

THE PERFECT DIET

FOR WEIGHT LOSS, VITALITY AND HEALTH
(Formerly North American Diet)

Tom McGregor

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Fasting To Freedom: Imagine dropping 20 pounds and 20 years from your life, while discovering gifts, abilities and youthful vision that have been locked up inside of you for so many years. *Fasting to Freedom* provides all the information your need to safely fast on juices and it gives you many juice recipes, which you will need for juicing. There is information on the specific, rejuvenating qualities of a variety of fruit and vegetables, and we will look closely at both the physical and spiritual blessings of fasting. The information provided in this manuscript will help you make wise, lifelong choices.

Eating In Freedom: How would you like total control over what you eat while increasing the pleasure of eating? Unlike so many other diet programs, *Eating in Freedom* is about the mind, not the stomach. Rebuild damaged thinking and emotions. The old chains of compulsive, addictive behaviors will fall away as you begin to discover personal freedom and authority.

God's Banquet Table: Finally, you can have the best of two worlds, delicious flavor and vital health. From picking perfectly ripe fruit to preparing savory vegetable broths, *God's Banquet Table* provides everything you need to know, and it contains a variety of vegetarian recipes that the whole family will love.

Author's Note: This book is still in the revision stage. If you have any research, comments or suggestions please email them to me at tom@freedom-you.com.

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Chapter 1

Eden Forgotten

We have come a long way from the splendor of *Eden*. Long forgotten is the perfect diet that hung ripe from every branch. Lush fruit designed with a precise arrangement of molecules to nourish the body has been replaced with a creatively packaged, chemically preserved, artificially flavored, texture-enhanced, colored, fattened, sweetened, synthetically fortified, microwaveable substance that can make the journey from freezer to table in minutes. It is so delicious you forget to look at the ingredients. So delicious that you are willing to accept the absorption of dyes, bleaches, antioxidants, preservatives, chemical flavors, buffers, noxious sprays, alkalizers, acidifiers, deodorants, moisteners, drying agents, expanders, modifiers, emulsifiers, stabilizers, thickeners, clarifiers, disinfectants, defoliant, fungicides, neutralizers, anticaking and antifoaming agents, hydrolyzers, hydrogenators, herbicides, pesticides, synthetic hormones, antibiotics, steroids and thousands of other chemical residues. Today's diet must break God's heart. The diet He designed for the nourishment and healing of the body is beyond recognition.

If you transported Adam to the center of a modern day city, he would be in shock. The first reaction would be coughing and watering eyes from carbon monoxide exhausts. The noise of traffic would assault his innocent ears. Pale-skinned people with frowns, rushing here and there. Neon signs offering food burned in fire and grease would make no sense. A pharmacy would bring greater confusion. So many pills for so many sicknesses for Adam who knew only health. Standing before a hospital and realizing it was filled with people in pain from deteriorating bodies, he would long for the haven of *Eden*.

The vibrant, healthy Adam is incomprehensible to most people, who have never experienced clear sinuses, inner joy and energy associated with a toxin-free, well-nourished body that Adam had. Vitality is a faded memory of childhood. The aches and pains of aging are normal life. Trips to the doctor are painful reality and the *Garden of Eden* is a fable.

I am familiar with sickness. Years of drug abuse had devastated my health. Then I heard about fasting. I was at the point where I was willing to try anything. On a 30-day juice fast, my health was renewed and I discovered vitality, energy and clarity of mind. The fast renewed my passion for life, strengthened my relationship with God and reduced aging.

When I broke the fast, I was amazed by my body's reaction to food. A simple apple pie caused my sinuses to clog. The stomach had a heavy feeling and the mind clouded. Gone was that indescribable sensation of health and well-being; instead, a numb, dull sensation permeated the body emanating from the stomach. The effect

of the apple pie was more than I believed possible. Changes so dramatic demanded answers and that hunger for understanding birthed the writing you now hold in your hand. I wanted to understand why fasting healed so powerfully and how to support that healing through diet. And so I searched to understand nutrition. The more I read the more confused I became as the author's options varied with each book. Nutrition seemed to be a world of confusion. Lots of scientific information, but the more I learned, the more confused I became.

The only thing I had to guide me was the effect of food on my body. After fasting, my body had become super-sensitive to food. A cantaloupe would digest with perfect harmony but a pizza would cause a headache, and a heavy feeling in the stomach. The next day my skin became greasy. To me, the pizza tasted better than the cantaloupe, but my body's reaction was telling me the opposite.

Comparison of Diets In North And South America

My first trip to Colombia was mind-blowing. Here were a people who rarely got sick. Few were overweight, and most people I met had a calm, easygoing character. Genetics? Possibly, but diet plays a big part in this picture. Their lifestyle is healthier. Since most people do not have cars, they daily walk. There is an abundance of fresh tropical fruit available year round. Fresh orange juice or fruit shakes are sold on every corner. Even their version of Popsicles is made with real fruit. Candy bars and processed, packaged food are too expensive for most budgets. There is an occasional treat. Their favorite candies are made from condensed milk or dried fruit. Panela, dehydrated cane sugar, is a staple. It is used as a sweetener. Mixed with lemon and water, it becomes a delicious drink. The food has almost no preservatives and fertilizers are not commonly used in farming. The milk is from naturally raised cows. The coffee is sold in small, plastic cups that hold about one ounce. The most common drink is water. Also, most people are health conscious and try to eat well. The biggest problem is that they eat a lot of fried food, and as the economy is improving, Colombians are becoming more westernized. The yellow arches of McDonalds are becoming a familiar site. Colombia is not *Eden* but it surely is much closer to the way God intended us to eat than North America.

Travel a few thousand miles north and you enter a different world of eating. A land of jumbo coffees, super-sized fries and daily exercise is reaching for the meal at the drive-through window. Pop, chocolate, cake and donuts are supplied by the truckload. Water is for washing. White flour and white sugar are the *stuff of life*.

The North American Diet is so bad, that if you make it to middle age without serious harm, it is only because of your body's outstanding resistance. Unfortunately, resistance to disease diminishes as toxin saturation increases. The body will absorb toxins to a point, then there is a reaction — illness!

If you are tired, stressed out, and living on junk food, the immune system will inevitably break down. It is scary to be diagnosed with something you can't even pronounce. Health is simple; disease is complex. Looking for the answer to illness can be overwhelming. Doctors, dietitians, homeopaths and naturopaths bombard us with different information. Your local health food store displays walls of vitamin and mineral supplements, extracts, antioxidants, all claiming to be the answer. Some work, but no amount of health products can replace a healthy diet. The problem with any prescription medicine or supplement is that it comes from a *fix it quick* mentality. Most people want the lazy way to heal. They would rather take a pill to fix a problem than change their diet, yet medications cannot heal, they can only alter the symptoms, and no supplement can compensate for a bad diet.

When a car designer works on a new prototype, he knows all the failed alterations. When the wheel fell off, the suspension needed a complete redesign. Cancer, heart attacks or any disease are signs that your diet needs to be redesigned. It is not enough to make a few tinkering adjustments; you need a complete overhaul of what you eat on a daily basis. This book is designed to give you the information you need to make educated choices on how to eat for the health and healing of your body.

The Path of Modern Medicine

North America has ignored all the statistics that clearly define the modern diet as being destructive to health. Having one of the highest standards of living has resulted in a nation with the greatest rates of heart attacks and cancer. Due to medical care, people are living longer, but seniors are daily taking an average of eight-to-twelve prescription drugs for multiple health problems. We have prolonged life, which tragically often translates into prolonged suffering.

The government has spent billions of dollars on disease research, yet very little is spent on prevention. Until recently, modern medicine has ignored diet as a preventative measure against disease. Did you ever stop and wonder why?

About 90 years ago, there were two men, Pasteur and Beachamp, who were at the forefront in their fields of science. Two men who would forever define our understanding of health and medicine in very distinct ways. Pasteur believed that we lived in a hostile environment where disease was always trying to invade our bodies in the form of harmful bacteria. Pasteur's attitude towards sickness was to protect the body from these harmful bacteria.

In contrast, Beachamp believed that a healthy body is immune to harmful bacteria. Only when the cells became weak and sick did bacteria have a destructive effect on the body. Pasteur insisted that healthy tissue is sterile of bacteria. Beachamp disagreed. He discovered that healthy tissue was constantly being exposed to bacteria, but as the body started to deteriorate, the bacteria changed due to alterations in the cell's biochemistry.

The research of Beauchamp and Pasteur seemed in conflict. In the end, Pasteur's theory was adopted and Beachamp's was ignored. This resulted in a prejudice towards nutrition as preventative treatment of disease that is still present in medical thinking. Medications for killing bacteria had become a large industry. It is convenient to have germs to blame rather than being responsible for one's eating habits.

When cells are healthy and vibrant, the immune system is effective in fighting and controlling bacteria. However, through poor eating habits, cells become weak and sick, and harmful bacteria are able to multiply. For example, *Candida* is an organism that exists in two forms. The form usually found in the intestine is harmless and does not migrate to other tissues. In the event of the colon becoming toxic, *Candida* changes into its fungal form. It then penetrates the intestine wall and infiltrates other body tissues causing a multitude of metabolic disturbances.

Beauchamp discovered that germs are opportunists, waiting for the right conditions, otherwise harmless to the body. Bacteria are in the air, water and our food. For the majority of the time, bacteria will not affect the body. The stomach secretes hydrochloric acid to kill harmful bacteria. The large intestine has beneficial lactic acid-secreting bacteria that fend off harmful bacteria and the immune system is constantly killing and removing bacteria, parasites and antigens. However, when the body is not being fed correctly, harmful bacteria are able to multiply and alter into more dangerous forms.

Chemical Medication

If you break a bone, medical technology is crucial, but when it comes to internally adjusting the intricate working of the human body, most times, medicines fail. Medicines powerfully adjust the body's metabolism in an attempt to stimulate healing. The symptoms can disappear, but the cause of the imbalance is ignored which is usually diet.

Our hospitals are far from being a haven of healing. More than one out of twenty hospital deaths occur due to an adverse drug reaction. Medical cures are not a solution to disease. Medicine and surgery may keep you breathing, but will not supply the vibrant zeal of life so few experience. We need to take personal responsibility in how and what we eat. Sickness resulting from neglect and a foolish diet is not God's will. Adam represented the heart of God. He was vibrantly healthy with a radiant complexion. A sick, pallid colored, out of shape, Christian represents something very different. God has gone to such great trouble in creating the human body with the capacity for health and vibrancy. He has created foods that, in their natural state, are full of life-giving properties. It is up to us to take these wonderful healing gifts and show the world that God is the *Source* of life.

Chapter 2

The Amazing Body

The heavens declare the glory of God; the skies proclaim the work of his hands. Psalm 19:1

If you want to understand an artist, study his paintings. If you want to understand the character of God, study the human body. When you do, even the greatest scientist on earth must stand in childlike admiration before such magnificent precision, balance and functionality. Without comparison, the human body is art in its highest form, is a macro universe of dancing atoms performing zillions of interactions that allows you to talk, digest food, replenish destroyed cells, circulate blood, breathe, preserve your core body temperature, maintain your balance, hear and see—all simultaneously without effort on your part.

No active participation required. Fifty million of the cells in your body will have died and been replaced while you have been reading this sentence. As you read these words, nerve impulses are traveling to and from the brain at 274 kilometers (170 miles) per hour. Three thousand psychoactive chemicals are being used by the brain at a rate of over 100,000 chemical reactions per second. More, if you try to comprehend the full significance of this fact. To memorize this, the brain has 100 billion neurons and 100 trillion connectors for memory alone. If you scratch an itch, millions of cells and thousands of nerve cells will be affected. In one square inch of skin there lie 4 yards of nerve fibers, 1,300 nerve cells, 100 sweat glands, 3 million cells, and 3 yards of blood vessels.

Twenty-five million blood cells have been destroyed and replaced during the reading of this sentence. The circulatory system is 60,000 miles long. Each blood cell encircles the body up to 300,000 times in a period of 120 days and never gets lost. Your heart will beat 3,000 million times, (more if you watch horror movies) and pump 48 million gallons of blood over the course of your life. The lungs contain 300 billion capillaries, and when they compress during a sneeze, they create a 100-mile per hour blast of air.

Antibodies travel throughout the blood and lymph systems to identify foreign molecules, and guide the body's vast defense system. They latch onto and neutralize foreign invaders, even coating microbes to make them palatable for the scavenger cells. Antibodies respond swiftly to toxins and enable us to fight and resist infections. The immune system has the unimaginable ability of creating 1,920,000 different types of antibody constructions.

Experiments have shown that white blood cells, called lymphocytes, can attack cancer cells and hold them in check. Our immune system is a powerful mechanism.

One B lymphocyte can pump out more than 10 million antibody molecules per hour.

All this complexity uses the most basic common elements. The average human body contains enough sulphur to kill all fleas on an average dog, enough carbon to make 900 pencils and enough potassium to fire a toy cannon. You have enough phosphorus to make 2,200 match heads, enough water to fill a ten-gallon fish tank and enough iron to make one small nail.

Evolution?

It is hard to believe that the complexity and precision of the human body could have started with an explosion called the *Big Bang*, and through a trillion, billion molecular and genetic accidents, resulted in precise order and functionality down to the atomic level encoded in a strand of DNA.

If I find a watch in a desert, I do not assume it was created by 10^7 random collisions of wind and sand. Even if I am told it happened over 2.4 billion years, I still will not believe. Instead, I believe there is a watchmaker because it has the mark of the *Maker* and so it is with the human body. *His* signature is on all life.

For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse. (Rom 1: 20)

The Tongue

The tongue has 9,000 taste buds. The lifespan of a taste bud is 10 days. Yet, these tiny buds can have tremendous power over the body in their short existence. The Bible states that the tongue is the smallest part of the body, but, like the rudder of a ship, it can steer the direction of the entire vessel. The tongue has the power to degrade or encourage, speak truth or lie. It has the power to glorify God or slander. He who has mastered the tongue has mastered himself. (James 3:5–6) As in the spirit, so it is in the physical. When the tongue directs our eating, it controls the entire body. The Lord has created flavor that we may enjoy the blessing of nourishing our bodies. The food industry has intensified flavor for profit. Soft, chewy, artificial textures and flavors stimulate emotions that carry our minds to the point where enjoyment becomes indulgence and the power held by the taste buds to control diet is felt by every cell of the body.

When people watch me eat, they often shake their heads and state, *Rabbit food; I could never live on that.* In one statement, they cut off all opportunity for positive change. The penalty will be expensive. Whether it is colon cancer or heart disease, the consequences of a poor diet will affect the quality of their lives years from now when they least expect it. What they do not realize is that I have disciplined my tongue. I decide what I will like. Spirulina mixed with honey is deep

green, slimy and smells awful. Because it is good for me, I decided I was going to like it. Eventually, I acquired a taste and now I like it.

In retraining your tongue, we have some creative, delicious recipes that you will really enjoy. They may not have the blast of a Coke and barbequed chips, but once you acquire a taste for healthy food, the artificial processed food will taste gross. When the fruit shake is in the blender, your taste buds will hum with anticipation. An essential oil salad dressing over fresh veggies will make them *oh* and *ah* with orgasmic delight and every cell of your body will rejoice in the assimilation.

Small Beginning

Presidents and kings alike have small beginnings. After the moment of your conception, you spent about half-an-hour as a lonely single cell. Your first cell division was a big event, doubling your assets. Now, look at you. You have come a long way from being that tiny cell. How you have grown. Instead of being one cell, you are now trillions and you are the master of their destiny.

The body is a wonderful, complex creation. Similar to a machine, all of its parts must be in good operational condition. Its electrical system must be carrying energy to all areas without short circuits. It must be fueled properly for maximum performance. This book will teach you how to do that. Whether you are a 90-year-old great-grandmother learning to surf or an Olympic athlete, diet can improve your performance and quality of life.

You do not have to radically change your diet in one week. The Lord does not despise small beginnings. He loved you as a tiny cell; so, take things one day at a time, one step at a time.

