate, mixed of course with water as it is too acidic in concentrated form. I have seen it heal ulcers when diluted, and then seen them return when taken undiluted, and then re-healed when diluted again. This is what enabled me years ago to stay awake in the middle of the night when I awoke to pray, and at the time had not yet realized I had developed hypoglycemia. In fact, after awhile this low blood sugar condition made it very difficult for me to fast, and I started breaking the day's fast at supper time rather than at breakfast the following morning, and even eventually reduced to fasting just one and a half days per week for sometime. Recently, the Lord has enabled me to return to two and a half days per week, although I still fight hypoglycemia which causes me usually to be hungry about two hours after breakfast and lunch, and I need to eat something. It is only the grace of God that I can miss a meal — fast — ever!

In the scriptures we read where Elijah broke a fast on just **“a morsel of bread”** (1 Kings 17:11 KJV). Elijah had been supernaturally fed by ravens when the brook he had been drinking of dried up. Some distance away he was to meet a widow who was to sustain him and thus after the trip he obviously would have been very thirsty. When he met the widow he immediately asked for water, and then as she was going to fetch the water, he called to her for just a “morsel,” a little piece of bread to break his hunger.

This is a good way to break a fast, never with a lot of fruit juice. Two ounces of fruit juice can be diluted with pure water, but vegetable juices or soups, or a “morsel of bread” are excellent. I know a brother who would work all day and only drink many quarts of orange juice throughout the day, and he ended up in the hospital with acute diabetes and almost died.

Generally speaking, the longer the fast, the longer one should take to return to a regular diet. Never sit down and eat a heavy meal if you have fasted more than several days. Go slow because you don't want to shock your body which has become accustomed to no food, but also you do not want to over indulge and lose the benefits of a diet of proper proportions.

Another aspect of fasting — one is never too old or too young to fast. Anna, the prophetess was eighty-four and served God by fastings and prayers in the temple day and night for many years.

“And there was a prophetess, Anna the daughter of Phanuel,

of the tribe of Asher. She was advanced in years, having lived with a husband seven years after her marriage, and then as a widow to the age of eighty-four. And she never left the temple, serving night and day with fastings and prayers. And at that very moment she came up and began giving thanks to God, and continued to speak of Him to all those who were looking for the redemption of Jerusalem."

(Luke 2:36-38 NAS)

The people of Nineveh, in their desperation at the preaching of Jonah not to be destroyed, proclaimed a fast and put on sackcloth. Then, when the king heard of it, he went even further. He included all of the animals as well, and decreed that all, both man and all animals of every kind, must not eat or even drink water, and must be covered with sackcloth and cry out to God in repentance for mercy. It's a wonderful story of God's grace, so let's read it.

"And the word of the LORD came unto Jonah the second time, saying,

Arise, go unto Nineveh, that great city, and preach unto it the preaching that I bid thee.

So Jonah arose, and went unto Nineveh, according to the word of the LORD.

Now Nineveh was an exceeding great city of three days' journey. And Jonah began to enter into the city a day's journey, and he cried, and said, Yet forty days, and Nineveh shall be overthrown.

So the people of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them.

For word came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes. And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying,

Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water: But let man and beast be covered with sackcloth, and cry mightily unto God: yea, let them turn every one from his evil way, and from the violence that is in their hands. Who can tell if God will turn and repent, and turn away from his fierce anger, that we perish not?

And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did it not."

(Jonah 3:1-10 KJV)

What a story! Fasting and prayer, in a humble attitude of repentance and submission to the will of God always bring good results. And these results are many. We have an excellent chapter in the scriptures that tells us of the futility of fasting with the wrong attitudes, and then the many types of blessings from fasting with the right attitudes.

A Fasting Chapter:

"Cry aloud, spare not, lift up thy voice like a trumpet, and show my people their transgression, and the house of Jacob their sins.

Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God.

Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge?"

(Isaiah 58:1-3a KJV)

Wicked Fasting:

"Behold, in the day of your fast ye find pleasure, and exact all your labours.

Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.

Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?" [Like the Pharisees, a very good outward appearance, but a very bad attitude and behavior.]

(Isaiah 58:3b-5)

God's Chosen Fast:

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"

Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

Then shall thy light break forth as the morning, and thine health shall spring forth speedily; and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward.

Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day:

And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in."

(Isaiah 58:6-12 KJV)

Look at the many blessings and promises that can be, and will be, given to us by the Lord as we humble our souls with fasting and prayer:

Loosing people who are bound in wickedness. Lifting them from heavy burdens, setting oppressed people free, and breaking the horrible and unequal yokes people have gotten into. We are to add to this our help to the poor and needy, whether friends, family, or strangers.

God promises we will be given direction, light upon our pathways, and our health will be restored. Healing for spirit, soul, and body! Ample food and refreshment will be ours. And we will win souls, and bring others into true discipleship of the Lord as our righteousness goes before us and God's glory guards our rear. We will be given a ministry of restoration to reestablish the scriptural foundations of our faith that have been broken down for many years! Oh, what precious promises!

Let's listen to David in Psalm 35 as he trusts God for His

divine protection, angelic ministry, and then healing power in a humble attitude with fasting.

“But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom. I behaved myself as though he had been my friend or brother: I bowed down heavily, as one that mourneth for his mother.”

(Psalm 35:13-14 KJV)

We’ve looked at a number of aspects of fasting, so now let us look at some teaching that has become popular today for some important clarification.

In the book of Daniel, we find three different types of presenting our bodies as living sacrifices in regards to food.

First there is what can be called, “Daniel’s Diet.” In chapter one we find that Daniel and his three friends would not defile themselves with unholy food, the choice delicacies of the King’s table and the wine which he drank, all probably offered to idols, and so requested and were granted a holy diet, translated “pulse” (KJV), or “vegetables” (NAS), the Hebrew word “zereon” meaning “that which is sown from seeds,” and water to drink. Therefore, this diet would not have included any meat or flesh foods, eggs, fruits, milk products, or nuts, all usually good and holy foods. God honored this commitment, and blessed them with supernatural wisdom, knowledge, charismatic gifts of interpreting visions and dreams, and favor. (Expounded upon in chapter 12)

The second type of holy commitment is the “fast.” The Hebrew word “tsum” means the same as the Greek word “νηστευω, nesteou,” “to abstain as a religious exercise from food and drink.” This means all nourishment in foods or beverages. Only water is to be taken in, unless in a strict fast of a few days when even water is withheld in crises situations. Fasting is mentioned dozens of times throughout both the Old and New Testament scriptures, for many different reasons. “Daniel’s Fast” is mentioned in Daniel 9:3 where we find Daniel seeking God for revelation and restoration for the people of God who are in Babylonian captivity. This is very significant for the church today which also is in Babylonian captivity. (See my book, *The church*).

The third type would more properly be called, “Daniel’s Abstinence.” This is spoken of not as a fast from food entirely, but as an abstinence from certain types of food. We read:

“In those days I Daniel was mourning three full weeks. I ate no pleasant bread [tasty food, NAS], neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.”

(Daniel 10:2-3 KJV)

Here we find that for 21 days Daniel humbly sought the Lord that included abstaining from meat, wine, and those types of foods that were normally considered “tasty, pleasant, desirable,” as the Hebrew word can be translated. This is not a fast, but as we read the chapter, we find that as Daniel mourned in prayer, grieved and lamented, and humbly chastened himself in seeking understanding from God in a time that included abstinence from “pleasant foods” that he would normally enjoy, wonderful revelation was given to him that has given wisdom and insight to millions down through the ages. Any humble sacrifice that we make in seeking God’s will is acceptable to the Lord, and He honors it. **“He is a rewarder of them that diligently seek him.”** (Hebrews 11:6 KJV). Remembering, **“The sacrifice of the wicked is an abomination to the LORD: but the prayer of the upright [humble, 2 Chronicles 7:14; 12:7; Psalms 9:2; 10:17] is His delight.”** (Proverbs 15:8 KJV)

It was these three types of seeking God that is spoken of in Daniel, which the Lord led my wife and I on recently. First, there were days of a complete fast, only water. After a week or so I became hungry, so I ate ½ of a sprouted wheat bagel that we often have on hand from the health food store. It was enough and I had no more hunger for a couple of days. Then when hunger returned, another ½ bagel satisfied me. This brought me to realize that I needed to share in this book on some of the practical aspects of fasting.

If someone fasts completely, the intestinal tract becomes inactive and waste that has been in the intestines will build up at the end in the large intestine. Water is absorbed over time, so the waste may become harder than normal and difficult to pass. Therefore, a salt-water flush is excellent to use. Simply put 2 teaspoons of table salt or Epsom salts in a quart of warm water and drink it down straight on an empty stomach. Within an hour or so, it will come out and you can realize it has flushed the entire G.I. tract, from mouth to rectum. However, if the waste has been within more time than usual, this might not be sufficient, so an

enema might be required to move the bowel and clean the large intestine. A salt-water flush and herbal colon cleanse is a good health practice to do at the beginning of any extended fast.