For a Christian, healthy eating is to care for the temple of God, which is our body, and to live a disciplined life. This book was written that you might eat in a way that brings honor to God. He created food to be a blessing, to bring health, not sickness. The Lord wants to see His children free from sickness and disease and filled with a zeal for life. Adam's food was not made haphazardly. Intent shaped every molecule and atom. No detail, no matter how small, was neglected. Man is the crowning of Creation and so his food had to be perfect. A humble mango has His mark; how else could so much nutrition be packed in such a small space?

When someone really loves you, your needs are cared for, down to the smallest detail. Every new photochemical, enzyme and nutrient discovered today is a sign of His endless love and a reason of every believer to stand up and sing songs of thanks and admiration. Let us enjoy this blessing with thanks and let our health be a signpost of God's love to a dying world.

We are about to take a journey into the slimy, toxic beginnings of disease and look at how common foods affect the cells, brain, pancreas, colon and lymphatic

system. You will not need ten research scientists to verify the information; a slight adjustment in diet will allow your body to testify that the facts are true.

Chapter 3

Food Additives

There is no doubt that the Twinkie is a successful product. Millions have come to depend upon their soft, chewy, cream and chocolate textures for an escape but is there a hidden cost for a Twinkie moment?

The food industry aims at making products look and taste appealing without thought to the products' nutritional value. The small print on Twinkies reads more like rocket fuel than food. Loaded with chemical additives and designed to be addictive, processed food is manufactured first for profit. The goal of a food producer is a tasty product with a long shelf life and low production costs. Food producers buy the cheapest raw materials and then manufacture the product as quickly as possible. Good business sense without integrity creates a final product without nutrition or quality. The blessing of God is destroyed in the manufacturing.

All great chefs will tell you that the tangy flavor of lemon juice is a must in enhancing and lifting the taste of fish. In fact, lemon juice is widely used to compliment a variety of popular dishes. But to cut cost and for the sake of convenience, manufacturers have replaced lemon juice with 2-methyl-3-(p-isopropylphenyl)-propionaldehyde, an unpronounceable name, to add to the estimated three-thousand chemical additives that we consume.

Sulfur is used to keep dried fruit fresh. Formaldehyde, which is used to retard corpse decomposition, is added to disinfect frozen vegetables. The blue shimmer on the surface of luncheon meat is the result of sodium nitrate. Sodium nitrate is commonly used in the preservation of ham, bacon, sausage and bologna to keep meat looking red, when it normally would have decomposed into an unappealing gray. In the stomach, sodium nitrate is converted into nitrous acid, which is suspected of inciting stomach cancer. Germany and Norway have banned the use of this powerful toxin.

Commercial chicken feed contains arsenic to stimulate growth, increase egg production and give the chicken a yellowed skin. Aluminum compounds are added to baking powder, aspirin, antacids, beer, table salt and antiperspirants. It also leaches into our food and water through cookware, soft drink cans and aluminum foil. It has been discovered in high concentrations in the brain of Alzheimer's patients and is suspected in contributing to this most hideous disease.

Potatoes may seem untouched by chemicals but because of their bad habit of sprouting, they are coated with the chemical inhibitor, maleic hydrazide, which has resulted in cancer in laboratory animals.

Ice cream producers use propylene glycol, the same substance in antifreeze and paint remover. Carboxymethylcellulose is a stabilizer, used in ice cream, salad dressing, cheese spreads and chocolate milk. It has produced tumors in 80% of injected rats. Yet, the FDA flatly denies it as a carcinogen, for the reason that when it was given to the rats orally, it didn't cause cancer.

For 50 years, producers have added brominated oils to bottled fruit juice to maintain a look of freshness—even after 6 months of storage. Unfortunately, brominated oils have side effects. They produce changes in heart tissue, enlargement of the thyroid, kidney damage, decrease in liver metabolism and can cause withered testicles. Canada, Holland, and Germany have banned brominated oils in the production of bottled drinks, yet they can still be imported from other countries.

Before cyclamate was banned, it was used to sweeten drinks such as Kool-Aide which contained 28.5% of this substance. It was discovered that 30% of humans converted as much as 40% of the cyclamates ingested into cyclohexylamine which produces chromosome damage in animals, a high rate of still-born young, and birth defects. It was then banned. Lipton donated its artificially sweetened product to mental hospitals and prisons in Ohio where it was accepted without question.

Monosodium Glutamate

A common example of the thousands of chemicals used in our new high-tech foods is monosodium glutamate. MSG is like glutamic acid, an amino acid that is used in the function of the brain. Dr. John W. Olany of the University School of Medicine, in St. Louis, decided to test MSG by injecting it into infant mice. After the MSG injection, nerve cells, especially in the hypothalamus, became dramatically swollen. Within several hours, these cells died. It was discovered that the enzymes which help to metabolize MSG in adults do not exist in infants. It is suspected that instead of the nutrient glutamic acid, MSG is carried to the brain, causing a dangerous excess. When his report was published, Gerber, Beech-Nut, and Heinz took monosodium glutamate out of their baby foods. Naive mothers fed MSG to their babies believing that these trustworthy companies would never put something harmful into their baby's foods.

At present, the average consumer eats over one gram of MSG per day. When pregnant women eat MSG, it crosses the placenta. MSG fed to growing rats, reduced their growth rate by 16%. The effect on the human fetus is still unknown!

Food Coloring

Synthetic color adds nothing to nutritional value. After twenty years on the market, numerous colors have been banned as being carcinogenic.

Today, all certified food colors in use are of a class of chemicals called polycyclic aromatic hydrocarbons that are universally suspected as carcinogenic.

The FDA argues that food coloring is safe because it causes cancer only when injected into rats, not when they are feeding on it. Therefore, the FDA gives manufacturers the freedom to use food coloring at their discretion. Children are attracted to bright colors. Fruit Loops, gum balls, Popsicles and fruit drinks are mostly color and sugar. The food industry is making millions on selling chemical substances that have zero value to life.

On the Island of Nauru, lived a small group of healthy and happy Polynesians. These people were left undisturbed until it was discovered that part of the island contained huge quantities of bird dung, containing valuable phosphates that can be used in fertilizer. The native islanders grew wealthy by selling this resource, and with their newfound money supply, they imported foods from the industrialized nations. The flavors of the North American diet cost them. One third of the Nauruans developed diabetes.

Global Toxins

The Great Lakes is the largest body of fresh water in the world. People living by the Great Lakes have at least 30 contaminants stored in their body fat such as mercury, dioxin and PCBs. According to Dr. Andrew Gilman, Manager of the Great Lakes Health Effects Center, health problems from contaminants around the lakes are affecting some residents. The most susceptible to these poisons are the elderly, newborn, children, fetuses and those in ill health. Women who drink water from the Great Lakes had a significantly higher rate of mouth and thyroid cancer.

Through air, water, food and even mother's milk as a child, there is absorption of thousands of toxins that saturate the environment. City living fills your lungs with 20 million particles of foreign matter daily such as carbon monoxide, lead, nitrogen dioxide, mercury, DDT, cadmium, PCBs, strontium 90, radioactive iodine, X-Rays, nitrates, and thousands more.

The Great Toxin Experiment

We live like no other generation before us. We may consider our way of living as normal, but the modern diet is about as normal as drinking a test tube of chemicals then waiting for the effect. You may never have signed up, volunteered or even knew you were part of the study, but with each bite of processed food, you show your willingness to offer your body to the *Great Toxin Experiment*.

It is foolish to think you will not be affected because the government has given a food additive the stamp of *approval*. Due to unreliable testing methods, lack of qualified technicians, expensive analysis equipment, budget cuts and government lobbying by food conglomerates, additives that are marginally carcinogenic, mutagenic, or teratogenic stay in use. What modern science and toxicology testing cannot accurately predict is the long-term, combined effect of thousands of additives on children, the elderly, newborn, the fetus and people with a reduced

immune response due to cancer, Candida, allergies or liver disease. The combined effect of these toxins on humans is unknown and so we become the lab rats.

You have consumed your unique chemical cocktail depending on the foods you have found most appealing. If you love Twinkies and have eaten hundreds over the course of your life, then you have subjected your body to that unique blend of additives combined with the sum of the additives from your other favorite foods. Sure, the Twinkie additives passed the toxicology tests but did the test include the Twinkie lover who eats one for lunch for 20 years? What about the genetic weakness, or allergic response? Does the can of Coke that is drunk with the Twinkie increase the impact? What about the interaction with medications, or even more terrifying, the effect on the fetus, which cannot deal with powerful foreign chemicals?

Whatever toxic substances the mother eats flow largely unimpeded into the fetus. Unlike an adult, the fetus lacks protective, detoxifying systems. Teratogens are toxins, which harm fetal development. Certain food additives are considered mildly teratogenic. Do you know what those additives are? What about the additives that are mildly mutagenic, which have the power to produce mutations through chromosome damage? What part have these additives played in the over 15,000 inheritable, genetic disorders? Although we cannot predict the outcome, it is certain, our modern diet will have drastic consequences on our children in the generations to come.

For the volunteers in the great experiment, toxins have become the raw materials for every cell of the body. Test subjects squirming, due to disruption of the natural chemistry, suffering with cancer, diabetes, heart disease, kidney disease, allergies, diverticulitis, emphysema, stomach ulcers, premature aging, impotence, premature hair loss, hypoglycemia and crippling arthritis. The lab rats had it easy.

These countless diseases exist because chemically synthesized substances disrupt the body's trillions of living cells' delicate biochemistry. The life of most cells is short; new cells are constantly being made to replace dead ones. The raw materials for this rebuilding come from the bloodstream. When it contains toxins, the process of rebuilding cells is disrupted. Resistance to disease diminishes. If you have a genetic weakness and continue to eat processed foods, the cumulative effect of toxins will increase the risk of becoming a host to disease or premature death.

I know what you're thinking; if everything that we eat, drink and breathe are loaded with poisons, how can the world be full of seemingly healthy people? It would be appropriate right now to bow your head in humility and awe at the wondrous body that God has created for you. Truly, it seems able to endure overwhelmingly hostile conditions and still survive. God's best is not survival, only keeping one step ahead of illness; He wants you to experience the fullness of all His

blessings, physical and spiritual. God's Creation sparkles with life and so should we.

Recommendations

More than ever, we need to reduce the toxins entering our body and cleanse the toxins that have built up in the cells. A longer juice fast of 10-to-20 days will have a significant impact on detoxifying the body. It is good to undertake a juice fast of this length once-per-year as a maintenance procedure. The book, *Fasting to Freedom*, will give you all the details. A diet high in fruits and vegetables will also detoxify the body as the work of digestion is greatly reduced. Fruit and veggies do not form mucus (discussed later) and the abundance of phytochemicals, enzymes and antioxidants assist the immune system. One month of eating only fruit and veggies and a small amount of protein food such as fish or nuts will have a noticeable effect on your health and vitality due to toxins being scoured from the cells. *God's Perfect Diet* includes a natural detoxification program that will heal and repair the damage due to toxins.

God loves watching new beginnings, fresh starts, renewal, revivals, and tiny cells being freed from toxins.

Chapter 4

White Flour

As a child growing up in Scotland, we had one breakfast food. Every day, we would awaken to the aroma of simmering porridge. We did not have much money but we had lots of porridge. Dad ate his porridge in the fashion of a real Scotsman, with salt. We kids were far less heroic and needed about a cup of milk and three tablespoons of sugar to get it down to the stomach.

Although my brothers and sisters groaned over the daily porridge ritual, we rarely got sick and never had digestive problems. Then we moved to Canada and went food shopping. The variety of breakfast cereals astonished me. From Fruit Loops to Coco Puffs, I had to try them all. I loved cereal. As a teenager, cereal became my main fuel supply eating three, filled-to-the-brim bowls per day and often two at night.

Millions of breakfast tables all over this earth are laid out with the morning cereal ritual. Parents dutifully place cereal before their kids with a clear conscience. After all, milk has 15 essential nutrients, sugar for energy and the cereal is fortified with vitamins. Being concerned about nutrition, most parents try to pick the sugar-free, whole-grain cereals, but the kids want the sugar-coated stuff and so parents compromise and buy a box of both, but the sugar-coated cereal gets replaced at the end of the week.

The slide is easy. Kids win through relentless whining, and breakfast becomes a meal of refined flour with a few cheap synthetic vitamins thrown in to ease the conscience. Lunch is the same, sandwiches or Kraft Dinner, another meal of refined flour. Later, at school, the kids get hungry and have donuts, chips or cookies, more refined flour, then a dinner of spaghetti, lasagna or white rice with hopefully, a few vegetables on the side. Dessert is more refined flour in the form of cake. Cookies are the late night snack.

No matter how fancy the package or how tasty the foodstuff, to the body it is the same substance. North Americans consume an average of 120 pounds of vacant, lifeless, white flour per year, and well over 100 pounds of refined sugar with many consuming far more than that amount. That is 225 pounds of stomach filler per year that needs digestion, offers no nutritional value and continually spikes blood sugar.

The Perfect White Flour

In 1860, steel, roller mills started producing finely ground white flour. The unmanageable, hard bran casing and wheat germ were removed which essentially

removed up to 80% of essential minerals and most of the fiber. The white, inner farina was ground to a fine talcum texture and bleached with chlorine. The new flour was considered an advance because it made fluffy bread that didn't turn rancid. The flour was stored indefinitely and was free from insect infestation because no creature could live in it. The finished product was used in the finest bakeries of the world producing a spongy, soft texture. The public soon developed a taste for the new product. Due to public complaint that the flour was void of nourishment, it was enriched with cheap, synthetic vitamins and minerals. A century later, white bread, cookies, pasta, cakes, pastries, donuts, muffins, pancakes and buns are a major part of today's diet.

Canada creates and consumes vast quantities of hard wheat. Canada also has the highest rate of colon cancer in the world. Indulgence in donuts, Pop Tarts and chocolate chip cookies has a price. The colon becomes impacted with layer upon layer of sticky mucus until the only solution is a scalpel.

All through history, grain has been a symbol of provision; each kernel being a small cache of essential, fatty acids, proteins, vitamins, minerals, enzymes, fiber and carbohydrates, kept fresh in a natural, airtight container. Fiber has an important role in digestion and maintenance of a healthy colon. Refining wheat to talcum powder consistency removes most of the nutrients and fiber, completely altering its qualities as a nutrient. God designed the kernel of wheat to supply the body with health. Man redesigned white flour to improve taste, color and texture. What was a blessing becomes a curse. What was intended to nourish now takes from the body.

Enriched Synthetically

Emblazoned on bread and cereal packaging is the word *enriched*. The naturally present vitamins have been replaced with cheap, synthetic imitations. Man-made vitamins are synthesized from chemicals and are mirror images of the organic originals. Some scientists have suggested that using synthetic vitamins is like putting a left-handed glove on a right hand. Synthetic vitamins are incompatible with the body. Rats, fed solely on breakfast cereal, will have retarded growth. When rats were given *enriched* white bread as their sole source of food, few of them made it past 60 days. You get zilch nutrition, but if you dig to the bottom of the box, you do get a plastic prize.

When people first decide to eat more nutritiously, many change from white bread to whole wheat. Few realize that government regulations stipulate that up to 40% of the bran and all of the wheat germ can be removed, and the flour can be labeled whole wheat. Only stone ground, whole wheat is made from the entire kernel.

Bread has been called the staff of life. God made no mistakes when he created wheat. The outer bran casing and inner, yellow wheat germ were not a tiny *oops* in the creation story.

Perfect For Marathon Running

Every long-distance runner knows that pasta provides sustaining calories for a fifty-mile marathon. The night before the race, many runners eat a huge plate of pasta in preparation for the event. The key is to undercook the pasta so it is slightly sticky. It digests slower and releases an even supply of blood sugar. Mile after mile is sustained with one meal of pasta and some sugared drinks.

You should run for at least 20 miles after a meal of pasta. If you do not and instead, retreat to a sofa and TV, those slow releasing calories will find a new home around your rear end and waistline. Your trophy will not be *Iron Man of the Year* but a flabby spare tire advertising your failure to get off the sofa.

Refined Flour Peaks Blood Sugar

If you looked at a molecule of white flour, you would discover it is simply a long chain of sugars. The only difference between white flour and white sugar is that the flour needs digestion.

White flour, ground to talcum powder consistency digests quickly in the mouth, entering the blood as quickly as white sugar. It causes blood sugar levels to peak and the body must secrete insulin to compensate. White flour is also commonly eaten with sugar. A donut is a classic example. This combination of refined flour and sugar causes a tremendous blood sugar peak. Continual blood sugar peaks put heavy demands on the pancreas.

Whole wheat bread is believed to be a superior form of energy because, like most starches, it is slow in breaking down into glucose. This is untrue with most white flour products. The breakdown of complex carbohydrates into simple sugars begins with chewing through the amylase released in the saliva. Even whole wheat bread whacks the bloodstream with glucose more quickly than white sugar, raisins, orange juice, bananas or apples. For most, this information will come as a complete shock, yet to a diabetic, blood glucose response information is essential to their survival.

Fruit is one of the finest foods for gradually releasing the fuel the body needs without resulting in the all-too-familiar crash that comes after glucose high.

Gluten

The word gluten comes from the Greek word glue. Gluten is commonly used in adhesives. It is a strong protein molecule that has an elastic quality, which makes it excellent for the purpose of making high-rising bread. Gluten allows dough to trap carbon dioxide that is produced as a byproduct in the fermentation of yeast. The best wheat for bread is grown in Canada, producing the highest amount of gluten in the grain. Gluten is also added to bread to increase its elastic quality.

Because of gluten's rubber-like quality, it is an extremely difficult protein to digest and break down. Celiac disease is a complete intolerance to gluten. The only treatment is to completely remove gluten from their diet, thus allowing them to return to health and vigor. A gluten-free diet has helped people with multiple sclerosis, schizophrenia, rheumatoid arthritis, regional enteritis and autism.

Dr. R. Shatin of Alford Hospital, in Melbourne, Australia, suggests that in the case of celiac disease, damage is caused in the small intestine and to the demyelination of the nerve sheaths from the intolerance to gluten. He sees a pattern in the high rate of multiple sclerosis in Canada, Scotland and Western Ireland. All consume Canadian hard wheat, which has the highest amount of gluten-content of any wheat in the world. In comparison, Africans, who eat primarily millet and less wheat, have a very low occurrence of multiple sclerosis.

In 1974, Mrs. Hughes, who suffered with multiple sclerosis, removed gluten from her diet. There was dramatic improvement. She became free from her wheelchair, walking normally. Witnessing such dramatic changes in Mrs. Hughes' health caused a stir amongst the Multiple Sclerosis Society.

According to Carolee Bateson-Kosh, an expert in food allergies, drawing from her 25 years of experience, she states, *Milk and wheat are the two most common allergic foods...* With the exception of milk, whole wheat bread is considered to be the most mucus-forming food on earth. All foods, which contain wheat, barley, rye, oats or buckwheat, contain gluten, unless stated to be gluten-free. Quinoa, rice, millet, corn, spelt, soy flour and wheat germ are examples of some grains and grain products that are gluten-free.

Four Food Groups

In 1992, Health and Welfare Canada issued *Canada's Food Guide to Healthy Eating*. It was a beautifully illustrated diagram of the four food groups, represented by a four-layered, multicolored rainbow. The highest and largest layer represented grain products such as white pasta, white pancakes, white rice, white bread, white bagels, a tiny bran muffin, and at the very bottom of the rainbow, two loaves of brown bread. The second layer of the rainbow showed fruits and vegetables. The third layer showed milk products, and lastly, were the meats and alternatives. The food guide recommends 5-12 servings of grain per day, the equivalent of 12 slices of bread. In the vegetable and fruit section, 5-10 servings of fruit or vegetables are recommended. A half cup of juice was considered one serving. In other words, 12 portions of highly concentrated food and 2 to 5 cups of fruit juice would be considered a perfectly-balanced diet. The guide elevates grain products, especially white flour, to the king position of all foods.

Why elevate a sticky, non-nutritious, gluten-filled, allergy-causing product to being the main dietary component for Canadians? It is largely due to a complete misunderstanding of complex carbohydrates.

Dangers of A High-Starch Diet

If you eat a diet high in bread and cooked grains, your pancreas is probably three times its normal size. Cooked, concentrated food forces the pancreas to produce more enzymes because cooked starch is difficult to digest. It offers no help in the form of natural enzymes, demanding a weary pancreas go into overdrive.

Many vegetarians eat no animal products but many of them are sickly, pale and suffering from ill health. Should they not be brimming with health, eating a diet free from fatty meats and dairy products? In talking to them, I discovered that they had replaced a high-meat intake with heavy, starchy, cooked foods. It would be better for them to go back to eating meat rather than eating such a mucus-forming, high-starch diet. Grain does have a place in a healthy diet but it needs to be in smaller quantities than most people presently consume. The majority of what you eat should be raw, enzyme-filled, easily digestible fruits, vegetables and sprouts.

Recommendations

There are some excellent, high-quality bread on the market today. Our first recommendation is manna bread—a sprouted grain bread that has been slowly baked at a low temperature. Although expensive, it is absolutely magnificent in flavor with a cake-like taste and texture. Its natural sweetness comes from the breaking down of complex carbohydrates and gluten into simple sugars. Stone ground rye breads such as pumpnickel are also excellent. Amaranth, millet and more uncommon grain breads can be found at your local health food store. Hopefully, these high quality breads will begin to make their way into grocery stores as people become more educated. Grinding fresh flour in small batches and baking your own bread is the best, but do not fall into the trap of overeating even the good quality breads.

Chewing it well and *not* mixing it with sugars or fruits can reduce the mucus-forming effect of grain. It is best to reduce or remove bread and grains in the diet if you have a health problem. Bread or any grain interferes with the healing process. If you avoid bread for a few weeks then eat it, sinus congestion will occur within minutes. It will take up to 24 hours for the sinuses to clear.

Let's not forget oats. Porridge may be bland but it is a superior breakfast food especially if you add ground flax and sesame seeds with Sucanat or Panela for sweetener.

Fruits are the best choice for fuel for the body having all the attributes needed for health. Easy to digest, loaded with nutrients, non-mucus forming and slow releasing fructose. You will have to eat more often but this is a good thing.

After my 30-day juice fast, I found bread, beans, potatoes, and oats too heavy. My sinuses clogged and I lost the clean sensation of vitality that I experienced on the fast. Fruit did not have a negative effect. Raw veggies were fine, but cooked

potatoes, yams or squash clogged the sinuses and left me fazed out. What I have just said will seem strange until after you finish your first juice fast. The body's increased sensitivity will quickly educate you on the effects of various foods. Sensitivity is a good thing. The body can communicate what it needs.

Chapter 5

White Sugar

White sugar is deliciously sweet and nutritionally useless. We eat about 130 pounds per year or 35 teaspoons a day. Most of it does not come out of the sugar bowl but from common foods such as chicken soup, pickles, pork and beans, peanut butter, bread, macaroni and cheese, ketchup, mustard, relish, jam, pop, yogurt, canned fruit and vegetables, salad dressings, not to mention the endless list of desserts, stuffed to capacity with sugar.

While the average consumption is 24% of calories, there are children consuming more than 50% of their calories as sugar. For schoolteachers, Halloween is a nightmare. Their students are affected by a massive sugar intake. Hyperactive on sugar, they behave erratically and become difficult to control as though they are wired on amphetamines.

One difference I notice in Colombia is that the kids are calmer and better behaved. They do not get all the sugared food common in North America. Also, Colombians commonly use Panela (dehydrated cane sugar), which is their main sweetener, in which the sugar molecules are complexed with other organic molecules. White sugar is void of nutrition, but sugar cane in its natural form is rich in minerals and vitamins that work synergistically to nourish the body. Sucanat or Panela is rich in potassium, vitamin A, vitamin C, B1, B2, B6, niacin, calcium, iron, phosphorous, pantothenic acid, magnesium, zinc, copper and chromium.

With processed sugar, the body has been tricked into feeling satisfied, when in fact, the sweetness is completely deficient in essential vitamins, minerals, trace minerals and enzymes that would normally be present. Because of the high amount of sugar and fat, a chocolate bar may satisfy hunger, but it has created a deficit in the nutrients the body needs to run efficiently. Hence, we have people who are overweight, yet their bodies are starving for nutrients.

Sugar also causes problems with digestion as protein and sugar combinations putrefy and cause toxic substances called ptomaines and leucomaines. Overconsumption of sugar paralyzes our white blood cell's phagocytic ability, increasing the risk of viral infections. There are 60 to 400 trillion phagocytic white blood cells active in the body. White sugar causes these defenders to become sluggish in their work, thereby lowering resistance to disease. In other words, processed sugar messes up your immune system.

Sugar Addiction

In contrast, refined sugar is devoid of nutrients and acts more like a drug than a food. The craving for sugared foods can be like a drug addict craving a fix. There

is an uncontrollable desire for something sweet. The addict will seek a sugar fix eight-to-twenty times per day.

Refined sugar quickly passes through the stomach wall causing blood sugar levels to rise, then plummet. First, the blood sugar level skyrockets and causes the pancreas to secrete insulin to compensate for the excess blood sugar. Afterward, the blood sugar level plummets. This state has been coined *the sugar blues*, a state of depression, lethargy and irritability.

Consumption of massive amounts of sugar, salt, caffeine or fried foods has a drastic effect on homeostasis. The body reacts as it would to any addiction. Powerful cravings override the body's natural needs. Also, food allergies can cause addiction due to homeostatic disturbance. You can almost bet that your favorite yummys are your addiction. You feel better when eating the addictive food. However, you may exhibit symptoms of feeling irritable, having gas, nausea, depression or headache the next day. The brain also maintains homeostatic balance. Eating natural food allows the brain chemistry to function normally. Sugar, alcohol, caffeine and chocolate cause imbalances in the brain's normal chemistry. Neurotransmitters are proteins that electrically connect the nerve cells of the brain. In certain people, chocolate induces a neurotransmitter high that creates daily cravings for chocolate. Some binge on starches for the serotonin effect, which acts as a mild sedative. Similar to drug reactions, these experiences are short-lived, creating the need for more of the substance that caused the imbalance in the first place.

Recommendations

A sweet flavor is a signal to the body that there will be an abundance of easily assimilated energy. It is completely natural to desire something sweet. Trying to fight your sweet tooth by eliminating sugar from your diet is not the answer. Replacing man-made, processed, empty calories with natural sweeteners is the solution. Here are some practical suggestions.

Sucanat

For the sweet tooth, Sucanat or Panela is a joyous blessing from God. One of the most delicious, guilt-free, natural sweeteners you have ever tasted. Sucanat is organically grown, freshly-squeezed sugar cane juice, evaporated by a special Swiss process. In its natural state, it is highly nutritious because the molasses is not removed. The flavor is quite extraordinary. Everything that you use white and brown sugar for can be replaced with Sucanat. Sucanat in water, hot or cold, is a refreshing beverage. A teaspoon of dried Sucanat will even remove hiccups. Brown sugar is simply white sugar with a bit of fancy molasses and caramel color; avoid it.

Unpasteurized Honey

Raw honey has the plant enzyme amylase, which is concentrated in the pollen of flowers. It is effective in helping the digestion of starchy foods. Try spreading raw honey on a piece of bread and allow it to sit for 15 minutes. The honey will immediately begin to break down the starches in the bread. Although not as high in vitamins and minerals as Sucanat, honey is a useful natural sweetener.

Frozen Juice Concentrates

Although the frozen concentrates in your supermarket have been pasteurized, they are far healthier for sweetening a sauce or salad dressing than white sugar. Pineapple, apple and orange concentrates are excellent for sweetening salad dressings or perking up fresh juice combinations, making Popsicles and for baking. A tablespoon of frozen pineapple concentrate can really liven up a fruit salad.

Dates And Raisins

Strengthen me with raisins, refresh me with apples, for I am faint with love (Solomon 2:5). Take a handful of dates, raisins or figs and place them in your blender with a 1/2 cup of water. Blend for 10 minutes or until desired consistency then chill for 10 minutes. Out of your blender will come a caramel pudding-like substance that is absolutely heavenly. It is hard to believe that this natural, healthy sweetener is so good for you! It can be used for topping fruit salads, creating healthy desserts and baking.

Fructose

Although assimilated into the body more slowly than white sugar, fructose has essentially the same nutritional value. Fructose is the sugar that is primarily found in fruit. It breaks down more slowly because it does not use insulin but is broken down by an enzyme in the bowel. Fructose sugar looks identical to common white sugar, but is sweeter. It is a safer sugar to use for diabetics, hyperglycemics and hypoglycemics. Fructose is certainly more desirable than common sugar, but is still void of nutrients. Use sparingly.

Chapter 6

Modern Milk

Throughout the schools of North America, children are taught that milk products are an essential part of a balanced diet. Walk into any school and you will find posters of dairy products. Cow balloons, giant milk cartons and posters of sports celebrities holding tall glasses of frothy milk are generously supplied by the Dairy Board. Canadians had a *National Dairy Awareness Week* to celebrate milk. A million mouths with white mustaches chanting in unison the accolades of milk, “the perfect food.”

In all my years as a kid, I never saw a milkman. As I rubbed my sleepy eyes, his work was long done. Fresh milk faithfully appeared on the front step every morning. Sometimes sparrows pecked holes in the tinfoil top to get the cream that rose to the top of the bottle. We even tried to make butter once by gathering the cream into one bottle and shaking it. After two hours of taking turns shaking the bottle we decided that store-bought butter was a bargain.

Things have changed a little since those days.

Modern Dairy Farming

Cows are designed to secrete 400 pounds of milk for their baby calves. But now they are force-fed, implanted with hormones, and suckled by automated machines. The new super cows are able to produce a whopping 3,200 pounds per year, eight times normal production.

In November 1993, the FDA approved Bovine Growth Hormone. When injected into nursing cows, the hormone increases milk production by another 20%. It also increases udder infections, causing a greater need for antibiotics. In 1994, the company, which developed BGH, was given approval to start shipping to dairy farmers across the United States. Use of BGH greatly increases the amount of IGF-1, which has been associated with colon tumors and skin cancer.

Chlorinated hydrocarbons, which cause cancer, have been found in 75% of the milk tested by the Consumers' Union. These toxic chemicals entered the milk through the animal's feed. Other toxic residues entered through drinking water, acid rain, chemically-grown, over-sprayed crops, or steroid, antibiotic, and hormone injections by the farmer.

The doctor will tell a nursing mother to avoid drugs, alcohol, cigarettes and coffee, because whatever is in the mother's bloodstream will enter the milk. In the same way, every chemical or drug ingested by a cow contaminates milk. Even if

the majority of the contamination is below government standards, this small amount accumulates and can have a disastrous effect on health.

Milk Is Fifty Percent Fat

Driving in Canada you can see dairy farms everywhere. Content cows with huge udders chewing lush grass while dairy tanker trucks zip along the highways to fulfill the endless need for fresh milk. Canadians drink lots of it. We are also a nation vastly overweight.

The reason a cow produces milk is so a calf can grow to be a hundred pounds in a few weeks. If it does that for a calf, what can it do for us? Milk is the perfect food for weight gain. Fifty percent of the calories in milk are fat. Cheese and sour cream contain mostly fat. Butter is 100% fat. Fat has 9 calories per gram, and if that is not enough, let's add sugar for even more calories. Ice cream, milkshakes, whipped cream and cheesecake become a calorie counter's nightmare.

Milk Allergies

I have never seen one single baby cow with a milk allergy. They never get nasal congestion, ear infections, insomnia, headache, hyperactivity, or bed-wetting from milk drinking. Ever wonder why our children suffer such a fate and the calf does not?

Humans are the only creatures who drink milk their entire lives. Even growing calves have been given enough sense to leave the teat. Humans are also the only creatures on earth who drink the milk of a species that has an entirely different digestive system from our own—four stomachs compared with our one stomach and expect it to digest perfectly.

It is believed that as many as 33 million Americans are allergic to milk, and it is estimated that 60 million Americans are lactose-intolerant. Lactose is a milk sugar that needs the enzyme, lactase, to properly digest. Seventy percent of the world's population is deficient in the enzyme lactase. Improper digestion of lactose will cause gas, bloating, diarrhea and painful cramps, which are clear indicators that our digestive system was not designed to drink milk from a cow!