Also, when fasting, one should take any medicine normally taken for some particular condition unless the Lord leads otherwise. After a week or so, I developed pain in one of my knees, and so I immediately took some vegetarian source Glucosamine & MSM, and the pain went away. This had taken care of my problem years before, and I usually took it regularly for that purpose; but at the first of the fast, I didn't take any of my regular food supplements, and so pain resulted. I only had to take it once, and I was reminded by the Lord to share this bit of wisdom about taking medicines and nutritional supplements. I believe you should abstain from food supplements during fasting and give the body rest and the time to normalize body chemistry, except when needed for particular health problems.

There has been much teaching coming forth lately to the body of Christ about 21 days of fasting and prayer and this is so very important for the nation and world. So my wife and I planned to do that or longer, whatever the Lord led. Well, after going from a complete fast and the hunger returned to normal after a week or so, we finished the 21 days with Daniel's Abstinence, eating only fruits, vegetables, vegetable juices and soups, and no meat, special dishes, or fancy sweet breads or any of my wife's tasty but holy desserts. It was a blessed time and God gave me some revelation. One, to add this chapter with its information; two, to take a trip overseas now that my wife had been wanting to take, and not wait until after this book is printed. More spiritual anointing and leading has also been given, as seeking the Lord in fasting and prayer always gets good results. It stirs up the gifts within us. It is interesting, that the pain I experienced and a major reason why I wanted to fast, went away when I sat down to write this book in the mornings, but returned if I got too carried away with reading news and info that I don't need. In fact, one of the scriptures the Lord gave me was Psalm 119:37 where He gave me the prayer to be delivered from the vanity of this very thing.

Now, after taking a special supplement formulated for fibromyalgia for 90 days that I found on the Internet, and also shrugging my shoulders (exercising the trapezius muscles) in different ways while holding lightweights, that I read about, I seldom feel any pain or discomfort anymore. Again, Praise the Lord forever!

Well, I hope this has helped and inspired you more to fast and pray. Remember, the term for our morning meal, “breakfast,” comes from the fact that one is breaking the fast from the day before — “break fast.” So everybody does and can fast. How much is for you to seek God about. I have never seen anyone fast that did not receive blessings from the Lord. No matter how short or how long. The shortest fast I’ve ever done was about 15 minutes. The Lord told me to fast once when I was about to eat lunch one day, and then about 15 minutes later a close friend came over and the Lord had us enjoy breaking bread together. Fasting for a week or so has broken demonic bondages in others, and a fast for several weeks has brought permanent spiritual blessings. It was after a 21 day fast that the Lord supernaturally broke my alarm clock and then began to wake me up every morning at the proper time, and I’ve never needed or used one since. It prepared me for many years of radio ministry that required me to rest before going on the air late at night and then He would awaken me just before airtime. He didn’t want me to give a prepared message, but open the lines live to questions from the audience in accordance with the scripture He gave me: “**disputing** [διαλεγόμενος, dialegomenos, to discourse, dialoguing, reasoning] **daily in the school of one Tyrannus**” (Acts 19:9 KJV). My radio program became my “school of Tyrannus,” fulfilling a purpose of Talk Radio at its best. Too few people get their questions answered in a typical church service, and too much false teaching is allowed. (See my book on *The church* for more insight.)

During a fast you will lose about 1 pound a day. It will help regulate your metabolism for proper weight control, whether you need to lose weight or gain weight. It will help detoxify your body so you will be healthier and more energetic. Not only will fasting help cleanse your body physically, but it will help cleanse you and the body of Christ spiritually as well. A three-day fast has often broken addictive habits for many.

After “completing” this chapter again, I received a very helpful answer on fasting from a fine Christian author, neurosurgeon, and nutritionist, Dr. Russell L. Blaylock, M.D., C.C.N., in his monthly publication: “The Blaylock Wellness Report” of July 2008. Dr. Blaylock was asked, “Do you think fasting is beneficial?” To which he replied: “Fasting is rapidly becoming one of the most important health steps one can take. New studies have shown that fasting increases protective chemicals in the brain (brain growth factors) and promotes brain repair as well

as brain protection. It also gives the body's digestive system a rest and slows the generation of damaging free radicals and lipid peroxidation products, which are linked to aging damage as well as pathological disease." (Vol. 5, No. 7).

Generally, it has been shown to researchers that short fasts have the same benefits as longer fasts, and this supports the regular, weekly fasting the scriptures encourage. But I have had proven in my experience, and those of many others, that there are certain conditions that require longer fasts in order to obtain healing and spiritual answers and deliverances from both physical and spiritual problems.

For more scriptures and reasons for fasting, you may go to my web site and download notes and more information, and there are many fine books written on the subject.

May God bless you and help you in fasting for God's glory, and a healthy and healed body which glorifies God, and for the furtherance of His kingdom!

Herbs and Spices

“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat [Old English word for food]. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat [food]: and it was so. And God saw every thing that He had made, and, behold, it was very good.”

(Genesis 1:29-31 KJV)

“Until the day break, and the shadows flee away, I will get me to the mountain of myrrh, and to the hill of frankincense [4:6]. . . . How fair is thy love, my sister, my spouse! how much better is thy love than wine! and the smell of thine ointments than all spices! Thy lips, O my spouse, drop as the honeycomb: honey and milk are under thy tongue; and the smell of thy garments is like the smell of Lebanon. A garden inclosed is my sister, my spouse; a spring shut up, a fountain sealed. Thy plants are an orchard of pomegranates, with pleasant fruits; camphire, with spikenard. Spikenard and saffron; calamus and cinnamon, with all trees of frankincense; myrrh and aloes, with all the chief spices [4:10-14]. . . . [4:16, 5:1, 5, 13] My beloved is gone down into his garden, to the beds of spices, to feed in the gardens [6:2]. . . . [8:2] Make haste, my beloved, and be thou like to a roe or to a young hart upon the mountains of spices [8:14].”

(Song of Solomon KJV)

We see from the beginning that herbs were specifically designed by God for our food, to be eaten. And as we study their use through the centuries, we find that specific herbs are not just for nourishment, but for various health and healing benefits as well. In fact, throughout all of the centuries since creation, they were the primary means used by God's people for healing, the original medicines that God gave mankind for the benefit of all – humans, animals, birds, and even many kinds of fish.

God's original leaders, the priests and prophets of old were skilled in their use, and the ones to who people went for healing. Remember how Isaiah, that great prophet, brought healing from the Lord to Hezekiah the king by laying "**a lump of figs**" on his boil, and he recovered (2 Kings 20:7). Gradually there became skilled physicians, like "**Luke, the beloved physician**" (Col. 4:14), but their tools were principally herbs and various concoctions of herbs and spices.

This did not change throughout the many centuries of mankind until the last century when chemical analysis and technology improved and chemical patents were instituted in 1925. This enabled men to legally patent certain "man-made medicines" which would enable them to have a monopoly on a product and therefore increase drastically their personal profit. Previously, attempting to monopolize a drug, medical device, or medical procedure was considered unethical by standards upheld during the earlier era.

But then pharmaceutical companies arose like weeds in the midst of God's garden, and the corruption of medicine began its deadly course until we have what we have today. A deadly brew of "**poison in the pot**" of the various aspects of the greedy pharmaceutical and chemical industries, media lackeys, perverted educational institutions, corrupted legal system, and godless multinational corporations and banks, and national, international, and transnational government bureaucracies, agencies, and organizations, followed by the worldly Church, and thus the deadly result of demonic control.

It is significant that when God had Moses lead His people out of Egypt (a type of the world), that He instituted the Passover (salvation through the blood), and commanded the Israelites to eat the lamb (a type of the Lord Jesus Christ who gave His life and blood for us), roasted with fire and to be totally consumed (total commitment to the Lord with the baptism of the Holy Ghost

and fire), together with unleavened bread (meaning without the leaven of sin), and with bitter herbs (Ex. 12:8; Num. 9:11). This was to remind them of the bitter bondage that they had endured in Egypt (Ex. 1:14), but it also reminds us of a yearly physical cleansing as bitter herbs clean the body of many pollutants, and especially the liver which is the chief cleansing organ of the body. An internal "spring house cleaning" is in order for us all!

Merrill F. Unger lists dozens of herbs mentioned in the scriptures, and says of the Hebrews and others regularly eating bitter herbs: "So far from these herbs being distasteful to them, the orientals are very fond of them" (*Unger's Bible Dictionary*). He goes on to say: "There are many such, wild and cultivated, which are habitually used by the natives of the East in salads; among them are lettuce, water cress, pepper grass, and endive." The Jewish Mishnah, lists others as the bitter herbs, namely: "lettuce, endive, soccory, what is called 'Charchavina (urtica, beets?), and horehound' " (Edersheim, *The Temple*, p. 204). The Passover meal was also to be eaten in haste, reminding them of the haste with which they made their exit from Egypt, and revealing to us that since they could be gathered in haste these bitter herbs were always at hand for regular use (Ex. 12:11).