Many people who are allergic to milk products experience a strong craving for them. The allergic reaction causes a mild adrenal rush followed by a let down and a craving for another lift. Eating more milk products strengthens the addictive cycle.

Like any addiction, a 12-step program can make a difference. Milk addiction needs a lot of support. I know the feeling. I once was a "milkoholic."

Calcium

Of all the minerals, calcium is the most abundant in the body, accounting for 3.2% of the earth's crust. Its main use is in building and maintaining bones and teeth and neutralizing acid levels within the blood and colon, balancing the pH level

in the body. It is a vital mineral in regulating the heartbeat, muscle development, preventing muscle cramps, protecting against blood clotting, and colon cancer, helping in the transmission of nerve impulses, and contributing to enzyme function. It inhibits the absorption of lead into the bone. It eases restless sleep and regulates the passage of nutrients through the cell wall.

There is an intense fear of calcium deficiency in North America, as if it were a difficult mineral to find in food and if you don't drink lots of milk you will become calcium deficient. You would pity the generations before us that did not have the luxury of abundant dairy products. Peoples and cultures with rotting teeth and brittle bones, yet nothing could be further from the truth.

Calcium is in every natural food that we eat. And, believe it or not, there are actually foods that are higher in calcium than milk. Little sesame seeds do not have the backing of a massive Dairy Board to advertise their nutritional quality, yet a cup of these humble seeds contains 2,200 mg. of calcium, compared with the 280 mg. of calcium in a cup of milk.

All green, leafy vegetables, cabbage, asparagus, broccoli, collards, brewer's yeast, dulse, figs, oats, prunes, soy products, blackstrap molasses and Sucanat, to mention only a few, contain generous amounts of this essential mineral. All life on earth contains calcium. The important questions to ask is, "how much calcium do we need and is milk a good source?"

Milk Calcium

Milk is high in calcium. Unfortunately, it is also high in fat, cholesterol and has no fiber. Calorie for calorie, broccoli supplies almost the same amount of calcium as whole milk, without the negative health factors. One hundred and fifty calories of broccoli will supply 264 mg. of calcium—cholesterol free, organic calcium that is surrounded with living enzymes, fiber, vitamins and minerals, which are important for calcium assimilation.

For the 70% who are lactose-intolerant, milk can create a calcium deficiency. Lactose ferments in the intestine when it is not broken down properly. This fermentation produces a by-product called lactic acid, which is absorbed through the colon wall into the bloodstream. Lactic acid binds with calcium and magnesium causing these minerals to be useless in their functions.

Dr. Lendon H. Smith states that about 60% of his hyperactive patients have mood swings and restless behavior when they drink milk. While enjoying the taste of milk, tests showed that they were all low in calcium. Calcium was not being absorbed because the cells in the intestinal lining were rejecting it.

The countries consuming the greatest amount of calcium through milk products are suffering the most from calcium deficiencies. These countries have also the highest incidence of osteoporosis. Why would the countries with an overflowing supply of calcium-laden milk have the highest rate of calcium-deficiency diseases?

To answer this, let us first consider how much calcium we are getting from milk.

Milk's available calcium is cut in half through the process of pasteurization. Low-fat milk reduces calcium absorption because fat is an essential part of the transportation and absorption of calcium. Refined sugar increases the amount of calcium lost through urine. Salt has been shown to increase calcium levels in the urine.

Both cow's and mother's milk are high in enzymes. There is an enzyme, which separates calcium and phosphorus, allowing the calcium to be readily available to the body. Pasteurizing milk destroys this important enzyme.

Calcium Needs

Determining your calcium need is like trying to figure out how much water it takes to fill a five-gallon pail with a hole in it. The amount of water needed to maintain a full pail would depend on the size of the hole.

Our acid-forming, North American diet is the hole in the pail. It forces our body to consume massive amounts of calcium to maintain a pH balance in the blood. Coffee, tea, table salt, meat, eggs, milk, cheese, pop, bread and junk food all force the body to produce copious amounts of acid. Meat and soft drinks are high in phosphorus, which binds with calcium making it useless to the body. Coffee, tea, and chocolate have been shown to increase calcium loss in the urine.

Calcium neutralizes strong stomach acids. It is the active ingredient used in antacid pills to relieve stomach pain caused by acid indigestion. Calcium, in the form of limestone, will neutralize acid rain. Within the body, it is used to maintain the correct acid balance of the blood. Our blood can function only at a specific pH level. If the blood acid level moves up or down, the body goes into an alarmed state. Hydrochloric acid is needed to digest ham, cheese, meats, eggs and processed foods. Calcium is secreted to alkalize this acidic, digestive mixture when it enters the bloodstream. Afterward, it is excreted with other metabolic wastes. On the way out, calcium compounds can lodge in the kidneys causing kidney stones, or in the gall bladder producing gallstones.

Another way that a high-protein diet depletes calcium is through excess protein turning into urea in the liver. Urea creates a diuretic action in the kidney, leaching minerals, which include calcium, through the urine.

The American Journal of Clinical Nutrition published a long-term study observing a diet consisting of 75 grams of protein per day, along with 1,400 mg. of calcium. It was discovered that a greater amount of calcium was lost through urine than was being absorbed into the body, creating a negative calcium balance. This study confirmed what many health specialists suspected. Protein consumption has the greatest impact on calcium depletion of the bones.

The Bantu women of Africa live on a sparse diet of vegetable sources, a diet completely free of dairy foods. Their average intake of calcium is 250-to-400 mg. a

day. This is far lower than the 800 mg. recommended by the RDA. They give birth to as many as ten babies during their life. Each child is breast-fed for ten months. Although childbearing causes an intense calcium drain, osteoporosis is unknown to these people. When Bantu women migrate to the city and adopt a protein-rich diet, osteoporosis and other diseases become a threat to their health.

In 1984, the Medical Tribune reported studies by Michigan State and other universities regarding bone densities. It was the most extensive study yet undertaken. They discovered that, in the United States, at age 65, male vegetarians averaged a 3% bone loss. Male meat-eaters averaged a 7% bone loss. Female vegetarians averaged an 18% bone loss. Female meat-eaters averaged a 35% bone loss. The conclusion was that vegetarians were found to have significantly stronger bones.

The Inuit people, who live on a very high-protein diet, have the greatest calcium intake of any population. Yet, they have also one of the highest rates of osteoporosis. Osteoporosis is a result of a negative calcium balance caused by the body using calcium to neutralize the continuous quantities of acidic mixtures that enter the bloodstream.

On Pitcairn Island, in the Pacific, they unsuccessfully tried to introduce the dairy cow. The attempt failed because of the island's rough terrain. These people had lived their lives without dairy products, so it was no great loss.

You might wonder if this lack of dairy products had any impact on health, if they were sick or weak from missing all those nutrients in milk. No! They are far from sick. A visiting physician declared that it would be difficult to find a comparable population anywhere in the world as healthy, robust and physically fit as these people.

This exceptional health, combined with longevity, has drawn investigators who have made extensive studies on the islanders. They found old men of seventy who could scramble up the rope ladders of the ships like men of twenty. Researchers reason that this health is attributed to diet. Pitcairn Islanders are Seventh Day Adventists and, basically, vegetarians with the inclusion of some fish.

While we are being told of the dangers of not getting enough calcium, the rest of the world is living healthily on one-half of the amount, which we are told that we need. For instance, the Taiwanese average 13 mg. of calcium per day. They are far from toothless and lying about in bed with bone fractures. Instead, they work long, hard hours in factories which out-produce their North American counterparts.

Osteoporosis

Osteoporosis has been a rising concern, especially for women. As the disease progresses, calcium leaches from the bones. They become brittle, breaking or cracking with even the slightest impact. One in three women will have serious bone loss in their lifetime, causing an annual death rate of 200,000 in the US. At present,

the National Dairy Council proposes eating and drinking more dairy products to increase dietary calcium as the solution to osteoporosis. The theory is seriously flawed. In one study, conducted by the Dairy Council, women who drank three eight-ounce glasses of low-fat milk daily for a year, showed no improvement in their calcium balance.

Kidney Stones

Kidney stones can form from either calcium or uric acid. A high-protein diet causes the body to excrete calcium through the kidneys. People are excreting 85% of their calcium intake in the urine, which can cause calcium to clump together into crystals that may eventually develop into stones. The second component of kidney stones is uric acid, which is a direct by-product of a high-protein diet. Vegetarians rarely get kidney stones.

Rheumatoid Arthritis

The British Medical Journal reported on a 38 year-old woman who had been suffering from rheumatoid arthritis for 11 years. Four months after her doctor had removed all dairy products from her diet, her arthritic symptoms disappeared. She remained this way until, in the interest of research, they placed her back on a dairy diet. Within a day, her joints became swollen and painful. When she returned to her abstinence of dairy products, these symptoms disappeared.

A Baby Is Not A Cow

Whey is a water-soluble protein in mother's milk, easily digested by an infant. Cow's milk has one-quarter the amount of whey compared to mother's milk. Cow's milk has five times as much salt and seven times the phosphorous, but only one-tenth of the vitamin E content and half the vitamin A content of mother's milk. Cow's milk has only 3% linoleic acid compared with mother's milk at 7%. An insufficiency of this essential fatty acid in the maturing infant can cause diaper rash, diarrhea, and eczema.

Cow's milk contains less lactose than human milk. Lactose contains galactose that is needed to develop the myelin sheath, which insulates the nerves.

Human infants naturally have a high percentage of bifidus flora in their intestines to facilitate milk digestion. The beta-lactose in human milk maintains a pure culture of bifidus flora. The alpha-lactose of cow's milk cannot properly maintain a healthy culture of bifidus bacteria. This allows harmful bacteria freedom to multiply and create damaging by-products.

Cow's milk has two-to-three times the protein content of mother's milk. Extra protein causes changes in the blood acid/alkali balance. These changes can set the stage for infections or a weakened immune system, especially if the infant is suffering from a genetic weakness. A cow secretes an enzyme called rennin, which

breaks down casein, one of the proteins in cow's milk. The majority of humans do not secrete rennin after infancy, which accounts for many digestive problems associated with milk. Although mother's milk does have casein, cow's milk has double that amount. Doubling the casein content makes cow's milk much harder to digest. It tends to curdle in the stomach, causing mucus and constipation. Casein in cow's milk is used as a bonding agent in wood glue because it will hold furniture together for two hundred years.

Infant Formulas

Imagine a scientist mixing up water, liquid corn syrup, sucrose, soy protein isolate, soy oil, coconut oil, and modified cornstarch. As you look over his shoulder, you shudder as he offers it to your baby. The above list is the first seven ingredients of a hospital-recommended, best-selling, lactose-free infant formula. When we let baby-food companies feed our infants, babies are forced to live on liquid sugar, toxic oil, empty starch, and synthetic nutrients.

A baby at the breast is being nourished with enzyme-rich, genetically suited nutrients. Breast milk contains active anti-infective properties to protect the child against disease and infections. Because bottle-fed babies do not have this advantage, many are constantly fighting infections or sickness. The beneficial bacteria in the stools of breast-fed infants are comprised of 100% bifidus, compared with formula-fed infants at only 30-to-40%. Depletion of healthy bacteria causes bottle-fed infants to be prone to infections.

Scientific investigations by Ohio State University, Food and Technical Division, found that formula with added carrot juice encourages the growth of beneficial bifidobacteria. Their stool resembled more closely those of breast-fed infants.

In a report published by *Diabetic Medicine*, in the November 1992 issue, 426 children with newly diagnosed Type 1 diabetes were studied. The results implicated that the earlier an infant is started on cow's milk, the greater the risk of developing juvenile diabetes between the ages of 7 and 14.

Milk has been linked to arthritis. There are also higher instances of multiple sclerosis in areas where children and infants were fed dairy products instead of breast milk.

I had two friends who stayed at T.C. Fry's Fasting Clinic. Mr. Fry's son was allergic to milk so he was fed blended avocados and bananas from a few months of age. They commented that the health and attitude of the boy was extraordinary. Other parents commented that cantaloupe and carrot juice grew healthy, happy children who were advanced in motor and cognitive skills. Blending in flax seed oil or an essential oil mixture with the carrot juice can also add essential fatty acids. Spirulina offers a high quality easy to digest protein that can be also blended in.

Conclusion

On average, the dairy industry takes in 7.2 billion dollars per year in Canada. Through effective promotion, dairy products have become prime sources of nutrition. To challenge the nutritional purity of milk is equivalent to undermining our national heritage. Yet more and more, books are being written by noted doctors and nutritionists, who are making frightening connections to the serious medical plagues rampant in countries with high-dairy consumption.

The Dairy Board has been successful in cultivating the fear that if you don't drink milk, you will be unhealthy. Yet, earth's history has been full of isolated communities living on simple sparse diets with little or no dairy products available who have had far less disease than North Americans. We are the first culture to consume massive quantities of milk products. We have also set new records in colon disease, digestive problems and respiratory ailments. If you cut all milk products from your diet for just one week, you may be amazed at the difference in your health, proving that milk is not even close to being the "perfect food".

Recommendation

I used to think that baked potato without sour cream and butter is but a flavorless naked spud. I also did not realize the impact that milk products were having on my health, as I had never lived one day without eating a milk product.

When I first quit dairy products, my health improved but even with all the info at hand I still feared that I was not getting enough calcium. The fear was unwarranted, but years of milk programming had an effect on my thinking. Milk products always cause me mild headaches and after a few months of freedom, I started to slide into dairy consumption with an ice cream or sneaky cheese nibbling. The reaction is always the same, the sinuses clogged up, the skin became greasy and my head would get foggy. Then, I would quit again for another week or two. This continued for a few years.

Now I use dairy only as a treat. I enjoy a yogurt or ice cream every once in a while but dairy is not a regular part of my life. It tries to sneak back into my diet, but the way my body reacts to milk products demands that I get back on track and eat the foods that agree with me.

The first step would be to cut down on dairy products by drinking fruit juice instead of milk, using less butter and sour cream. Imagine all the hidden stuff in the sour cream as the potato sits in front of you. Using flax oil and some spices is an even better choice. Try the "Butter Replacer" in the *God's Banquet* recipe book. Cottage cheese and yogurt are about the best dairy products because they are lower in fat and are partly pre-digested by the bacterial culture.

This may sound totally radical but you can make ice cream by putting frozen bananas through a Champion Juicer or freezing blended avocado and honey. You can use avocados to make a thick fruit shake. All these recipes and more are in

God's Banquet recipe book. They are easy to make fun and delicious. A bit radical, but once you get used to them they become a normal part of eating.

You can make natural nut milks in a blender using almonds, sesame seeds, sunflower seeds and some natural sweetener. This nut milk is packed with nutrition. Blend it thick till pulverized before adding more water. Strain when finished. Through all these changes, faith will grow that there can be life without milk.

If you are battling disease or having respiratory problems milk has to be completely eliminated until your body heals.

When Adam looked at a cow, he never got thirsty and thought *I should sneak up on that animal, squeeze its teats and get a drink.*

Chapter 7

Modern Meat

As a kid, I worked with my uncles in their butcher shop in Motherwell, Scotland. I got to grind up the scraps for hamburgers and sausages. I remember it all clearly, especially playing marbles with a cow's eyeballs during lunch.

Having butchers in the family meant there was always lots of meat. Haggis, Blood Pudding and beans and sausages were a favorite. Now, I have been a vegetarian for 30 years and never looked back. I was seventeen when I decided that I didn't want to have an animal killed just to eat. Maybe I was being haunted by those cow's eyeballs, but whatever it was, I stuck it out and years later learned a few interesting facts that made vegetarianism a permanent decision.

Meat Eating And Cancer

Nutritionists have linked cancer to animal foods. Men, who eat meat, dairy products and eggs daily, will increase the risk of dying from prostate cancer by 360%.

The risk of death from a heart attack for the average American man is 50%. When reducing meat, the percentage drops to 15%. By avoiding all animal products, the risk of death from a heart attack drops to 4%.

If you are a woman eating eggs daily, compared with once a week, the risk of breast cancer is 2.8 times higher. If you eat butter and cheese, 2-4 times per week, compared with once a week, the risk of breast cancer increases 3.2 times. If you eat meat daily, compared with once a week, the risk of breast cancer increases 3.8 times.

Canada has a high incidence of cancer and heart disease...much higher than that of the poorest countries where they cannot afford to eat animal products. The Seventh-Day Adventists and Navajo Indians eat little or no meat. Hospital records show that they suffer far less from cancer than meat-eaters.

In 1970, when the US Senate Committee wanted to understand what causes cancer, they asked Dr. Gori, the Deputy Director of the National Cancer's Institute Division of Cancer's Cause and Prevention. He stated "...the dietary factors responsible—principally meat and fat intake".

The Journal of the National Cancer Institute reported that the incidence of colon cancer was greater in areas where meat consumption was higher. On hearing this, the meat industry retaliated in defense of their product, stating that genetic factors are responsible.

It is known that the Japanese have one of the lowest rates of colon cancers. A study was created to identify any increase of cancer in the Japanese who migrated to the United States. As the Japanese began to eat from our rich North American diet, their susceptibility to colon cancer increased. This proved that the Japanese have a lower rate of colon cancer because of how they eat, not their genetics!

Animal products are completely deficient in fiber. This results in a greater susceptibility to colon cancers among those who have a high-meat diet. Fiber is the cleansing broom of the intestine. Without fiber, the heavy saturated grease of animal fat clogs up the intestine. As the transit time becomes longer, the stool becomes harder and, eventually, constipation sets in. Milk products, poultry, eggs, fish and meat do not contain fiber. Due to this decrease in transit time, putrefying flesh foods create carcinogens, which contribute to colon cancer.

In May 1976, the president of Riverside Meat Packers announced, "Beef is the backbone of the American diet and it always has been. To think that meat, of all things, causes cancer." Six years later, he died of cancer of the colon.

Commercial Farms

All animal products are high on the food chain. The world is becoming more contaminated with environmental toxins. The same chemicals that cause acid rain land on grass and are eaten by cows. Cows drink thousands of gallons of unpurified, unfiltered water. Environmental chemicals, herbicides, pesticides and fertilizer residues concentrate in their tissues. By eating flesh foods you consume concentrated, environmental toxins.

Modern cows, chickens and pigs contain dangerously high levels of contaminants such as: pesticides, growth stimulants, appetite stimulants, larvicides and insecticides. To get an edge on the marketplace, farms are forced to use every synthetic means to encourage weight gain and prevent disease in their livestock. Diethylstilbestrol or DES is a female sex hormone used to fatten cattle weeks before the slaughter. Seventy percent of cattle are given antibiotics. Even with large-scale usage of antibiotics to suppress disease, USDA records state that millions of pounds of meat came from animals containing tumors.

Modern feedlot-fattened animals may have up to 30 times more saturated fat. Increased fat and toxins are the main two factors in the increased cancer in meat-eaters.

Danger Of Excess Meat

Although protein is essential, too much protein causes problems. A glue-like bond holds protein particles together that it is so tough that hydrochloric acid is needed for digestion. The digestion of a large meal of meat causes over-acidity and toxic residues build up in the cellular tissue and disrupt metabolism. Ammonia is a carcinogenic by-product of meat digestion.

Our liver and kidneys enlarge due to the added workload of protein metabolism. If you are an individual with kidney problems, diabetes, hypoglycemia or hepatitis, a high protein diet worsens the condition. A damaged liver or kidney does not do well when overloaded with protein digestion. When the filtering organs are overburdened, the blood becomes more toxic and tends to aggravate other conditions.

DNA and RNA contain purines that are the primary building blocks of our genetic code. Meat eating causes large quantities of purines to break down and form uric acid. Uric acid causes gout and kidney stones. The good news is that both these ailments are cured with a low-protein diet.

Protein

Two researchers, Mr. Osborne and Mr. Mendel, discovered that rats grew faster on high-protein, animal foods compared with vegetables. In 1940, researchers discovered that ten amino acids were essential to the growth of rats. These ten acids were complete only in meat, eggs, poultry, etc. The message seemed clear, eat more meat, poultry, cheese, milk and eggs. They experimented with amino acids and found that the proportion which produced the fastest growth was similar to that of the egg.

What they failed to consider is that rat's milk is 8-11% protein compared with human milk at 2.5% protein. Also, infants double birth weight in 180 days while rats double their birth weight in 4 to 5 days. No one thought to consider that a healthy diet for a rat could be a health threat to humans.

The National Egg Board was delighted with Osborne's and Mendel's conclusions. Through these two experiments and a few million dollars in advertising, the doctrine became established, animal protein is superior to vegetable protein. The health risk associated with a high protein diet was ignored, and cancer continued to increase.

Foods like rice and corn are low in the amino acid lysine and are deficient in tryptophan. Therefore, they were declared incomplete. Frances Lappe, in 1971, wrote the best seller, *Diet for a Small Planet*. She came up with the idea that plant proteins must be mixed together to form complete proteins. Protein combining became the new health fad. Her book sold over 3 million copies. Although it was never her intention, the book reinforced the erroneous belief in the superiority of animal protein. Ten years later, after further studies, she became convinced that her protein complimentary diet had been a mistake. Lappe stated in her new book, *If people are getting enough calories, they are almost certain of getting enough protein*.

The strangest part about the complete-protein hype is that people never stopped to think about the fact that no one is ever diagnosed with protein deficiency. Yet,

everyone was mixing plant foods or eating meat and eggs to prevent protein deficiency.

The Superiority Of Plant Protein

Pig and chicken feed contains animal by-products to boost the protein content. Farmers use high-protein feed to accelerate weight gain in their livestock. Weight lifters fill up on meats and high-protein drinks. Protein will increase size and weight gain, however, there is an adverse affect.

When laboratory rats were fed increased protein, they grew faster and matured earlier, but their life expectancy was shortened. From 1875 to 1975, we witnessed the maturation age of females drop from 17 to 12 years of age. Increased protein intake is clearly having an impact on the speed of cell reproduction—the determining factor of maturity and aging. In Japan, meat is a garnish at mealtime and not the main food event. An average 80-year-old Japanese man has a youthful vigor of which North American carnivores can only dream.

In a worldwide study, it was found that the Eskimos, Greenlanders and the Russian Kurgi tribes had the highest intake of flesh foods. These groups had the lowest life expectancies...in some cases averaging as low as 30 years. In comparison, populations such as the Hunzas, East Indian Todas, Russian Caucasians and the Yucatan Indians live under harsh conditions and eat little or no animal flesh. These populations have the highest life expectancies, as high as 90 to 100 years. The Hunzas eat almost no animal products, living a vigorous life into their 80s and beyond. Retirement is unknown, and many pass their hundredth birthday.

The Lancet, a renowned medical journal reports: *Formerly, vegetable proteins were classified as second-class, and regarded as inferior to first-class proteins of animal origin, but this distinction has now been generally discarded.*

The facts show that single vegetable foods contain more than enough of all amino acids needed for humans. There have been studies done on mixing certain plant foods to create an amino acid balance similar to that in meat, eggs and milk. This mixing actually had a negative effect on the body.

Essie Honiball lived exclusively on fruit and small amounts of nuts. After 12 years on this diet, he underwent stringent scientific tests. There were no signs of protein deficiency. He stated, I feel fitter than ever before, with sustained good health and a zest for life.

Dr. Ehret was a fruitarian and avid faster. He had superior health and outstanding endurance. His sole source of protein was fruit and he rarely ate nuts. Fruit is low in protein. When compared with mother's milk, cantaloupe has twice the amount of protein per calorie. Protein deficiency did not exist in Eden!

All food has protein; it is the building blocks of life. Forty percent of all life on earth is smaller than one millionth of an inch. This is the start of the ocean's food

chain. Every time one creature eats another, the proteins, vitamins, minerals and fatty acids are reused. Cells are constantly dying. When your body breaks down damaged cells, the nutrients are reused within the body. This protein is available for cells being rebuilt. Only small amounts of protein are needed for formations of hormones, enzymes and antibodies. Most of the protein is used to rebuild or repair cells. The more efficient your metabolism, the less protein is lost. Subsequently, less protein is needed for replacement.

The average diet consists of 90 to 120 grams of protein per day; three times what our body needs. The World Health Organization has estimated that the minimum daily requirement for protein is 5% of our daily caloric intake. This equals 37 grams per day for an active male and 29 grams for an active female.

It is impossible to design a vegetarian diet deficient in proteins. Even three thousand calories of rice, which is mostly starch, will supply 60 grams of protein. Harvard researchers, who were investigating the effects of a strict plant food diet, stated, *It is difficult to obtain a mixed vegetable diet that will produce an appreciable loss of body protein, without resorting to high levels of sugar, jams and jellies, and other essentially protein-free foods.*

To measure protein content, percentage of weight has been the standard, but it is misleading. Protein levels in food should be measured in relation to calories, not weight. To make a clear comparison, estimate protein value as percentage of calories.

Vegetarian Athletes

A common belief is that meat-eaters are stronger and healthier than vegetarians. The notion that meat makes muscle has been taught since childhood, but is it the truth? Try telling that to a gorilla.

After the results were in, the Yale Medical Journal concluded, *There is strong evidence that a non-flesh diet is conducive to endurance.* Dr. Ioteyko of the Academie de Medicine of Paris discovered that the vegetarian averaged two-to-three times more stamina and recovered from exhaustion in one-fifth of the time of meat-eaters.

Here are some examples: Renowned athlete, Sixto Lenares cycled 185 miles, swam 4.8 miles and ran 52.4 miles in a single day without dairy products, meat, eggs or any type of protein supplement.

A vegetarian, such as Edward Moses, an Olympic Gold medallist, went eight years without losing a race. Paavo Nurmi won nine Olympic medals in distance running. Bill Pickering, at the age of 48, set a new world record for swimming the Bristol Channel.

The Canadian tennis player, Peter Burwash, decided to try living on a vegetarian diet. One year later, he was given the highest physical index of any athlete in Canada.

Andreas Cahling, another vegetarian athlete, won the 1980 Mr. International Body Building title. Vegetarian athletes are far from being sickly and protein deficient. A clear testimony of the brilliance in God's original diet program.

Iron

Most people are reluctant to eliminate meat from their diet for fear of becoming anemic.

Spinach has 14 times the iron per calorie than steak. Every fruit, vegetable, bean, legume and grain, except sweet potato, has more iron than steak per calorie. The reason that meat has been considered high in iron is that the figures normally used are based on weight. Because fruit and vegetables are high in water, the figures are *watered down*.

Anemia is a common health problem. The meat industry would like to encourage us to eat lavish portions of meat in order to supply the body with iron. Yet, North America has one of the highest rates of meat consumption per capita and one of the highest incidences of anemia. There is no mystery to the problem of iron deficiency. Milk, sugar, fat, processed food and junk food have no iron. It would take a chunk of butter the size of your refrigerator to get the iron content of a bowl of broccoli. If 85% of calories are coming from these empty foods, then where are we receiving our daily need for iron—certainly not from enriched bread! To make matters worse, vitamin C is needed for the proper assimilation of iron. Milk, sugar, fat, processed food and junk food are also void of vitamin C.

B 12

B12 is the largest and most complex of all vitamin molecules. It cannot be synthesized. This vitamin is used by the body in such small quantities that the amount on the head of a pin would prevent deficiency for three years (1 milligram). B12 is so minute, it is measured in billionths of a gram.

B12 is formed through microbacterial action. This occurs in the ground by the bacteria in the soil, bacterial action in the stomachs of cows and pigs, and by bacterial action in the intestine of man.

Normally, B12 is absorbed by plants from the bacterial action in the ground. Sadly, soil bacteria have been destroyed through modern farming. Pesticides leach into the ground, killing the bacteria responsible for creating B12. If B12 is not in the soil, it's not in your veggies.

What about B12 in the intestine? Meat, the recommended source of B12, ferments and creates toxic by-products, which destroy intestinal bacteria. Non-B12-producing harmful bacteria take over. This leaves you totally dependent on the B12 derived from the bacterial action of cows and pigs.

There are very few non-meat sources of B12. Tofu, tempeh and soy sauce are made from fermenting soybeans. The fermentation makes these products a source

of B12. However, taking a B complex vitamin supplement is a good insurance policy for vegetarians. Spirulina contains 250% more B12 than beef or liver.

Chickens

One day I was driving along the highway and passed by a flatbed transport truck loaded with chickens in metal cages. Stacked ten high, the cages were so small that the birds had to sit with their heads down. The 70-mph. winds tore off their feathers, blowing them all over the road. I looked at the birds, six feet away, catching a glimpse of their wide-eyed terror.

In the television documentary, *Another 48 Hours*, a test was conducted on 30 supermarket chickens for dangerous forms of bacteria. National brand, kosher, free-range and regular chickens were all tested. Eight of the chickens tested had salmonella, 12 had listeria and 21 had camplobacter, which makes 4 million Americans sick per year. Only 5 had a clean bill of health out of 30 chickens.

In the last few decades, the food industry has subjected animals to deplorable conditions. Often, 80,000 chickens are crammed into commercial warehouses—our 20th century chicken coop. Their entire existence is lived out in cages, one foot high, with their heads sticking out of the mesh. Crammed together, they fight to hold their territory. They will peck viciously and draw blood. To stop this they de-beak the chicken. This requires cutting sensitive tissue. Some chickens do not survive the de-beaking and die of hunger or thirst, inches from food and water. Periodically, a wave of hysteria sweeps the warehouse as thousands of birds panic, driven mad by their conditions. Many get Flip Over Syndrome and die of blood clots. Disease is rampant under these confined conditions, so they are pumped full of antibiotics and sulfa drugs. The feed is laced with growth hormones and nitrofurans. A horrible reflection of how the animals are treated in Satan's Twisted Paradise.

Chicken pullers weed newborn males from the hatching trays, gently placing them in heavy-duty plastic bags to suffocate. In the time taken to read this page, 2,000 newborn male chicks will have been smothered. These are the blessed ones. Commercial chickens grow to maturity in three weeks. They are pumped so full of antibiotics and steroids, that some can barely stand up. Many are born mutated with three wings, two heads, or three legs. These mutated chickens are sent down the conveyer belt to become human food. They are sold to well-known, reputable restaurants so that you can buy a chicken dinner for \$7.99. We have been appointed caretakers of this world. How can we be partakers in committing such an atrocity against His Creation?

Pig Factories

Pig factories may contain 100,000 pigs living in stalls not much bigger than coffins. They are so tightly confined that they are unable to turn. The stalls are stacked up to three layers high. The waste falls on the pigs below. These clean-

loving creatures are forced to breathe the stench of their excrement from the pits below. The conditions are so bad that 90% of the pigs raised commercially are ingesting antibiotics.

Pig factories require huge fans for ventilation. If these fans stop, the pig farmer has only 15 minutes to get the fans running or the pigs die. Pig food is often recycled waste or by-products high in contaminants. The feed is so bad that, in 1970, over half the pigs inspected had stomach ulcers. Systematic cruelty is inflicted by mass production. Modernization makes animal food cost-effective, but the creatures that live a tortured existence pay the price. In our desire for efficiency in food production, we have created concentration camps for God's creatures. It is an ugly sight on which to turn our backs.

Fish

Fish is a better source of protein than meats because it is easily digested and has fewer harmful fats. Cold-water fish are high in essential fatty acids, but only when eaten raw. However, fish is just as high in cholesterol as chicken.

Garbage, oil spills, sewage and airborne contaminants are turning the ocean into an international garbage dump.

Fresh, cold-water fish is definitely the best alternative when eating a moderate amount of fish in your diet. You can still purchase cold-water fish from Northern Canada, which would be relatively free from toxins.

Conclusion

The protein in vegetables, fruit, seeds and nuts is biologically superior to animal protein. The protein from plant food is a lightweight protein or polypeptide. It is cleaner burning and is easily digestible compared with the proteins from meat. Animal protein raises blood cholesterol, whereas, vegetable protein lowers it.