It is also significant that the holy anointing oil that the Lord instructed Moses to make to anoint the tabernacle and all that was in it, and the priests themselves, was made of special spices that not only are very fragrant, but have wonderful health benefits as well. We read that it was to be made of: "**pure myrrh, sweet fragrant cinnamon, calamus, cassia, and olive oil.**" The sweet incense or perfume that had been beaten into a powder was to be made of: "**the sweet spices, stacte, and onycha, and galbanum; these sweet spices with pure frankincense**" (Ex. 30:22 - 31:11).

Many of these spices are known for their healing properties when rubbed on the body, and also when their fragrance is breathed in, as are many other essential oils known for and used today.

One that we've all heard of if not smelled is Frankincense, an aromatic gum resin from the Boswellia tree, and is one of the ingredients we just quoted that was prescribed by the Lord for the holy incense and was brought as a costly gift to the Lord Jesus when He was a baby by the magi from the East (Mt. 2:11).

Frankincense has been used for thousands of years in Oriental medicine, in India called Ayurvedic medicine, and is

becoming more in use in this country as chemical analysis and clinical testing is validating its effectiveness. I heard just last night a program by Valerie Saxion, N.D., reporting on Boswellia, as it is commonly called, being available and used as a very effective natural, anti-inflammatory medicine, helping in alleviating the systems and inflammation associated with Crohn's disease, gastric ulcers, and ulcerative colitis. It is also effective in fibrositis, osteoarthritis, and rheumatoid arthritis. It improves joint mobility and function, reducing the stiffness and tenderness of joints, and may also help to prevent degradation of the cartilage in the joints. It reduces the frequency of asthma attacks, and is used in helping the immune system in fighting leukemia cells. The research report indicates that Boswellia reduces the activity of harmful, pain causing enzymes in half. The Doctors' report indicates a recommended dosage of from 300-500 mg. taken 3 times per day. Since it is non-steroidal and has no bad side effects like weight gain, it is a most welcome addition to natural, pain free health.

The many uses of olive oil when applied to the skin or taken as food for nutritional, cosmetic, or medicinal uses is legendary. The Lord Jesus recommended it when telling us of the "Good Samaritan" who used it to help heal the wounded traveler when he poured oil and wine into his badly beaten body (Luke 10:27-37). The peoples of the Middle East use it as their major oil, making the "Mediterranean Diet" for health so successful. A little book entitled "*Healing Foods from the Bible*" by Bernard Ward has many helpful recipes and remedies for it and other foods.

One of the most informative books that I recommend for everyone's library is *Miracle Food Cures from the Bible* by Reese Dubin. I have a friend that has been plagued with sciatica pain for a few years, and found in the book the other day that an amazing cure for that is ordinary celery. I shared it with her, and immediately I had a call from another woman who had a similar problem and I shared with her about eating celery. She said she had some and would try it. The next day she called to tell me that she felt much better. Now, about a week later my friend called and reported that although she had been having pain every day, for the last two days she has been free of all the pain she has had for several years. My wife and I know of her injury because we were with her when she fell. I always felt bad about that, but now what a blessing to help in bringing her relief. Next I sent her some

celery seed capsules that have continued the relief.

Celery seed tea has been used very successfully to treat gout as it neutralizes uric acid that forms sharp crystals caused from eating too many sweet and starchy foods. It contains about 20 different anti-inflammatory agents and therefore also helps with rheumatism and bursitis. It is diuretic and therefore reduces menstrual bloating, helps in weight loss, congestive heart failure, and high blood pressure. I recommended just this week celery that a sister had on hand and she dropped over 30 points in blood pressure when she ate just 4 sticks of fresh celery.

Celery juice can completely relieve facial neuralgia, and a woman who heard this testimony drank two pints of juice daily and all her neuritis pain was gone in one week. Reese Dubin shared that in his book, and how his 96 year old great grandmother used celery juice in an eye dropper to clear up cataracts 40 years earlier and her eyes remained clear. "Her vision was so sharp she could read in the dark without glasses."

"Celery contains calcium blockers and other plant chemicals that help prevent and treat arrhythmias, and other compounds that help lower blood pressure and cholesterol" (*Miracle Food Cures from the Bible* by Reese Dubin). His study indicates it has been recommended as a remedy for infections and tumors in the Talmud since the first century.

Praise the Lord for the simple remedies that He has provided that are often at our very finger tips but that we have not been told about because of the idolatry of looking to the "Professional Orthodox Medicine Man" physicians who have been only trained in man-made chemicals and taught to look down their noses at faith in God and anything connected with His "creation." The Lord Jesus said, **"If the blind lead the blind, both shall fall into the ditch"** (Matt. 15:14). That is exactly the situation we find today.

Miracle Food Cures from the Bible has many dozens of wonderful God given cures in its 400 pages, and one which I need to mention here is from the chapter entitled: "A Miracle Leaf from the Last Supper: Thousands claimed it saved their lives." It tells the wonderful story of how this four-herb tea called Essiac has not only cured thousands of people of pain, diabetes, and especially cancer, but of the sad but true story of how the few people controlling establishment medicine deceptively opposed God's ways. It is not just the gospel of grace for eternal salvation that the world through the ruler of this age opposes. Anything

that brings health to bodies, and God's wisdom to education, industry, religion, the church, or government is opposed by the "destroyer" of men's souls and those who yield to his spirits of greed, selfishness, pride, rebellion, fear, misbelief, unbelief, jealousy, and totalitarian control.

After the Lord told me to add this last chapter on herbs and spices, and I have become impressed with how often they are referenced in the scripture, and after study of their benefits for health and healing, a question arises as to what is the difference between them? When used for flavoring, aroma, color, and visual appeal, I like the simple answer given by Dr. Eric Braverman, M. D., in his very enlightening book, *"Younger (Thinner) You Diet – How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease."* His definition is "to note from where on the plant the item is taken. Herbs . . . usually come from the leafy part of a plant, and can be bought either fresh or dried. Spices . . . on the other hand, are always dried, and can be obtained from the seeds, roots, bark, or other parts of the plant. Spices are often ground into a fine powder, but can also be sold as dried seeds, pods, or sticks. . . . Fresh herbs will always have the most intense flavor and nutrient density, but they don't store well" (pg. 115). I became acquainted with Dr. Braverman when listening to him interviewed on a Christian TV program and heard him share that herbs and spices are so very beneficial for our health, and that he recommends that everyone have a spice rack on their table to use regularly. I then bought his book offered, and borrowed others from the library, and am very impressed with how his knowledge has helped so many with very difficult health problems. His understanding of brain chemistry is on the cutting edge of medicine as to how to bring health and healing to our bodies, and to slow down and even reverse the aging process in many cases. As a physician who has opened his heart and mind to God's ways in addition to what he was taught in medical school, the testimonies are amazing of how many difficult health problems that many "Establishment" physicians were not able to help, but that he has been able to bring vibrant health and life to those suffering with them. The many effects of herbs and spices as well as foods upon our brains and therefore our health and well-being is truly amazing.

In the United States, spices have been commonly known only for seasoning, primarily for taste, others for smell. Some of

the common ones are pepper, nutmeg, cloves, ginger, allspice, mace, mustard, and cinnamon. Cloves come from the bud, cinnamon from the bark, pepper, allspice, and nutmeg from the fruit of each plant while mace is from the seed covering. Ginger comes from the root and mustard from the seed.

Curry is a generic description of a combination of various spices, and the recipes vary greatly depending whether it's from the Eastern, Western, or Middle Eastern parts of the world. The principal recipes contain tumeric, cumin, coriander, and fenugreek. All of these spices have been known for a long time as beneficial to the brain as they give mental clarity. For instance "Turmeric, the bright yellow of the spice rainbow, is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions, including flatulence, jaundice, menstrual difficulties, bloody urine, hemorrhage, toothache, bruises, chest pain, and colic."

Research indicates that curcumin, a component of turmeric found in most curry powders, is the protective agent resulting in a low incidence of Alzheimers Disease in India. It promotes memory, blood, and liver function, and is a very strong antioxidant. Curcumin has also been proven effective in killing cancer cells. And recent research suggests it helps to provide an inexpensive, well-tolerated, and effective treatment for inflammatory bowel disease (IBD) such as Crohn's and ulcerative colitis. Scientific reports also available on the web indicate its use for rheumatoid arthritis, cystic fibrosis, childhood leukemia, and cardiovascular protection as it lowers cholesterol. It is becoming increasingly well known for its many health benefits, and therefore it has been made available in capsule form as a convenient health supplement.

Pepper is known as the "King of Spices" and accounts for one-fifth of the world's spice trade. It "virtually changed the course of history by playing a key role in the development of trade and conquest" when the Europeans, in their taste for it, sought to find a sea route to India which then led to the colonial occupation of that country. It was so valuable that it was called "black gold" as the black peppercorns were used for money.

Black pepper "stimulates the taste buds in such a way that an alert is sent to the stomach to increase hydrochloric acid secretion, thereby improving digestion. Hydrochloric acid is necessary

for the digestion of proteins and other food components in the stomach. When the body's production of hydrochloric acid is insufficient, food may sit in the stomach for an extended period of time, leading to heartburn or indigestion, or it may pass into the intestines, where it can be used as a food source for unfriendly gut bacteria, whose activities produce gas, irritation, and/or diarrhea or constipation." It therefore works the opposite of stomach antacids! In fact, hydrochloric acid tablets are available and have helped multitudes for healthy digestion.