Meat eating is a matter of choice, but we must decide if we can afford the high health risk. Becoming a vegetarian or cutting back on meat consumption is a sensible approach to eating. Not because we are under law, but because it is a wise choice.

We have the ability to eat meat but we are not genetically designed to be meat-eaters. In comparing our digestive system with the cat family, cats secrete ten times more hydrochloric acid than we do. Their digestive tracks are short for the rapid expulsion of putrefying flesh. They can easily eliminate large amounts of cholesterol and have sharp teeth for ripping flesh, all of which humans do not have. Our digestive track is long, the same as in those creatures who digest plant foods.

God's original plan for Adam, in the Garden of Eden, did not include meat consumption for lunch. Meat eating came out of necessity after being expelled from Eden. Without lush fruit to pick, man ate by the sweat of his brow. God taught Adam to kill and prepare meat and the Bible clearly states that meat eating is

not a sin. Being a vegetarian is about eating better. I do not advise everyone to become a vegetarian. That is a matter of choice but everyone should be moderate in meat consumption.

Recommendations

The first thing to remove, when looking at what proteins to eat, is fear of protein deficiency. If you eat natural whole foods, you cannot become protein deficient. You could eat nothing but fruit and not become protein deficient.

Not everyone has the same metabolism so you have to find out what proteins works for you. Nuts are a high quality protein with all the positive factors, enzymes, non-mucus forming, and essential oils intact but for some people nuts are hard to digest. It is the same with sprouts, an excellent protein but not for everyone. Beans have lots of protein but can cause gas in many people. Fish can be excellent. Free-range chicken or turkey can provide a good source of protein if it is baked without processed oils.

The key with protein intake is to not overdo it. You can eat small amounts of meat and be healthy. The problems occur with the quantities eaten. From the facts you have read, you know that it is wise to cut down on animal products and avoid all fried and greasy meats. Cold cuts are best avoided, due to the chemicals used in preparation and packaging. If you are eating chicken, try to buy free-range chickens. They have fewer toxins, saturated fat and more nutrients, due to having the freedom to run around and eat insects. Try to always eat a salad with fish, chicken or meat. Do not barbecue.

Quinoa is the food that is most like mother's milk in nutritional properties. The quality of this protein is what makes quinoa so exciting. All essential amino acids are present and are considered to be in perfect balance.

Fried or processed meats are the worst choice for protein. If that is your present diet, any improvements will have a health benefit. It's not easy and can take a year to establish a new, diet but press on as the rewards are well worth it. To get really motivated to change, play with cow eyeballs.

Chapter 8

Fats And Oils

The deadliest section of a super market is not the potato chip or cookie area. It is not the milk or meat area. It is not the white bread, white flour or white sugar sections. The deadliest section of the supermarket is the processed oils. Do not be deceived by the transparent innocence, it is by far the deadliest food substance in the modern day diet.

Transformed Fatty Acids

In 1911, Crisco marketed the first shortening made through hydrogenation. Hydrogenation quickly became a big success because it kept oils and fats from going rancid. For the first time, manufacturers could make oil or fat that could stay on the shelf at room temperature for months.

In the succeeding 80 years, the growing number of hydrogenated oil products has risen to make up 10% of North American caloric intake. Hydrogenated oil is now found in donuts, muffins, cakes, salad dressing, candy, soups, breads, margarine, potato chips, fried foods, mayonnaise, cheese spreads, peanut butter and most processed foods. Even the humble raisin has been coated with a layer of hydrogenated oil.

To hydrogenate oil, hydrogen is bubbled through the oil with a nickel catalyst at more than 1,000 degrees Fahrenheit. These high temperatures twist the molecules' configuration. Trans-fatty acid is the short form for transformed fatty acid. The body does not recognize that these twisted fatty acid molecules are harmful, and innocently utilizes them. They fit into cell membranes like broken keys, stopping the cell's proper function. An essential fatty acid molecule is curved, whereas a trans-fatty acid is straight. The essential fatty acid has two hydrogen atoms on the same side. These hydrogen atoms repel each other and bend the molecule. Molecules in this shape do not stick together and remain fluid-like in the blood. In the trans-fatty acid, the hydrogen atom has been forced to the other side of the molecule. The trans-fatty acid molecule straightens. Now, they easily lock together, causing them to stick to cholesterol and saturated fats. This stickiness increases fatty deposits in the arteries, liver and other organs. Platelet aggregation is increased, which in turn increases the chance of blood clotting, strokes and heart attacks. A trans-fatty acid cannot correctly perform the function of an essential fatty acid, thereby causing short circuits in the electrical flow responsible for heartbeat, nerve functions, cell division and mental balance. They create free

radicals that have been linked to cancer. Trans-fatty acids act like saturated fats because they increase blood cholesterol.

It has been estimated that over 200 million have died prematurely because of the trans-fatty acids in refined oils. They are a major cause of cancer, heart disease, immune system breakdown, depression, fatigue and other disorders. Trans-fatty acids are highly toxic, appearing around tumors and other metabolic breakdowns. A diet consisting of 10% corn oil produced colon tumors in 36% of rats. A diet consisting of 40% corn oil produced colon tumors in 64% of rats.

Dr. Johanna Budwig, of Germany a foremost researcher in the area of fats, discovered toxic polymers in tumors, the same polymers created by high temperatures used in making margarine. Realizing the danger to consumers, she decided to publish her findings. The head of the institute where she worked held patents for margarine-making processes. He knew her discoveries would severely damage margarine sales, so he tried to bribe her with money and the ownership of a drugstore to prevent publication. When she refused, she was threatened and was denied access to her laboratory. Undaunted, she later published her work.

Butter/Margarine War

In the 1980s, new scientific information regarding the dangers of saturated fats, cholesterol and trans-fatty acids hit the press. The margarine producers denounced butter because of its cholesterol and saturated fat content. Meanwhile, the butter producers retaliated with the facts that margarine is high in trans-fatty acids.

Margarine is a hydrogenated oil that is a combination of trans-fatty acids and saturated fat. Dyes, salt and other chemicals are added to make it look and smell like butter. The shift from butter to margarine, the so-called healthy heart food, has not reduced stroke or heart disease. In fact, just the opposite has happened—cancer and heart disease have increased.

Vegetable oils have the advantage of being cholesterol-free. But because the oil is hydrogenated, it causes trans-fatty acids that are more dangerous to health than the cholesterol found in butter.

There is no doubt that butter is better and more natural. If you are going to fry with small amounts of oil, butter is your best choice. It contains almost no essential fatty acids that would transform by the heat of frying. Butter does contain a generous supply of cholesterol, which is fine in small amounts.

Polyunsaturated Oil

High in polyunsaturates is labeled on products as if it were a vitamin. This is the farthest thing from the truth. Polyunsaturates may be less sticky than saturated fatty acids and remain fluid-like in the blood, but these factors do not make polyunsaturates healthy.

In super-heating oil, even the good polyunsaturates are destroyed, transforming them into trans-polyunsaturates. Processed monounsaturated oils are also health destroying. All fats or oils, which have been exposed to heat, air or light, contain trans-fatty acids. Processed oils can cause complex biochemical disturbances within the body. Many health conditions are aggravated by transformed fatty acids. Even small amounts may cause allergic reactions. I am one of these people who is allergic. One dab of salad dressing can cause three days of intense headaches, weakness and a foggy mental state. There are people who are suffering, due to the effects of transformed fatty acids without realizing the source, because these twisted molecules are found in almost all processed foods. If oil is able to keep for months in your cupboard, it is highly-processed, and full of trans-fatty acids!

Cancer

Since the start of the century, cancer has increased by 600%. In the early nineteen hundreds, one in thirty people died of cancer. Today the death rate from cancer is one in five. In 1900, cardiovascular disease killed one out of seven, now it's killing half. Incidences of diabetes, multiple sclerosis, liver disease and kidney degeneration have also risen drastically. With the billions spent on medical research, it is obvious that there are dietary factors making us sick. In searching for clues to this increase, researchers discovered that these figures correlate to increased consumption of refined vegetable oils.

The body contains trillions of cells. The DNA of the smallest cell contains 1,012 bits of information, the equivalent of 100 million encyclopedias. It is this information that guides thousands of chemical interactions in the life of a cell. If the information becomes corrupted, the cell breaks down, mutates or dies. From birth, our cells are exposed to carcinogenic substances. Everyday we produce abnormal cells. The immune system searches for them and destroys them. Yet like a mysterious biochemical clock, midnight comes and terminal cancer spreads throughout the body. Surgery and chemotherapy can only slow its course. Research strongly suggests that cancer results from a chemical or structural alteration in the DNA. Radiation, oncogenic viruses, carcinogens and heredity are considered factors in the breakdown of the DNA.

A clue to cancer may be found by looking at the fats in the cell wall. The cell carries on countless biochemical transactions as it takes in nutrients and excretes waste products. The cell wall controls the transport of molecules in and out of the cell. Phosphatides form the protective skin of every living cell on the earth. In the cell wall, phosphatides, along with proteins, become a selective barrier to regulate the flow of substances in and out of the cell. In this way, the cell protects itself from carcinogens entering the cell.

Phosphatides are made of two fat molecules linked to a phosphate group. The two fat molecules are usually a saturated fatty acid molecule and an essential fatty

acid molecule. The essential fatty acid in the phosphatides molecule is important. It insures that the cell membrane is more fluid and attracts oxygen, which kills bacteria and viruses.

Carcinogens are destructive only to the degree that they are able to penetrate the cell. Consuming trans-fatty acids pressures the body to use chemically inert fat in the cell membrane. If a trans-fatty acid molecule takes up a position on the phosphatide, the protective barrier deforms and the cells start to lose their protection against cancer.

Dr. Johanna Budwig meticulously analyzed thousands of blood samples. Without exception, the cancer patients, diabetic patients, and those with precancerous conditions of the liver were deficient in one of the essential fatty acids (omega 6). Their blood was found to be deficient in phosphatides.

With this change in diet, Dr. Budwig has observed that tumors actually dissolve. Her miraculous cures in terminal cancer patients are based on removing all toxic fats from the diet and replacing them with smaller amounts of essential fatty acids. In replenishing essential fatty acids, healthy cell membranes were able to repel the penetration of carcinogens entering through the cell wall.

Heart attack

Dr. Klapper had a patient who was scheduled for by-pass surgery in the morning. When he drew the blood for analysis, floating in the test tube was a thick, greasy, white, sticky film. When the patient was asked what he had had for lunch, he replied, *cheeseburger and milkshake*. The surgeon realized that what he had seen in the test tube was the fat from his patient's lunch. During the operation on the following day, Dr. Klapper pulled a 4-inch long yellow sausage of fatty material from the man's artery, which was depriving the heart of oxygen.

Drastic measures are required in removing hardened fat from the arteries. A catheter may be pushed through the artery. This instrument balloons inside the artery to squash the plaque. A roto rooter acts as a flexible drill in the vein. Some patients actually die of a heart attack while undergoing these treatments. The surgery usually gives temporary relief, but the arteries plug up again unless there is a drastic change in diet.

Seventy-five percent of North Americans die due to disease related to fat consumption. Heart attacks and strokes often leave their victims crippled, paralyzed or blind. In filling our blood with sticky fat, we take a serious health risk.

Loma Linda University of California decided to test 24,000 people to determine mortality rates from heart disease. They found that lacto-ovo vegetarians (vegetarians that including dairy products and eggs) had 66% fewer deaths from heart disease than their meat-eating counterparts. Pure vegetarians had an impressive 90% fewer deaths than the meat-eaters.

Saturated Fats

A saturated fatty acid is an arrangement of carbon atoms hooked together in a chain. It is called “saturated” because all of its carbon atoms are saturated with hydrogen atoms. There are good and bad saturated fats. Good saturated fats are found in avocados and raw nuts. These fats are nutritious and easy to digest because they have been unaffected by light, air or heat.

The body stores fat for times of famine. It isn't particular about the quality of fat which it is storing. A diet high in meat, dairy products, white sugar and refined flours causes the storage of sticky, saturated fat that increases the risk of stroke, heart attack and arteriosclerosis.

Since the turn of the century, saturated fat in the diet has increased by 1,000%. Yet, essential fatty acids have decreased by 80%. A diet high in refined sugars and starches increases saturated fat in the blood. White sugar, white flour, white rice, pasta, cornstarch, tapioca and most breakfast cereals convert easily into saturated fat. The foods overload the blood with glucose and the body turns the excess glucose into body fat!

The saturated fats, which cause fatty, degenerative disease, are mostly from animal sources. The long-chain fatty acids in beef, mutton, pork and dairy products are the most difficult to digest. The molecular nature of animal-source, saturated fats is sludge-like. These fats plug up the arteries and stick together, clogging, choking and interfering with metabolism. Some heart attacks are triggered by a meal high in saturated fats.

The saturated fats created by processing vegetable oils are no better. Even though they do not contain cholesterol, they are still synthetic to the body and react the same as animal-source, saturated fats. Both types of fats drift through the bloodstream where they have a tendency to stick together and form hard plaques in the arteries. Elsewhere in the body, saturated fats stick together with proteins and cholesterol, forming deposits within the cells and organs.

The Heart and Stroke Foundation of Canada, Canadian Choiceness Conference on Cholesterol and the Canadian Dietetic Foundation recommended that saturated fat not exceed 10% of calories.

Not all saturated fat is bad for you. Avocados are high in natural, saturated fat that benefits the body. If you take bacon grease and try to wash it from your hand, it will be impossible without soap, but avocado washes from the hands easily with plain water, showing that the fat is not sticky. You could easily eat 5 avocados a day and be perfectly healthy. Although a little heavy on the stomach, avocados are a clean burning fuel that releases blood sugar slowly. They can help with blood sugar problems by eating them with fruit to slow down glucose release. You can even spread avocado on bread with a sprinkle of seasoning as a butter replacement.

Cholesterol

Every cell of the body has the ability to produce cholesterol. Hormones such as estrogen, progesterone and testosterone are made from cholesterol. Cortico steroid is made from cholesterol which regulates the water balance through the kidneys. Through bile in the digestive system, cholesterol helps with the absorption of fats, oils and fat-soluble vitamins. Cholesterol is secreted from glands in the skin to heal and protect against foreign organisms and prevents against dehydration. One of the reasons for high cholesterol levels in the blood is that it may be acting as an antioxidant. Levels of cholesterol increase when there is a deficiency of antioxidant substances. Several antioxidants have been found to lower cholesterol levels.

High cholesterol levels are followed by hardening of the arteries. This hardening raises blood pressure because the arteries lose their resilience. Cholesterol is hard, waxy, and very resistant to breakdown. The liver can excrete a maximum of 100-300 mg. of cholesterol per day. A diet high in animal foods can input 800-1,000 mg. per day. Within the body, HDL (High Density Lipoprotein) carry cholesterol to the tissue and LDL (Low Density Lipoprotein) carry it away. The LDL, which does the clean up, can remove only a limited amount of cholesterol. The higher the percentage of animal proteins you eat, the more the cholesterol that accumulates.

High Blood Pressure

To understand blood pressure, imagine the water pipes in your house, clogged with dirt and grease, with only a trickle of water coming through. You turn up the water pressure. This works for awhile, but soon more sludge and dirt enter the system to clog the pipes. Finally, you increase the water pressure to its highest setting and the pipes burst. Similarly, narrowed arteries force the heart to strain. Saturated fats thicken the blood, causing the heart to work even harder. Atherosclerotic deposits, as a result of a diet high in fat and cholesterol, are the main cause of high blood pressure.

The first evidence that arteriosclerosis was caused by diet came from the soldiers in Korea. Medical autopsies showed that 77% of the American soldiers had blood vessels narrowed by arteriosclerotic deposits. On the other hand, autopsies of equally young Korean soldiers showed that their arteries were free from these deposits. Doctors theorized that genetics was the reason for the Koreans healthy arteries. This theory was dismissed when the Koreans were put on US army rations and started to develop arteriosclerosis.

From 1963 to 1965 the International Arteriosclerotic Foundation examined over 20,000 autopsied bodies from different countries. The findings were definitive. The greater the consumption of saturated fats and cholesterol in a diet, the higher the rate of heart attacks and strokes from arteriosclerotic deposits.

When the news hit the media, the meat, egg and dairy industries financed studies to denounce this theory of arteriosclerosis. They declared that animal foods were

not the only source of cholesterol, pointing an accusatory finger at coconuts, kernel oil, and chocolate, which also contain saturated fats.

Scientists have researched for further evidence against the danger of a high fat diet. Dr. Wissler at the University of Chicago fed one group of Rhesus monkeys a high fat diet and a second group the same diet with less saturated fat, cholesterol and calories. The group of monkeys that ate the standard diet had six times more arteriosclerotic deposits.

Dr. Mark Armstrong at the University of Iowa tried a similar experiment by putting monkeys on a diet high in egg yolks. Their arteries quickly became encrusted. They discovered that, unlike humans, only true carnivores could handle saturated fats and cholesterol in their diet without ill effects to health. If a dog is given a 1/2 pound of butter with its meat ration he will not develop arteriosclerosis. However, adding 2 grams of cholesterol to a rabbit's food will produce changes in its arterial wall.

Eggs

Eggs are the undisputed, highest source of cholesterol. Of cholesterol consumed, 20% comes from dairy products, 35% comes from meat, and 45% comes from eggs. The Lancet Medical Journal conducted a test to determine the effect of cholesterol from eggs. One group received an egg each day with their food while the other didn't. In three weeks, the egg-eating group had a 12% rise in cholesterol levels over the group that had no eggs. This may not seem too alarming until you realize that this 12% rise equals a 24% increase in the risk of a heart attack.

The Egg Board has been taken to court for falsely advertising that eggs did not increase the risk of a heart attack. Judge Earnest G. Barns ruled: *There exists a substantial body of competent and reliable scientific evidence that eating eggs increases the risk of heart attack.* Our body produces less cholesterol to compensate for the cholesterol eaten, but the blood-level cholesterol will still increase. Every milligram of dietary cholesterol consumed will elevate blood cholesterol.

While animal proteins and fats raise serum cholesterol levels, fruits, vegetables, nuts, seeds and beans cause it to fall. The Journal of the American Medical Association concluded, *A vegetarian diet can prevent 97% of coronary inclusions.* In the American Heart Journal, two people with heart disease were put on a vegetarian diet for six months. Chest pains disappeared and they were able to engage in strenuous activities. One patient decided to continue the vegetarian diet for another five years. The symptoms did not return.

In July of 1985, the Journal of the American Medical Association summarized a 20-year study of diet in relation to ovarian cancer. *Women who ate eggs ...three or more days each week had a three times greater risk of fatal ovarian cancer than did women who ate eggs less than once per week.*

The egg has been changed by mass production. Rare is the free-range chicken who eats a diversified diet filled with plant sterols that reduce cholesterol in the egg. Because modern chicken feed is completely deficient in sterols, the cholesterol content of the egg has increased by 35%. Now, there are new companies offering eggs high in essential oils and are worth a small, additional cost to buy.

Fat-Related Disease

Arthritis: Another disease, which we have come to expect with old age, is arthritis. The joints become stiff and sore, sometimes to the point where anti-inflammatory drugs are needed. Many health authorities do not think that there is a link between diet and arthritis, but there is evidence to the contrary. The Wayne State University Medical School put six rheumatoid arthritis sufferers on a fat-free diet. In seven weeks all the symptoms of the disease were gone.

Rheumatoid Arthritis: The British Medical Journal reported on a 38 year-old woman who had been suffering from rheumatoid arthritis for 11 years. Four months after her doctor had removed all dairy products from her diet, her arthritic symptoms disappeared. She remained this way until, in the interest of science, she went back to eating dairy products. Within a day her joints became swollen and painful. When she returned to her abstinence of dairy products, these symptoms disappeared.

It is quite possible that animal products lead to arthritis because fat and cholesterol coat the lining of the blood vessels leading to joint tissues. Nodes that are composed of cholesterol are often found near arthritic joints. Arthritis sufferers tend to have high blood cholesterol levels.

Gallstones: Gallstones are made up of hardened cholesterol. Diets high in fat, cholesterol and low in fiber lead to incidences of more gallstones. More fiber leads to fewer gallstones. It is believed that the fiber binds the cholesterol in the colon and helps it to exit the system.

Skin Problems: Acne, blackheads and white heads are other examples of fatty degeneration. Sticky, thick, saturated fats and trans-fatty acids dog the narrow pores and cause infection and pimples. It would seem as if pores are designed for only the fluid-like quality of the essential fatty acids.

Diabetes: Diabetes is the sixth leading cause of death. The Lancet reported on the study of diet in relation to diabetes. Dr. Inder Singh put 80 diabetic patients on a very low-fat diet without any sugar. After six weeks, 60% of the patients no longer needed insulin. Diabetics create insulin, but high levels of fat in the blood cause insulin to malfunction. Reduce the saturated fat and the insulin can do its

work. Dr. David Snowden summarized a report on 25,000 people over 21 years of age. In this study we looked at various levels of meat consumption, and as those levels got lower and lower, the risk of diabetes also decreased.

Multiple Sclerosis: This disease gradually attacks the brain, spinal cord and the central nervous system. Within ten years of the first attack, most MS patients will be permanently disabled. Dr. Roy Swank, head of the Department of Neurology at the University of Oregon, tried treating incurable MS patients with a low-fat, low-protein diet. They also were given vitamins A, C, D, and B-complex. The results were astounding. Of the 146 patients on the diet, 90% of those in the early stages of MS stopped the disease-process and improved over a twenty-year period. Of the MS victims in the intermediate stage, over 65% were able to halt the progress of the disease. Dr. Swank continued his work and has now, successfully treated several thousand MS patients with a low-fat diet.

Asthma: The University Hospital in Linkoping, Sweden, put Asthma sufferers on a vegetarian diet. Before the test, their condition was so severe that they needed cortisone or other types of powerful medication. After the test, medication dosages dropped an average of 50-to-90% and some stopped taking the pills altogether.

Essential Fatty Acids

Life without essential fatty acids is impossible. They are crucial to the electrical reactions of cells. Essential fatty acids heal, carry vitamins, enhance metabolism and bring oxygen to the tissues. Brain cells, sensory organs, synapses, retinas, adrenal glands and testes require them. Essential fatty acids act as solvents to remove hardened fat. They are involved in generating the electric currents that maintain a regular heartbeat. They appear to regulate chromosome stability and even will help you to lose weight!

There are two essential fatty acids: Alpha-Linolenic acid (LNA) or omega 3 is found in abundance in hemp seed, flax seed, pumpkin seed, walnuts, canola, soybean and cold water fish.

Linoleic acid (LA) or omega 6 is found in abundance in safflower, hemp, soybean, walnut, pumpkin, sesame, corn, sunflower and flax.

Essential fatty acids attract oxygen and generate electrical currents. They are also converted into hormone-like substances called prostaglandins, which reduce allergic response and inflammation.

Recommendations

Good oils and fats are found in avocados, nuts and seeds. Man has not come up to the standard of God's packaging genius. Removing the oil without exposing it to light, air and heat is a difficult task. It cannot be done cheaply. Because of an

increasing awareness of the damage of trans-fatty acids, a demand has been created for high quality oil. Companies such as Omega have responded by developing high tech extraction methods in producing oils that would cause a flax seed to blush. Health Food stores are now supplying oils from pumpkin, flax, sunflower, walnut and almond. They are oxygen-free, cold-pressed and must be stored in a dark bottle in the refrigerator. Virgin olive oil is a poor source of essential fatty acids, but because it is unrefined, it is the least toxic of the store-bought oils.

Toxic fat and oil consumption estimates run from 40-to-45% of caloric intake. It has been estimated that the requirement for omega 3 is one percent of calories eaten. The requirement of omega 6 has been estimated at 2 percent of daily calories. These are powerful substances. Even three grams is sufficient to prevent symptoms of deficiency. The optimum amount has been estimated at 3-10% of calories or 9-30 grams daily.

In the book *God's Banquet Table*, you will see how to get the optimum quantity of essential fatty acids in a tasty and enjoyable way.

All fruits, vegetables and legumes have natural essential oils and fats. Raw seeds and nuts will supply an abundance of essential fatty acids. Cold-pressed oils can be purchased from your local health food store to be used in salad dressings. Cold-pressed, virgin olive oil should be used in moderation.

Diseases can be reversed and prevented by diet. Good health is dependent on good nutrition. A diet high in natural oils, fats, seeds, grains, sprouts and an abundance of fresh fruits and vegetables will increase the body's ability to remove health-destroying factors. Unhealthy saturated fats and excess cholesterol impede cleansing because their sticky composition give blood a thick, sludge-like consistency and slow down the whole system. A diet that avoids unhealthy saturated fats, cholesterol, and hydrogenated vegetable oils will prevent disease.

We need to drastically cut down on fat intake from animal sources or hydrogenated vegetable oils.

For most people this is a drastic change in diet. It is not an easy change because toxic fats and oils create unnatural cravings just like drugs, both of which cause an imbalance in the body. You may have to hang tough through the cravings for a greasy burger or fries. The cravings will eventually pass, and you can establish a pattern of eating that will carry you through a long and healthy life.

The invention of the microscope revealed tiny cellular dramas that were previously unknown. Every cell plays its part in a great orchestra. Health is the symphony of cells functioning in perfect unison and balance. Transformed fatty acids destroy the cells' ability to communicate. Instead of a symphony, the cells hear a heavy, metal, punk-rock beat. Millions of cells start wearing chains and doing their own thing. It's called cancer.

Chapter 9

Mucus-Clogged Body

Why would anyone want to read a chapter on mucus? Blow your nose and that is the end of it, right? That would be fine if the only problem with mucus was in your nose, but what if you had slimy, yellow mucus in every part of your body that was a breeding ground for billions of bacteria, impeding your immune system, clogging your intestines, and opening the door to endless respiratory infections? Would that make you more interested?

Have you ever wondered why so many kids carry asthma inhalers? Thirty years ago it was rare to see one asthma inhaler, but now they are carried by millions of children. Sinus problems affect over 30 million Americans. Most adults get colds and upper respiratory infections about three times per year, and children more often. Colon disease is also epidemic. Is there a common factor between the nose and the colon?

On my first, long juice fast, I was amazed at the amount of mucus I expelled. I could fill a Kleenex, then need another. Sometimes, the mucus was thick and white at other times it was yellow and watery. One time, I coughed up a hardened ball of mucus from the back of my throat. My intestine also passed some strange looking gristly things that were far from normal; possibly a residue of the 1.4 million bowls of cereal I had as a kid. At other times, my lungs hurt, and I had bouts of coughing up phlegm. At the end of the fast, I could breathe freely. My sinuses were totally open, and without swelling of surrounding tissue, there was easy exchange of air in my sinuses. I could breathe in the deepest part of my lungs, and each breath energized my body. Following the fasting, I ate some bread. Sure enough, the reaction was instant. My sinuses became clogged as if I had a bad cold. That demanded some research on the subject of mucus.

Mucus In the Body

When you catch a cold, the body secretes mucus to protect the lining of the sinus. At the start of a cold, the mucus from the nose is clear. When the color changes to yellow or green, it means an infection has developed in the mucus. The infection irritates the nasal tissues causing swelling and stopping drainage. Trapped or stagnant mucus in a clogged nose is the perfect party spot for bacteria and a gluey, hell zone for the immune system.

Let's not get too negative about mucus, after all there is such a thing as healthy mucus which is a clear, slippery, lubricating secretion, used to protect mucus membranes along the digestive, respiratory, urinary and reproductive tracts.

Mucus is secreted to stop viral infection, irritants, pollutants, carcinogenic compounds, or putrefying undigested food residues. We need mucus, for without it the stomach would have holes, sex would be abrasive, and your colon would stop all bowel movements.

The next piece of information is for only the rare few who want to become experts in mucus.

Mucoid

There are different forms of mucus. Mucoid is a mixture of large gelatinous particles, which has a sticky or jelly-like consistency. The word mucoid encompasses the terms mucin, colloid, mucoproteins and glycoproteins. Many toxins, pollutants, food additives and allergies cause mucoid. Mucoid can be present in any body tissue, but is most commonly associated with the respiratory system, gastrointestinal tract, lymphatic system, uterus, vagina, urinary system and the joints. Joint cartilage contains mucus membrane cells that secrete clear, slippery mucus to keep joints lubricated. When mucoid-forming substances are present, toxic mucoid builds up deposits within the joint. Within the body tissue, mucoid drains into the lymph system that filters waste from the intercellular fluid. The lymph glands contain one-way valves, lined with muscle tissues that behave like pumps. If an overload of mucoid from the cells accumulates in the lymph, and is not cleansed from the system, it can become stagnant and prone to infection. The human body transfers vital fluids through miles of tubes and membrane highways. Mucoid slows down or stops the important movements along the many pathways of the body, creating a feeding ground for viruses and pathogens (disease-producing bacteria).

To make things uncomplicated, mucoid, mucin, colloid, mucoproteins and glycoproteins will be called "mucus".

Mucus-Forming Foods

Dr. Robert Gray, a nutritionist and ...mucus expert, determined, through intensive testing, that certain foods are mucus-forming and others are mucus-cleansing. The foods shown to cause mucus are dairy products, white flour, meat, eggs, potatoes, beans, rice, grains, fish, peanuts and fats.

Foods that form mucus have a glue-like bond tightly holding their molecules together. In milk, it is casein; in wheat, rye, oats and barley the glue-like substance is gluten. The dictionary defines gluten as a tough, sticky mixture of plant proteins, obtained by washing out the starch from wheat or other flours and used as an adhesive and thickener. These glue-like bonds require strong stomach acids for digestion.

Lack of chewing and poor food combinations make it impossible for the stomach acids to properly dissolve the bond between these molecules. After

digestion, many food particles are still too large to be used by the body. In a short time, the oversized, partly digested food particles start to putrefy and are coated with mucus to prevent further putrefaction while still in the intestine.

The heavy, over-processed, dairy-rich makeup of the North American diet demands the human body to react as if it is fighting a viral invasion, producing lots of internal mucus. Morning time is when we can feel its greatest effect—foggy mind, dried mucus crusties in the corner of the eyes, coated tongue, horrific breath and dulled senses. The answer is an extra large jumbo coffee to kick-start a burned-out adrenal gland. Most of us have forgotten what it is like to awaken clear-minded and full of energy. Yet, within two weeks of a mucus-free diet, the transformation can be quite remarkable.

Mucus Formation In The Colon

The relationship between mucus and diet is not a new theory. In 1912, Dr. Arnold Ehret (another mucus expert) released a book called *The Mucusless Diet and Healing System*. He discusses in great detail, the mucus-forming effect of various foods. Ehret theorized that all disease is caused by a clogging of the tube and membrane structures within the body due to a build-up of restrictive mucus.

The process of digestion is to liquefy food small enough to be infused by the absorptive cells on the villus in the intestine. For any nutrient to pass through the membrane of a cell, it must be less than 44-millionth of an ounce. Larger food particles must remain within the colon until elimination.

The intestinal wall contains over four million microvilli for the absorption of nutrients. Due to the vast number of microvilli, the total area for absorption is more than 2,200 square feet. On the surface of the microvillus are mucus-secreting cells. Mucus is secreted to protect the intestinal wall and to impede the absorption of harmful substances through the colon.

Eighty percent of all absorption takes place in the small intestine. The stomach performs very little absorption because the gastric contents are so acidic. Within the duodenum (small intestine) the submucosal glands produce copious quantities of mucus, which contain buffers that elevate the pH balance. The more acid-forming the food, the greater the amount of mucus is secreted.

As the mucus and food particle solution pass through the intestines, moisture is removed. As more moisture is removed, the mucus becomes sticky and gluey. In passing, it leaves a coating on the intestinal wall. Layer after layer of gluey feces build up over the years. It forms into a tough, rubbery, black substance found in lumps in the corners of the intestinal tract. X-ray studies show that the accumulation of hardened feces badly deforms the intestines. Autopsies have shown that an average male has seven to nine pounds of hardened feces within his intestine. This coating causes constipation, a reduction in the absorption of nutrients through the intestinal wall and is a breeding ground for parasites.