"Black pepper has demonstrated impressive antioxidant and antibacterial effects – yet another way in which this wonderful seasoning promotes the health of the digestive tract. And not only does black pepper help you derive the most benefit from your food, the outer layer of the peppercorn stimulates the breakdown of fat cells, keeping you slim while giving you energy to burn."

Red pepper usually refers to the hot red pepper called cayenne pepper, or capsicum, but may refer to the milder red pepper called red bell peppers. Paprika is a lovely red spice, often also called a seasoning, that is made from dried bell peppers.

Hot red pepper has many different health benefits, and is used for pain relief, swelling and inflammation, skin care, immune system, healthy weight loss, stomach ulcers, to stop unnatural bleeding and prevent strokes, and maybe the most significant use that I am aware of is cardiovascular health as it has stopped many heart attacks in progress and saved thousands of lives. It is available in capsule form for that purpose.

"Capsicum consists of approximately 20-27 species, five of which are domesticated. . . . and have hot pungent properties of the fruits and seeds. The fruits contain 0.1 - 1.5% capsaicin, a substance which stimulates the circulation and alters temperature regulation. Applied topically, capsaicin desensitizes nerve endings and makes a good local anesthetic. The dried fruit has no narcotic effect but as a powerful local stimulant, it is effective in dilating blood vessels and relieving chronic congestion. Due to its high vitamin C content, it is said to be good at warding off disease."

"Used externally as a pack or liniment, capsicum stimulates circulation, aids the removal of waste products, and increases the flow of nutrients to the tissues. It is also said to relieve muscle spasms, bursitis, shingles, and diabetic neuropathy. Powdered and placed inside socks, it is a traditional remedy for cold feet." It is used in a spray form to ward off attackers.

Allspice, which is made from dried unripe berries, derived its name from the English who thought it combined the flavor of cinnamon, nutmeg and cloves. It is one of the most important ingredients of Caribbean cuisine. It helps lower blood pressure, and to prevent cardiovascular disease and neuro-degenerative conditions.

Nutmeg and mace are from the same evergreen tree, indigenous to places like the Spice Islands. Nutmeg is from the seed, and mace, which is slightly sweeter and stronger, is from the outer covering of the seed which has only 1/100 of the substance, and is therefore more expensive. Nutmeg is used for illnesses similar to allspice. It helps to lower blood pressure and soothes a stomachache, as well as stop diarrhea and detoxify the body. It stimulates the brain and is used by the Japanese in their curry recipes. "It is even reputed to stimulate dreams. It's ability to improve concentration and increase efficiency was not lost on the ancient Greeks and Romans who used it as a brain tonic despite the fact that it was quite rare and costly."

"Nutmeg is also a great detoxifier helping to remove toxins from the liver as well as relieving kidney stones and infections. Heart problems may also be somewhat alleviated by nutmeg, as it can help increase blood circulation and stimulate the cardiovascular system. It is also great for your digestion. It can get rid of both gas and stomachaches and can relieve vomiting, diarrhea, and flatulence as well as encourage appetite" (www.indepthinfo.com/nutmeg). As a child, I can always remember nutmeg on eggnog to give it with vanilla such a wonderful flavor.

So much health info can be found on the web by simply "googling" the "name of the spice" and the word "health." Also many very helpful natural medicines can be found there using spices and herbs. Remember, a particular spice can come from different regions. Consequently, the flavor, aroma, consistency and overall quality of the spice can vary dramatically, depending on the location where it is produced due to variations in climate, soil, seed harvesting, and storage.

Another of the common spices used not just for flavor but for health is cinnamon, also used in the holy anointing oil. One of my very favorites that I remember so well from my childhood is spreading real butter, real brown sugar, and cinnamon on whole-wheat toast. Now, having been delivered from refined sugar, I use

honey and it is simply delicious!

Cinnamon has been found to reduce triglycerides, bad cholesterol, and sugar in the blood, thus helping those with high cholesterol, diabetes, and heart disease. Just half a teaspoon of cinnamon a day could help in controlling Type 2 diabetes, according to recent US research. A relative of mine is using it very successfully in controlling her diabetes, using two capsules of cinnamon daily and keeping the prescribed medicine in the drawer.

I was given a list of healing recipes by a knowledgeable alternative M.D. using "Honey and Cinnamon" that is well worth your investigation. It is available for download in PDF from my web site. It lists many "diseases that can be cured by honey and cinnamon as researched by western scientists" and gives recipes for the following conditions: "Heart Diseases, Arthritis, Bladder Infections, Toothache, Cholesterol, Colds, Upset Stomach, Gas, Immune System, Indigestion, Influenza, Longevity, Pimples, Skin Imperfections, Weight Loss, Cancer, Fatigue, and Bad Breath."

Another herb we should mention that is one the Israelites lusted for after leaving Egypt is garlic. It has many medicinal uses, and can be eaten as a health giving food or taken in supplements. I do not particularly like garlic as usually used in cooked foods, but one way I do enjoy it is baked. One can purchase a clay garlic baker and then I find the taste enjoyable.

I have recommended it to folks for high blood pressure, and it has worked extremely well. "Garlic has long been considered a herbal 'wonder drug', with a reputation in folklore for preventing everything from the common cold and flu to the Plague!" "Modern science has shown that garlic is a powerful natural antibiotic, albeit broad-spectrum rather than targeted. The body does not appear to build up resistance to the garlic, so its positive health benefits continue over time." Therefore, raw garlic has been used to treat acne, and it is used as a natural mosquito repellent. It is also used for managing high cholesterol levels, arteriosclerosis, diarrhea, and in the diseases of cholera, typhoid, and parathyroid. Digestive, liver, and gallbladder problems "have been known to perk right up under its function."

Garlic supplements can be purchased with enteric coating so that they do not dissolve in the stomach and cause bad "garlic breath," but with super amounts of allicin, the natural chemical

in garlic that has been medically proven to be so effective, concentrated for more potency. "Studies have shown that allicin has beneficial effects in preventing blood clots, cancer, and bacterial infection."

Hyssop is another herb mentioned in the scripture many times that has been used medicinally for centuries, and my wife and I regularly enjoy it in throat lozenges for an itchy throat or cough. My wife carries them with her and has blessed many people when she finds someone suffering from a throat irritation. Hyssop liquid is used externally and internally for many conditions such as itchy skin, burns, fresh bruises or old wounds, as a hair, scalp, and skin conditioner, aches and pains, colds, flu and pneumonia, diabetes, liver, prostate, heart and circulation problems, herpes, HIV, hepatitis, Candida, headache, fibromyalgia, chronic fatigue, hypoglycemia, arthritis, allergies, stroke, teething in infants to snoring in adults, gall stones and kidney stones, tumors and gout, psoriasis and shingles, impotence and vitality, "the list is endless" reports Willie Southall, author of the book, *Hyssop – Superior Healing Power*, and distributor of hyssop products.

I have written about wheat and barley grass in previous chapters, and mentioned Aloe Vera, but should share more here. I have found personally that Aloe Vera is the most healing herb for epithelial tissue (skin), inside the body or out. Therefore it is very helpful in treating esophagitis, ulcers, and intestinal problems right out to the end with hemorrhoids or anal irritations. It is helpful for so many conditions that years ago after using and distributing it for a while, I prayed and asked the Lord to lead me to a company operating on Christian principles, and eventually He did. The Lord really blessed and I would like to share with you more information, teaching and testimonies that you can listen to that are available on my web site. It was so successful that He worked it out for me to be able to market under my own label of "Manna From Heaven" in order to distribute it at a lower price, which I have done for many years. To be able to help people in their physical distress as well as spiritual has been my joy for over 35 years, and I encourage you to read and listen to what I have to share with you there at www.HolyNutrition.com under Health for Today. I have enjoyed using Aloe Vera in different preparations regularly, and would not want to be without it.

Another excellent food and health supplement I would like to add here as we are ending the book is one that is mentioned many times in the scriptures, and that is vinegar. However, it would be referring to natural, raw vinegar, unfiltered and cloudy, brownish colored with tiny cobweb like “mother” floating in it from natural fermentation, alive with enzymes, and powerful minerals like lots of potassium, vitamins, and valuable acids that fight toxins and inhibit unfriendly bacteria and fungus that give raw vinegar the dozens of health giving properties it is known for world-wide. It is not the refined, filtered and processed clear, pasteurized, distilled vinegar that is dead, suitable for cleaning but not for eating, or even worse the popular white, imitation vinegar made from cold tar, that is sold in supermarkets, or the cheap vinegar used in restaurants today.

World renowned health authorities Paul C Bragg, Father of the Health Movement in America, N.D., Ph.D. and his daughter, a nutritionist, Patricia Bragg, N.D., Ph.D., have written dozens of books on many topics about natural health. Concerning Organic Apple Cider Vinegar they write: “The versatility of ACV {Apple Cider Vinegar} as a powerful body cleansing agent is legendary. It’s been traced to Egyptian urns as far back as 3000 B.C. The Babylonians used it as a condiment and preservative, while Julius Caesar’s army used ACV tonic to stay healthy and fight off disease. The Greeks and Romans kept vinegar vessels for healing and flavoring. It was used in Biblical times as an antiseptic and a healing agent and is mentioned in the Bible. In Paris during the Middle Ages, it was sold from barrels by street vendors as a body deodorant, healing tonic and a health vinegar drink.

“Even Christopher Columbus and his crew on his voyage to discover America in 1492 had their vinegar barrels for prevention of scurvy as did the soldiers in the American Civil War. For centuries in Japan, the feared Samurai warriors drank it for strength and power. ACV has been used for thousands of years not only for health reasons, but also as a cleansing agent to remove bacteria, germs, odors, and even stains and spots.” (www.bragg.com)

It is also significant that Hippocrates, the ancient Greek physician who practiced and taught around 400 B. C. and is considered the “father of medicine,” is reported as using principally honey and apple cider vinegar for his remedies. (Remember it was Dr. Jarvis, M.D., that I mentioned in chapter 9 who used these two God-given foods so successfully in healing people.)

It is the famous Hippocratic Oath that has been used for centuries by physicians, and promises to preserve life, do no harm, and never produce an abortion, that is being either ignored, perverted, or replaced today in order to promote abortion, euthanasia, State-controlled limited health care, and soon the killing of all those who oppose the ungodly, one world ruler that is soon to appear.

Just a list of the many benefits of raw Apple Cider Vinegar would take pages, but a simple list reveals that it is rich in enzymes and potassium, supports a healthy immune system, helps control weight, promotes digestion and pH balance, relieves muscle pain from exercise, helps remove body sludge toxins, helps soothe dry throats and irritated skin while maintaining healthy skin and youthful pain-free bodies.

An informative article by Kevin Mathias on Apple Cider Vinegar can be googled on the web where he reminds us of the famous saying: "An apple a day keeps the doctor away." Now it is added, "So does two tablespoons [each] of Apple Cider Vinegar and honey, mixed in a glass of water and had first thing in the morning." This has helped many in eliminating constipation, which is one of the prime causes of many diseases.

Pectin in the vinegar is a fiber which helps reduce bad cholesterol and helps in regulating blood pressure. Vinegar helps extract calcium from the fruits, vegetables and meats it is mixed with, helping to build strong bones. The malic acid helps dissolve uric acid deposits that form around joints, thus relieving pain.

Kevin recommends making apple cider vinegar the prime ingredient in marinating meat for flavor and tenderizing with an assortment of herbs and spices.

Please remember that it is only the raw apple cider vinegar and healthy essential oil mixed at home that makes both a very tasty as well as a health giving salad dressing.

Ginger is another herb that is just not for flavorful baking and making ginger bread cookies. Well known in the West as a pungent and flavorful spice, ginger is one of the most widely used spices in the East. It has many health benefits, one of the popular remedies being for all kinds of motion sickness, and even morning sickness during pregnancy. Testing has proven it more effective than prescription drugs. Small pieces can be chewed, or 3 or 4 slices put into a cup of boiling water to make ginger tea and sipped.

A researcher at Cornell University Medical College discovered that ginger has an effect on blood clots that is similar to that of aspirin. By the same token, it appears that high cholesterol levels are lowered. It is used for many other conditions such as stopping a migraine before the pain starts, or for arthritic pain. Also raw ginger is an expectorant, and both raw and dried ginger are used as an anti-flatulent, an appetizer, a digestive, and a powerful laxative. Dried and ground ginger is a stimulant and used to cure cold, cough, cholera, stomach disorders, inflammations, diarrhea, colic, flatulence, anorexia, asthma and headaches.

Ginger is often mixed with honey to improve its taste, and therefore ginger honey candies are very popular for throat irritations and nausea while traveling, and the mixture is available in tasty and healthy beverages.

Mentioning herbs for healing would not be right without mentioning one of the most common herbs in many gardens and cupboards that is not only well known for flavoring but used from ancient times for soothing an upset stomach, and that is peppermint tea. Sometimes known as just "mint" tea, it is occasionally mixed with spearmint and then known as "doublemint" tea.

It has many reported health benefits such as problems with IBS (Irritable Bowel Syndrome), nausea and vomiting, diarrhea, headaches, and baby colic. Nursing mothers have found that it not only helps themselves but help is also transferred to their nursing baby. It is said to take the edge off bad breath, control mild asthma, manage stress, and ward off the common cold.

Since peppermint has muscle relaxant properties, it may relax the lower esophageal sphincter, allowing the contents of the stomach to move upwards into the esophagus. For this reason, patients with gastroesophageal reflux disease (GERD) are advised to avoid peppermint.

Another way to use peppermint is to put it into hot bath water and soak for an hour. It soothes the body and relaxes sore muscles, and helps in detoxification and in treating inflammation throughout the body. Use fresh herbs or 5 or 6 tea bags put to soak for 10-20 minutes before the bath to help release all the natural oils, scents, and antioxidants. The scent of the peppermint really helps open up your sinuses and will relieve some congestion in your chest as well.

Peppermint contains B vitamins, calcium, potassium, and a high content of menthol. The oil also contains menthone and

menthyl esters, particularly menthyl acetate. It is often used as a flavoring not only in tea, but ice cream, chewing gum, toothpaste, and is the oldest and most popular flavour of mint-flavoured confectionery. Peppermint can also be found in some shampoos and soaps, which gives the hair a minty scent and produces a cooling sensation on the skin.

One more herb that I would like to mention is because of its name and reputation, and that is "Holy Basil." In Ayurvedic medicine it is known as "Tulsi," which translates as "one that is incomparable," and is considered "The Mother Medicine of Nature," and "The Queen of Herbs." The three primary varieties of Tulsi (Rama, Krishna and Vana Tulsi) are taken daily by people at all levels of society as a tea, using the leaves and flowers. Also the leaves, flowers, juice, seeds, and roots are all used regularly as a traditional "herbal medicine for maintaining well-being, preventing disease, restoring health and prolonging life." In India it is typically grown in an earthen pot in the family home or garden, but is grown organically in large fields for worldwide distribution. It is also grown all over Asia, in Central and South America, and in the Caribbean.

Holy Basil is held in the highest esteem as a sacred herb that has so many benefits that one can understand why it is encouraged for everyday use. It has over 5000 years of recorded history, and now scientific research is proving what the ancients knew to be true about this amazing aromatic herb. It is a "tonic," classified as an adaptogen, "an herb that is used to increase the body's resistance to stress, trauma, anxiety and fatigue."

Research has shown that this tea, which is used more frequently than coffee in India, contains many antioxidants that can lower your cholesterol, your triglyceride levels, your blood pressure, and slow the aging process!

According to the Maimes Research Report, it is "a natural antibiotic, antiviral, antifungal, anti-parasitic, anti-oxidant, anti-diabetic, anti-ulcer, anti-convulsive, anti-stress, anti-aging, anti-inflammatory, anti-catarrrh (inflammation of mucus membranes), anti-phlegm (mucus), anti-rheumatoid arthritis pain, antipyretic (reduces fevers and used for children), anti-allergic, anti-cancer, and gives radiation and chemotherapy protection. It is used externally as an antiseptic, and the root is a natural aphrodisiac." (Maimes Report on Holy Basil, www.holy-basil.com)

Holy Basil has no caffeine as some teas do, but it is important

to know that "A study published in the *American Journal of Clinical Nutrition* in July 2008 found that caffeine from tea (as opposed to caffeine from coffee) contains a natural protein called theanine, which actually *counters* the normal side effects of caffeine such as raised blood pressure, headaches and tiredness. . . . Caffeine is a stimulant drug that easily passes through the placenta to the developing fetus and is also transferred through breast milk, and can have devastating effects on the baby. So pregnant and breastfeeding women should never drink caffeinated beverages. . . . Contrary to the common belief that tea dehydrates, tea not only rehydrates as well as water does, but it can also protect against heart disease and some cancers" (Mercola.com).

Holy Basil is also anti-mutagenic and has so much healing power and medicinal properties that it no wonder that it is called "Holy." It is used as a nerve and heart tonic, to sharpen memory, for fever and the common cold, coughs and flu, sore throat and respiratory system disorders like asthma and bronchitis.

Recently medical experts around the world have found that this amazing herb is very effective in preventing and treating swine flu. "These benefits may stem from Tulsi's highly complex, unique chemistry. It contains beneficial compounds called phytochemicals -- naturally occurring compounds that plants produce to protect themselves against bacteria, viruses and fungi -- that interact and have strong antioxidant, anti-viral, anti-bacterial and immune-enhancing properties that promote general health and maintain your body's natural defense against germs, stress and disease" (Mercola.com: "One of the Key Herbs that Prevents and Treats Swine Flu.).

Basil leaf juice is used for mouth infections, insect bites and leeches, ringworms and skin disorders, gum disease and bad breath, headaches and eye disorders, and if used for six months can expel kidney stones. The juice of the leaves helps the heart in adults and is used for common pediatric problems like cough, cold, fever, diarrhea and vomiting.

Although historically it hasn't been used for cooking, some American cooks have begun to experiment with it. Certainly this created wonder has earned its rightful name and reputation as "Holy Basil."

There are many herbal companies distributing herbs, essential oils, and healing teas. Herbs are also available in liquid forms, and an excellent book with colorful pictures, their purposes

and how they are to be used, and recommended dosages for many herbs is *Herbal Extracts, Build Better Health with Liquid Herbs* by Dr. A. B. Howard, and then his second book, *Supplement to Herbal Extracts*, is about his specific formulas.

Now I would like to share with you about one of the most famous herbalists in the United States who did wonders for many years, Dr. John R. Christopher, M.H., N.D. He was drafted into military service and because of an amazing miraculous healing he brought forth “became the only practicing herbalist in the United States Army during World War II.” This was the thrilling result of the most severe case of “impetigo contagiosa” that the leading physician, an experienced dermatologist, had ever seen, and repeated orthodox treatments had been unable to heal on a young soldier whose “scalp was covered with a crusty scab nearly an inch thick.” When Dr. Christopher, then an aspiring young herbalist, quickly made a tincture from something most are familiar with, the hulls of the black walnut, the soldier was quickly healed. This thrilling testimony of a simple herbal remedy as well as many others and important facts concerning the life of Dr. Christopher is wonderfully told in a biography written by his son and student, David, also an experienced Master Herbalist and educator, in *An Herbal Legacy of Courage*. The complete testimony is in Chapter 2. You can read this book on the web at www.herballegacy.com, or it is available in print from www.christopherpublications.com.

Dr. Christopher’s formulas, literature, and books are available and worthy of your consideration. I am reminded that after reading this testimony earlier this week, I then shared it over the radio immediately after walking under the branches of a black walnut tree loaded with its fruit on my way up to the studio. Providence has Its ways! And now let me insert here more of His confirming ways when after reading online the above testimony last week, I immediately ordered the book and received it on Saturday and finished it that night. Then the next day, at our Sunday gathering yesterday at a sister’s house, when I read to the fellowship at our meal this testimony, she went and brought out a half gallon of black walnut tincture that she had made according to the recipe of Dr. Hulda Clark. She had made it with good ethyl alcohol that is not poisonous to the body like methyl alcohol that she had gotten in Kentucky, since it is not legal to sell it in Ohio. Of course they can sell “legal” alcohol of every description and brand that destroys bodies, souls, families and lives, and kills thousands

of people every year in automobile "accidents." Such is the blind bondage that greed produces, versus what God produces. As for me and my house, we choose the fruit of the Spirit.

Beloved, I cannot help but emphasize the importance of using God's provisions for health and healing, his herbs and spices, and the futility and dangers of treating symptoms instead of causes by using dangerous orthodox medications. The increasing godlessness of orthodox medicine or orthodox anything when ruled by the spirits of the world is unbelievable if not for the prophetic revelation in God's Word telling us that this would happen. But praise to Almighty God, He is opening the eyes of His people, and will continue to reveal His precious truths to all those who are repentant and willing to "Buy the truth and sell it not!" (Proverbs 23:23)

In this second chapter of *An Herbal Legacy of Courage* it also gives the astounding comparative testimonies of two young boys who had been so severely burned when playing with gasoline and matches, that "the surgeon who examined the boys at the hospital gave each set of parents the identical prognosis: the hands would either have to be amputated at the wrist and iron claws attached to both arms, or the boys could endure several years of painful skin graft surgeries."

With more dire prediction "one set of parents told the surgeon to keep the boy and begin operating." The other set of parents asked for "a second opinion," and sought out Dr. Christopher and he treated the boy with a special herbal salve.

The consequences? "A year after the fiery flames of gasoline had licked at his hands, the first boy remained in the hospital. His parents had invested hundreds of thousands of dollars on extensive surgeries and skin graftings, and as the surgeon had predicted, he bore two mummified, unbending claws that were so unsightly he wore gloves to hide them.

"The boy whose parents patiently spread the herbal salve over his burned hands had healed completely. The tendons, nerves, muscles, and flesh had been renewed, without any scar tissue. Even the fingernails had been restored. And their total investment was less than twenty dollars for the herbal salve that had promoted the healing."

Dearly beloved, I hope this testimony inspires you to consider God's ways over man's ways. One is the way of truth and health, the other the way of ignorance and tragedy. And as you read the stories, you will discover the price Dr. Christopher

and many others like him have had to pay for refusing to follow the “medical, pharmaceutical, and governmental powers that be.” The utter disdain and contempt, the persecutions and even imprisonments that godly healers have endured through the ages is endless. It reminds me of the persecution of Dr. Ignaz Semmelweis who finally died in a mental hospital because he dared to recommend in the 1840s after proving the effectiveness for life of the simple practice of doctors washing their hands before examining living patients after just having examined those who had died the night before from disease, without which practice many died in ignorance of biblical hygienic health instructions unnecessarily. (*None Of These Diseases* by S. I. McMillen, M.D. and his grandson, David E. Stern, M.D. A classic for health!)

Yesterday while reading this testimony to a friend he shared how a young boy had just had multiple surgeries as they progressively amputated more and more of both of his legs because he had somehow contracted one of the “flesh eating bacteria” and orthodox treatments had not been able to stop it as the infection went up his legs. Beloved, there are many natural substances that are very antibiotic that have cured thousands of people that make this type of treatment barbaric. Godless ignorance is no excuse. Colloidal silver kills literally hundreds of types of bacteria, and various herbs mentioned in this book and herbal literature can save limbs and lives just as that young boy’s hands were saved.

Now I want to share the first story that has shaken me down to my health foundations. While studying for this chapter and reading in the bible dictionary about bitter herbs, I remembered an herbal product that I had purchased many years ago. I put it in the refrigerator but never used it. All it said on the label was that it was good for digestion, but since I had no digestive problems, I just looked at it occasionally and finally several years later threw it out since it was “outdated” according to the label. (I have since found out it improves with age and is only labeled as such because of FDA regulations.) But now I remembered the product, and so I googled up “Swedish Bitters” and found a number of references there on the web. One mentioned “The Story of Swedish Bitters” so I selected that one and began reading. I quickly became fascinated, and then astounded.

This story by Maria Treben absolutely is a must read for anyone who wants to be healthy and to understand God’s ways. It tells the story of a 500 year old European Remedy entitled “Elixir

Ad Longam Vitam” or “Elixir for a Long Life.” The Overview I first read is written by Megan Jones, CNC, is available in PDF also from my web site, and I quote:

“This elixir is based on a precise recipe of 11 important herbs first formulated by an eminent 16th Century Swiss physician, Philippus Paracelsus, who was known for sharply attacking the foundation of ancient medicines. His formula was ‘rediscovered’ in the mid-1800s and earned its named of ‘Swedish Bitters’ through the efforts of Dr. Claus Samst in Sweden. Perhaps there is no better testament to the efficacy of the formula than the fact that Dr. Samst lived to be 104 – with his death resulting from a riding accident!” And “all members of his family had reached an unusual old age.”

“Swedish Bitters enjoys its wide acceptance today thanks to the efforts of a single remarkable Austrian woman, Maria Treben. Inspired by her profound personal experiences and successes with “the bitters,” Maria Treben in the past 50 years has documented the enormous range of uses of Swedish Bitters – taken internally and applied externally.

“In her masterwork, *Health Through God’s Pharmacy, {Advice and Proven Cures with Medicinal Herbs}*, the renowned herbalist has brought this unique multi-purpose health supplement into the lives of tens of millions of people – principally in Europe and Scandinavia – but now throughout the world.” (Megan Jones, CNC). Maria Treben’s book has now sold over 10 million copies and is available in at least 28 languages.

This remarkable story began dramatically when Maria was instantly healed from the painful effects of typhoid fever, jaundice, and obstruction of the intestines contracted while in a refugee camp in Bavaria after WWII. After spending 6 months in the hospital and still having horrible recurring acutely painful attacks with vomiting and diarrhea she was given a bottle of Swedish Bitters with a transcript of the “Old Manuscript” and the original 46 points of its curative powers concerning many dozens of conditions and how to use it.

Maria did like I did, and many I imagine of you do with various remedies, and that was to put it aside at first, not understanding or believing what it really was and what it could do. (In my case it was because of FDA labeling restrictions and regulations imposed upon us because of a corrupt and godless government.) After all, Maria said, “The doctor could not even help me.” However, soon while under a severe and painful

attack, she went and took the bottle out of “the medicine chest” and made a compress of the solution and applied it to her painful abdomen. She reports: “A wonderful feeling spread through my body and, suddenly, it felt as if with one movement of the hand, everything morbid in my body was pulled out. I assure you that with this single compress, which I had on the whole day, all of the preceding months disappeared, never to return.”

This was just the beginning! After her son was totally healed of very unsightly red scars on his face and in his nose from a dog bite, Maria studied herbs and their power vigorously, and became one of the world’s most influential Master Herbalists of our time. Her second book, entitled *Maria Trebens’s Cures*, is a compilation of hundreds of written personal testimonies of people who heard her lecture throughout Europe or read her book and give astounding testimony of the healing power of God’s Herbs, His creative wisdom and power given to us. To those who will seek and ask, it shall be given them, as the Lord Jesus said, and the blessings are “out of this world” (Matt. 7:6-12).

The reason why first Maria’s testimony, and then Dr. Christopher’s is so life changing and has shaken me down to my “health foundation” is because not only of the hundreds of testimonies of healing through herbs, but that some are even descriptions of the rejuvenation of bodies and regeneration of fingers that were severely burned or cut off, damaged beyond normal healing possibilities. There is no man-made medicine that can restore like that! When fingers that were amputated grow back out with the bones and even the nails being restored, no other power can do that except the natural or supernatural power of God Almighty! I’ve seen many supernatural healings, but had never known of such natural healings by the very thing God created for this purpose, his holy herbs and spices.

The “detailed case histories of people who have found relief - and by their terms, ‘cures’ - for a spectrum of ailments, aches, injuries, first aid requirements, internal problems, external skin conditions,” cripples, mental and physical handicaps, headaches and pains, cancers – literally a full spectrum of conditions that have been healed by the Swedish Bitters and the other herbs she reports on in her exciting and thrilling accounts of healing is simply wonderful!

Truly – **Swedish Bitters** – The Long Life Elixir, of a 500 year old European Remedy to rejuvenate vital organs, improve regularity, aid digestion, cleanse the system, and bring health is

phenomenal! Don't miss it!

As one renowned herbalist of yesteryear said, "There is a plant for every illness!"

Yesterday I read an article that reminded me to mention the dangers of vaccinations and how they are being forced upon our society, all in the name of "prevention." This is gross deception, and many knowledgeable doctors and scientists have testified of their "dangers" and the deceptions associated with immunizations. The forces of one world government and population control are hard at work in their methods of depopulation, and it is sinister! "WHO [World Health Organization] Admits to Releasing Pandemic Virus into Population via 'Mock-Up' Vaccines" (Mercola.com). Much has been written on this and is easily available.

Just this first week of August, I have received articles from many sources warning about vaccinations. They are available to you, and it is imperative that you be enlightened about the hidden dangers, the secretive conspiracy that threatens the health and lives of you and your loved ones. First was Greg Ciola's list of articles via his free email **Crusador Health News Alert** available at www.healthtruthrevealed.com for Aug. 6, 2009. Then Dr. Mercola's article from his free email health newsletter dated Aug. 4: Squalene: The Swine Flu Vaccine's Dirty Little Secret Exposed. But I want to quote at length from the third article which is from Dr. Russell L. Blaylock, M.D., CCN, via my subscription to his Blaylock Wellness Report, available in print or web mail from www.Newsmax.com.

Dr. Blaylock is a brilliant nationally recognized board-certified neurosurgeon, health practitioner, author, lecturer, educator, and Christian. And as you read a portion of his report, please associate his story with not only the politics and greed concerning vaccinations, but the Pharmaceutical-Medical Complex in general, and the story of all MDs brain-washed today in U.S. schools.

"Vaccinations and Brain Injuries — Are You at Risk?"

"Most everyone is familiar with the phrase 'follow the money.' Nowhere is this phrase more meaningful than in the medical field.

"I have watched the pharmaceutical-medical complex grow in size and strength during my long practice as a neurosurgeon, and I must admit that early in my career, I believed, like my fellow

physicians, that pharmaceutical drugs were supposed to play the major role in the practice of medicine.

“As a medical student and later as a resident, I was courted by pharmaceutical detail men (big pharma’s euphemism for “drug peddlers”) as were all budding medical doctors. In essence, these pharmaceutical snake-oil salesmen gave us fancy industry gifts, such as expensive stethoscopes, otoscopes, leather medical cases, expensive textbooks, and free pharmaceutical drug samples.

“In the 1960s and ’70s, there was an outcry against such practices. I defended the drug reps, as they were called, because, thanks to them, we got to eat at some of the finest restaurants in town, and they showered us with medical “toys.”

“We saw nothing wrong with the practice, because our professors and the older surgeons we emulated instilled in us the belief that pharmaceutical drugs were the essence of practicing medicine.

“Pharmaceutical companies virtually control medical education and the private practice of medicine by a number of clever tricks that influence doctors:

- First, they fund a great deal of medical research.**
- Second, they contribute tens of millions of dollars to medical training centers, especially those which have the most public and media influence.**
- Third, they advertise heavily in all of the medical journals as well as in popular consumer publications.**

“They use all of this power and influence to convince the public and medical practitioners that alternative methods of medical care are not only useless, but also dangerous. [The underline emphases are mine, the bold is his.] They switched to the latter tactic when they realized the public was quickly catching on to the fact that many of these treatments actually worked.

“The pharmaceutical company CEOs had played their trump card — they knew that fear was the most powerful force that drives most people’s decision-making. Take for example the campaign to convince the elderly that if they did not get their yearly flu shot as well as a pneumococcal vaccine, they would face a high risk of dying. After all, they screamed, 36,000 people a year die from the flu. They knew it was a lie, but they could get away with it because they controlled virtually all of the media — including all of the television networks.

"Selling Fear

"Like lemmings, the elderly rushed to shopping malls, pharmacies, doctors' offices and medical RVs to get their so-called life-saving shots. [And I should add here also other tests that they have used to lead people to get drugs and treatments that have maimed or killed them. Don't be deceived!]

"Doctors, who had been brainwashed in their training and kept in line by their local medical societies, behaved more like pharmaceutical reps rather than like thinking physicians.

"They repeated the same nonsense spouted by the medical societies and pharmaceutical companies, and plastered the walls of their offices with scary reminders that patients should get their vaccines.

"This fear tactic works even better with moms and dads — especially moms. Frightened mothers are told by the CDC, government-sponsored advertisements, and their pediatricians that their children need vaccines. If not vaccinated, not only will their children risk death, they will endanger other children.

"To the vaccine advocates, unvaccinated children become 'enemies of the state.' What most of the public and many doctors do not know is that when these 'authorities' quote scary statistics on mass death from measles or whooping cough, they use numbers from Third World countries or data from the turn of the previous century.

"Vaccines Inflamm the Brain

"Of particular concern to me is the link between vaccination – especially when multiple vaccinations are given close together – and chronic brain inflammation.

"Many recent neuroscience studies have shown a link between vaccination and brain inflammation that can last for years and possibly for decades. This inflammation can manifest in many different forms depending on many factors:

- Age
- Antioxidant defense levels
- Genetics
- Nutrition

"We are seeing a gradual reduction in our children's ability to learn, which closely parallels the advent of mass vaccination programs. Children are now receiving some 36 to 40 vaccines before attending school.

"This assaults their brains by triggering a process called immunoexcitotoxicity during the brain's most critical period of

growth and development. Immunoexcitotoxicity can appear as learning problems, language difficulties, or impulse-controlling difficulties.

"The elderly are also at great risk from vaccinations. The flu vaccines contain a full dose of mercury (as thimerosal) as well as dangerous immune stimulators (called adjuvants). Virtually all neurodegenerative diseases, such as Alzheimer's disease and Parkinson's disease, are triggered and worsened by chronic brain inflammation.

"As we age, our brains become progressively more inflamed, but in some, the inflammation is severe. These are the unfortunate people who will develop neurodegenerative diseases.

"Repeatedly vaccinating those over age 55 will make the problem worse. To date, over 150 vaccines are being proposed during a person's lifetime. This plan is not only idiocy, it is criminal."

This is the end of the quote of the beginning of the 8 page article, but Dr. Blaylock goes on to write about the "Movement Towards Forced Medication" where again "The experts resort to fear-mongering . . . [and] universal healthcare (a euphemism for socialized medicine) . . . Socialized medicine always brings forced regimentation, such as bureaucrats controlling the medication of the population." He gives a dozen scientific points that vaccines are not all they appear to be. And then an important insight for us all:

"It has been known for centuries that epidemics, especially pandemics, always follow economic hard times (famine) or war. The 1917-18 flu pandemic, which is used to frighten people into getting a flu vaccine, occurred toward the end of World War I, which devastated Europe and left mass numbers of people in a state of starvation or extreme malnutrition.

"More people died of typhus in World War II than died of gunshot wounds, and more soldiers died of infectious diarrhea than war wounds during the Civil War.

"Starvation and malnutrition are also the reasons that millions of people die from common infections in Third World nations, but not in developed nations. Even within developed nations, the highest death rates are in the slums or low-income neighborhoods and among those who have chronic illnesses, which suppress immunity."

"The high death rates in Africa are attributed to high rates of

... malnutrition, frequent parasitic infections, and poor sanitation.
... Vaccination is not a safe procedure. Growing evidence links vaccine programs to many diseases and incidences of crippling disorders."

He then goes on to share how the elderly are usually deficient in sufficient nutrients and what can be taken to prevent these viral infections. This includes the common anti-oxidants discussed in this book such as 1000 mg. vit. C three times per day between meals, and especially 5,000 IU per day of vitamin D-3 taken regularly and increased to 15,000 IU a day during an epidemic or if you are sick.

Dr. Blaylock also has a lot of excellent information available from his web site (www.russellblaylockmd.com). Here in an article labeled "Vaccines and autism.pdf" called, "The Danger of Excessive Vaccination During Brain Development: The Case for a Link to Autism Spectrum Disorders" we read a very revealing statistic:

"In 1983, before the autism epidemic began, children received 10 vaccinations before attending school and the autism incidence was 1 in 10,000. Today they are receiving 23 vaccines before age 2 years and 36 by the time they attend school and the autism rate is now 1 in 150 births." He then gives the scientific reasons for the horrendous harm done to children by vaccinations. It is also needed to point out, in addition, two deadly toxins are used in the vaccination serum, mercury and aluminum. They both poison protective enzymes!

"Authorities like to report that the mercury disappears from the blood within several days." But "actually, the mercury leaves the plasma and enters the brain," where "it remains for a lifetime."

"Aluminum, like mercury, activates microglia leading to chronic brain inflammation, which is a major event in both Alzheimer's disease and Parkinson's disease."

"Parents must appreciate that those in positions of authority are lying to them. Most pediatricians think they are doing what is right, because they too are victims of years of propaganda by elite members in the CDC and American Academy of Pediatrics. Most truly believe what they are telling parents. They should wake up and join the fight to bring some sense to this insane policy."

Also, concerning mothers, Dr. Blaylock reports, "The insane policy of having every pregnant woman vaccinated with the flu vaccine flies in the face of what we know concerning the neurotoxic

effect of excessive immune stimulation during pregnancy.” That means harm both to the mother and to her developing baby!

When we get into the facts that those who invented many of the vaccines now given for various reasons share with government agencies and actually criminally convicted corporations the patent rights in the billions of dollars in vaccination contracts, and that the drug companies have been exempted from all legal liability, the story of today’s “vaccination mania” gets very sickening, sordid, and demonic. But James warned us of those ruled with selfish ambition that they would arrogantly **“lie against the truth”** and do **“every evil thing”** because their **“wisdom is not that which comes down from above, but is earthly, soulish, and demonic”** (James 3:14-16).

Amazingly, just this week in the midst of the furor about mandated socialized medicine, a leading Canadian health official said, “Our Universal Health Care Is ‘Sick,’ Private Insurance Should Be Welcomed” (Dr. Anne Doig, the incoming president of the Canadian Medical Association).

Dearly beloved, reject the wisdom and spirit of the world; it will destroy your mind and body and soul, yours and your loved ones!

Well, beloved, I trust through this little study of Herbs & Spices that you appreciate now more than ever their importance and health benefits, their tremendous God created power. That you can believe in God’s Pharmacy in all its superiority over Man’s Pharmacy. That God in His wisdom has made whatever we need, if we but open our hearts, minds, eyes and ears to receive what He has and is revealing to us. From the beginning of scripture where we are told they are for our food, that which not only is to give us the nourishment of vitamins, minerals, essential fats, proteins, carbohydrates, and fibers but the innumerable phytonutrients, the healing, health giving God made biochemicals that we so desperately need especially in this increasingly polluted and worn out world.

I appreciate in the beginning when Jacob told his sons to take a present, the best of the land down to Joseph who was at that time unknown to him as the ruler of Egypt under Pharaoh, it included wonderful health giving foods and natural medicine, including spices. **“Take of the best fruits in the land in your vessels, and carry down the man a present, a little balm, and**

a little honey, spices, and myrrh, nuts, and almonds” (Gen. 43:11 KJV). When The Lord Jesus confronted the Pharisees in their hypocrisy that He still commended them for tithing even on their garden herbs, revealing the importance of the custom of having God’s healing medicines growing in ones own personal herbal garden as we read in Song of Solomon. **“But woe to you Pharisees! For you pay tithe of mint and rue and every kind of garden herb, and yet disregard justice and the love of God; but these are the things you should have done without neglecting the others” (Lk. 11:42 NAS; also Mt. 23:23).**

I rejoice in knowing that even during the Messianic kingdom to come upon the earth when the Lord Jesus returns, God will still be using herbs and spices, the leaves of the trees for healing medicine to remove the curse of sickness. We read this in both Ezekiel’s prophecy and in John’s.

“By the river on its bank, on one side and on the other, will grow all kinds of trees for food. Their leaves will not wither and their fruit will not fail. They will bear every month because their water flows from the sanctuary, and their fruit will be for food and their leaves for healing [medicine, KJV].”

(Eze. 47:12 NAS)

“And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb. In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations. And there shall be no more curse: but the throne of God and of the Lamb shall be in it; and his servants shall serve him.”

(Rev. 22:1-3 KJV)

Dearly beloved, as we close this chapter and prepare for the promise in the last chapter, I pray that you will realize the necessity and enjoyment of eating God’s specially designed and created nutrient rich fruits, vegetables, and meats, His herbs and spices, so that you can enjoy the holiness, health, and happiness that God has promised to those who love Him and seek to please Him in eating a sufficient and holy diet. As man began in a lovely garden, let us end with a beautiful garden – herbal, vegetable, and flower gardens. Indeed, that is “Holy Nutrition.”

Job 5:26-27

Living and Leaving in Health

“You will come to the grave in full vigor, Like the stacking of grain in its season.

Behold this, we have investigated it, thus it is; Hear it, and know for yourself.”

(Job 5:26-27 NAS)

We want to close this teaching on Holy Nutrition with a scripture that the Lord gave me many years ago. It’s a promise that we all need to know and understand if we are going to fulfill God’s plan and will for our lives. However, I believe this promise necessitates that we hear and understand and obey the word of the Lord that we have shared in this book. Then this precious promise will be ours, and we will be glad in the Lord, not just for now, but in eternity!

Here is verse 26 again:

“You will come to the grave in full vigor, Like the stacking of grain in its season.”

The Hebrew word translated “full vigor” is “kelach” and is also thus translated in *The Interlinear Bible*. It is translated “firm or rugged strength” in the *BibleMaster Hebrew Dictionary*.

The *Strong’s* and *Young’s Concordances*, done many years ago, and thus the King James Bible, bring out the fact that our lives will not be cut short, but we will come to the grave “complete,” at “maturity, full (old) age.” But I especially like the more recent and scholarly translation from *The New Brown-Driver-Briggs-Gesenius*

Hebrew-English Lexicon: **“Thou shalt come in firm strength (with thy body vigorous, powers unimpaired) unto the grave.” “Like the stacking of grain in its season [harvest time].” (NAS).**

This is like Moses, of whom it was spoken **“And Moses was an hundred and twenty years old when he died: his eye was not dim, nor his natural force abated.”** (Deuteronomy 34:7 KJV). The words “natural force” are translated in the NAS as “vigor” again, and the Hebrew word means “moisture, freshness.” And the word for “abated” means it did not “flee, or escape.”

Oh, what a promise, beloved! That we will fulfill all of our days, and that when our life is complete and it is time for us to go, we will be in full vigor, strong and “full of days,” fresh like the morning dew, not weak and feeble like an old flower, but coming to the grave in the health and strength of a mature stalk of grain, in the time of harvest. And this is indeed the time of harvest, the last harvest before the coming of the Lord, and we need this promise.

And the scripture goes on to say in verse 27:

“Behold this, we have investigated it, thus it is; Hear it, and know for yourself.”

This is telling us that this promise is true for us, that it has been investigated and thus we are to listen carefully and know, and realize this promise of truth for ourselves personally.

This book of Job is believed to be the oldest book in the bible. Thus this scriptural promise has been God’s promise to His faithful children throughout the ages. Let us therefore heed the words of the Lord, let us embrace the truth of holiness and nutrition, “Holy Nutrition,” and live the abundant life that our Lord Jesus promised when He said,

“I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture.

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.”

(John 10:9-10 KJV)

Amen! and Amen!

www.HolyNutrition.org

APOSTOLIC FOUNDATION SERIES

The following Books & Audios by John Rothacker comprise our Apostolic Foundation Series. They are downloadable free from our web site, JohnRothacker.org, or available upon request.

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This audio is a primary study of scriptural teaching and facts and revelations from the Lord on how we are to eat according to the Holy Scriptures and the Holy Spirit!

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Why this Book is for You!

- Are you ready for the coming of the Lord?
- Are you holy, healthy, and happy? You can be.
- Find answers to commonly misinterpreted scriptures. (Listed in the Contents)
- Learn principles and ways of weight loss, renewed energy, being healed, and confident health.
- Look, feel, and actually be younger!
- Learn how to be set free from food addictions!
- The Title and Purpose of the Book was given by God in a Dream explained in the Preface.
- Desire God's will for your life!

"Because it is written,
'BE YE HOLY FOR I AM HOLY.' "

1 Peter 1:16

Romans 12:1-2

Read the Book!

ISBN: 978-0-9674869-5-6



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