A clogged colon is like a drain clogged with human hair, dust, old soap and pieces of decaying food, all forming a sticky mass of rotting waste. The medical names are diverticula, colitis, stricture, prolapsus, hemorrhoids, worms, yeast infection, chronic constipation, colon cancer and appendicitis. These medical conditions are directly caused from our modern day, mucus-forming diet.

The good news is that you are becoming an expert on mucus. The bad news is that you now know 98% of your diet is causing mucus. You're probably thinking, *what am I supposed to do?*

Colonics

Colonics use a device to circulate gallons of water through the intestine while the stomach is being massaged. The coating on the intestinal wall is loosened and expelled which can be seen passing through glass tubes. Naturopaths or colon therapists administer colonics the price of which is about \$30-50. Cheap, considering what they are doing. Removal of adhered waste will greatly benefit the colon, but, unless there are dietary changes toward a mucus-cleansing diet, the symptoms will return. If there is a problem with the colon or the presence of diarrhea or constipation, a daily enema can help. It will assist the body in removing toxic mucus from the colon. Blended acidulous can be added to the lukewarm water to strengthen the colons bacteria culture.

Too drastic! Come on, think of your colon. Remember the clogged drain story!

Factors That Increase Mucus Formation

We used to love all-you-can-eat buffets. Three or four of us would go and try to see who could pack the most food away. It was also a cheap way to live as we had to eat just one meal per day. The restaurants lost money when we showed up. After only ten minutes, many containers on the buffet line needed to be refilled. (Six months later it went out of business.) Four heaped plates later, my stomach groaned trying to digest this huge quantity of diverse foods. That was just the appetizer; a loosening of the belt allowed me to hold the competitive edge and pack away two large pops and five desserts. After two hours of queasy stomach gurgling, I wished I had eaten one less dessert. On another night it was pizza. We would order two super-sized pizzas and groan while forcing the last piece into our mouths. The next day's groan would be from forcing super-sized bowel movements into the toilet.

There were no winners at our all-you-can-eat buffet competition. A meal containing starch, protein, sugars and fats requires completely different digestive secretions. For instance if you eat fruit and meat together the meat requires hydrochloric acid but the fruit has fructose that digests in the colon. The fruit would normally stay in the stomach for 30 minutes before moving to the next stage

but the meat requires up to 3-4 hours for digestion. Meanwhile the fruit sugars ferment interfering with the meat digestion. In the colon, the meat is not properly digested so it also ferments. This mixture of mucus and fermentation is the perfect environment for harmful bacteria.

Overeating, complex mixtures of improperly chewed food create mucus because the food molecules cannot be dissolved efficiently and the stomach has to secrete the maximum amounts of hydrochloric acid. When the partially digested, highly acidic sludge enters the small intestine, the body secretes mucus to protect the lining of the colon.

To reduce mucus through diet, eat more fruits and vegetables; do not gulp your food or eat improper combinations of food; do not eat when you're not hungry; and stay away from all-you-can-eat buffets.

Recommendations

Mucus-forming foods have to go. The most powerful method of removing mucus from the entire body is juice fasting. The second is to eat a mucus-cleansing diet, mostly fruits and vegetables with some nuts. Grapes and citrus fruits are some of the greatest mucus-cleansers. The high content of citric acid helps dissolve toxic mucus. I estimate at least 90% of all respiratory problems are directly related to the excessive amounts of mucus caused by poor diet. Cleansing this mucus and living on a mucus-free diet will allow you to have clear sinuses, a clean colon and be immune to the common cold.

Kleenex would have gone bankrupt in Eden. No sniffles, sneezes or runny noses to increase profit. You would have to explain to Adam what a clogged nose was. *Mr. Adam, the nose gets clogged with a sticky, yellow and green slime and you need to blow hard on our cottony, soft tissues to feel better.* I am so glad God is the Ultimate Nutritionist and did not forget about the nose.

Chapter 10

Fiber

North America has one of the highest rates of colon cancer in the world. This is due to three main causative factors: meat, refined flour products and dairy products. The overeating of refined wheat products and fibreless dairy products forms mucus in the intestine. The Journal of the National Cancer Institute reported that high meat intake was directly linked to a high rate of colon cancer. The contributing factor to cancer is due to meat and animal products having no fiber. Fiber is the cleaning broom of the intestine. Without fiber, the heavy saturated grease of animal fat clogs up the intestine. Milk products, poultry, eggs, fish or meat have any fiber, causing a slow transit time, constipation and putrefaction. Putrefying flesh foods become a breeding ground for microorganisms that excrete carcinogens as waste. Without fiber, carcinogens are absorbed into the intestinal wall causing colon cancer. Fiber also, slows down digestion and increases the glucose absorption time. In this way, fiber moderates blood sugar levels within the body.

Types Of Fiber

There are two types of fiber—soluble and insoluble. Soluble fiber dissolves in water. In the blood, soluble fiber helps to lower serum cholesterol by binding with low-density lipoproteins. Water-soluble fiber can be found in apples, oranges, oat bran and beans.

Insoluble fiber is the substance in food that cannot be digested or absorbed by the intestine. This category includes pectin, cellulose, hemicellulose and gums. Fiber is found only in plant foods such as fruits, vegetables, nuts and whole grains. Eggs, dairy products, and meats do not contain any form of fiber.

Studies found that cultures that have a high fiber diet have a much lower incidence of diverticulosis, which affects 30 million Americans. A weakening in the large intestinal wall, caused by the pressure from hard feces produces this disease. The American Journal of Digestive Disorders reported that 85% of diverticulosis sufferers were successfully treated with a high-fiber diet.

Fiber cleans out mucus from the intestinal tract and lowers cholesterol. Fiber decreases the transit time through the intestine. Animal products do not have any fiber so their passage through the intestine is slow. Nutritionists recommend a salad with a meal high in meat or dairy products. The fiber in vegetables slows down fermentation and neutralizes some of the toxins in the bowel.

Several years ago I tried All Bran after hearing how important fiber was. All Bran is a cereal made from mostly wheat bran. Although it tasted delicious, it digested

badly and the bowel movements were uncomfortable. I later realized that bran is sharp. If you take a piece of bran and run it across your forearm you can scratch the surface of the skin. Even wet bran is a much tougher fiber than that found in banana. If your intestine is coated with years of mucus build-up, that kind of abrasion will help clean it, but the fibers of fruit are much softer and gentler on the colon.

Recommendations

The problems caused by lack of fiber are from too much meat, eggs, dairy, refined flour products and processed foods. If you are eating whole foods and a small percentage of animal products, you never have to worry about not getting enough fiber in your diet. Fruit and raw and cooked vegetables will supply soft fibers that will gently cleanse the colon. Whole grain breads, beans, brown rice and whole grains have lots of fiber. Eat meat, eggs or fish with a salad to help it along through the colon.

There is one thing we know for certain about Eden. Adam and Eve's colon were squeaky clean. Your colon is important to God.

Chapter 11

Household Toxins

The air inside your home is an extension of your lungs. You eat approximately two to three pounds of food per day, drink about three pounds of liquid, and breathe 15 pounds of air. You can live 40 days without food, three days without water, but only three minutes without air.

Whatever you eat goes through a digestive system enabling your body to separate nutrients and waste material. Lungs have no such defense system. What you breathe, goes directly into the bloodstream. It is then carried, via the blood, to every cell in the body. The poor air quality in our homes is so serious, that officials at the Environmental Protection Agency (EPA) have stated that indoor air quality is the most significant environmental issue which we have to face now and into the next decade.

In 1989, the EPA submitted a report on indoor air quality to the United States Congress. The report concluded that North America's worst air pollution is found inside our homes. A five-year EPA study showed that many homes had chemical levels that were 70 times higher than that of the air outside. In fact, they reported that cleaning and personal care products, commonly found in every home are three times more likely to cause cancer than air-borne pollutants. It is estimated that 1,500 hazardous substances find their way into a typical North American home. The EPA estimates that 6,000 cancer deaths are caused every year by indoor air pollutants. In 1990, a scientific paper was presented by a Vancouver consulting firm in Toronto at the Indoor Air Conference. The study revealed that because of household consumables, housewives have a 55% higher risk of cancer than women working outside the home.

Our home, which ought to be a haven of safety for our children, has become a health-destroying environment. Since 1960, there has been an 80% increase in respiratory problems amongst children. For many of these children, puffers (inhalants) have become a permanent part of their lives. A temporary protection against inevitable disaster!

Mom goes off to the grocery store to do her shopping. She purchases her laundry soap, shampoos, and dish soap, believing them to be safe; trusting that her government would not allow products to be sold on the market that would harm her precious child walking beside her. After a long, tiring day at the grocery store, she is finally home. Loading her shelves with brightly-colored containers, oblivious to the fact that she is filling her home with deadly toxic poisons. Strangers in white

gowns, bent over test tubes, had determined what would be present in every cell of her child's body.

Formaldehyde is in almost everything you use in your home, from toothpaste to laundry soap. It is used as a preservative. Nine billion pounds are produced every year in the USA. The Board of Health recently issued a statement that there is such a high degree of formaldehyde in our bodies that, when we die, we no longer decay. The National Institute of Occupational Safety and Health warns that formaldehyde should be handled with caution. It is a human carcinogen suspected of causing birth defects and genetic damage. It also causes headaches, joint pain, chest pains, depression, ear infections, chronic fatigue, dizziness, and loss of sleep. Here are some examples of cleaners commonly found in homes.

Dishwashing Detergent

The Center of Science in Public Interest revealed that dishwashing detergents have caused more household poisonings than any other cleaning product in the home. Many dishwashing detergents contain naphtha, a fuel used in camping stoves. Naphtha is a central nervous system depressant. Other high-tech cleaning agents included are diethanolamine, which is a liver poison, and chlorophenylphenol, which is a toxic metabolic stimulant. Chlorine is a poison present in most dishwashing detergents. When washing your dishes, these chemicals are being released into your breathing space.

Air Fresheners

How do these products freshen your air? By releasing nerve-deadening agents or coating your mucus membranes with an oily film, hindering your natural ability to smell. The fresh air in a can may be able to fool humans but you will notice your pets wisely running for cover.

Tub And Tile Cleaners

On the back of Tile Power there is a warning, *Use in well-ventilated areas.* When have you been in a well-ventilated bathroom? This product is not recommended for use by persons with heart conditions or chronic respiratory problems. They go on to warn, *avoid prolonged inhalation of fumes.* Yet, on the front of the container, in bold attractive lettering, it proclaims, **NEW, FRESH SCENT.** While enjoying the new fresh scent, you are being killed by the sodium hypochlorite and sodium hydroxide. Tile cleaners commonly contain ammonia and ethanol. Many people have complained of dizziness and nausea in using these powerful chemically-spiked cleaners.

Laundry Soap

Unless you live at a nudist camp, clothes are your second skin. Skin is a semi-permeable membrane and is the largest organ of the body. Nicotine patches reveal how absorbent our skin is. If it is on your skin, it is in your bloodstream. Phosphorus, ammonia, naphthalene and phenol, which are deadly poisons, are found in most laundry soaps. Some companies have proclaimed their products to be environmentally safe because they use enzymes. Enzymes have been considered a miracle-cleaning agent. They direct the natural, cleaning ability of water to protein. This enables water to suspend dirt with great effectiveness. Yet enzymes are unable to detect a dirt protein from the protein in your skin and mucus membranes. Serious inflammation can result from breathing enzyme particles into the nasal passages and lungs. Clothes washed in enzymes can cause inflamed spots or rashes on the skin.

Fabric Softeners

Fabric softeners use an oily residue to cut down on static cling. Because it is not washed or rinsed from the clothes, a high concentration remains next to your skin and is being continuously absorbed into the bloodstream. Ammonia propellants and powerfully, strong synthetic fragrances can cause irritation, stuffy noses and watery eyes.

Oven Cleaners

Head in oven, holding our breath, squinting because of the fumes, we spray a toxic film where we cook supper. Holding our breath is no solution since the toxic vapors will linger in the house for over three months. And how about that roast beef, marinated in Easy Off?

Recommendations

Every change you make to reduce household toxins will affect the health of your cells 20 years from now. A few simple ingredients, and you will be environmentally friendly, eliminate toxic chemicals in the home and save money.

Air Fresheners And Deodorizers: Use bowls of potpourri. Boil cinnamon and cloves to scent the air. Sprinkle ½ cup borax in the bottom of garbage or diaper pails to inhibit mold and bacteria growth. Rubbing vinegar on your hands before and after slicing onions will remove the smell. Baking soda can be used as a deodorizer in the refrigerator, on smelly carpets, on upholstery and on vinyl. It can help deodorize drains.

All-Purpose Cleaner: Use a vinegar-and-salt mixture with 4 tablespoons baking soda dissolved in one quart of warm water.

Astringents and After Shaves: Witch hazel or diluted isopropyl alcohol.

Dish Detergent: When you eat fruit, you can rinse your dishes under hot water and they come out clean. Even avocado on dishes rinses clean with only water. Bacteria are everywhere and the immune system destroys it all so don't be so terrified of a little bacterium. Washing Soda or SAL Soda is a sodium carbonate decahydrate, a mineral that cuts stubborn grease on grills, broiler pans, and ovens.

Disinfectant: Isopropyl alcohol is excellent.

Disinfectant: Mix ½ cup borax into 1 gallon of hot water to disinfect and deodorize. Isopropyl alcohol is an excellent disinfectant.

Drain Cleaner: Try a plunger first. Then pour ½ cup baking soda down drain, add ½ cup white vinegar, and cover the drain. The resulting chemical reaction can break fatty acids down.

Furniture Polish: Olive or linseed oil mixed with vinegar. Use one part white distilled vinegar and three parts olive oil. Add a little natural lemon oil and you've got a great polish.

Grease Fires: Baking Soda.

Laundry: A cup of vinegar added to the wash can help keep colors bright (do not use vinegar and bleach). One-half to three-quarters of a cup of baking soda will leave clothes soft and fresh smelling. Borax is a naturally occurring mineral, soluble in water. It can deodorize, inhibit the growth of mildew and mold, boost the cleaning power of soap or detergent or be used to remove stains. Add vinegar to the final rinse in your washing machine to eliminate residues.

Laundry Starch: Mix Cornstarch with water and use a spray bottle.

Metal Polish: Baking soda can clean and polish aluminum, chrome, jewelry, plastic, stainless steel, porcelain, silver, and tin.

Moisturizers and Conditioners: Egg yolk, milk, yogurt, safflower oil, olive oil, oatmeal, and jojoba oil.

Oven Cleaner: Sprinkle baking soda on moist surface and scrub with steel wool. Arm & Hammer Oven Cleaner was declared nontoxic by Consumers Union.

Pot and Pan Cleaner: Salt can be used as an abrasive.

Rust Remover: Sprinkle a little bit of salt on the rust. Squeeze a lime over the salt until it is nicely soaked in limejuice. Leave the mixture two or three hours.

Surface Cleaners and Polishers: To remove soap traces on a mopped floor, add a few drops of vinegar in the cleaning water. For vinyl or linoleum, add a capful of baby oil. For painted wooden floors, mix 1 teaspoon washing soda into 1 gallon hot water. For brick and stone tiles, use 1 cup white vinegar in 1 gallon water and rinse with clear water. Clean gold with toothpaste, pewter with a paste of salt, vinegar, and flour.

Polish chrome with baby oil, vinegar, or aluminum foil, shiny side out. Clean aluminum with a solution of cream of tartar and water. Brass may be polished with a soft cloth, dipped in lemon and baking soda solution, or a vinegar-and-salt

solution. Clean tarnished copper by boiling the article in a pot of water with 1 tablespoon salt and 1 cup white vinegar, or try differing mixtures of salt, vinegar, baking soda, lemon juice, and cream of tartar. Silver can be polished by boiling it in a pan lined with aluminum foil and filled with water to which one teaspoon of baking soda and salt have been added. Stainless steel can be cleaned with undiluted white vinegar.

Toilet Bowl Cleaner: Use straight bleach.

Toothpaste: Baking soda, salt.

Tub and Tile Cleaner: Wipe with vinegar first and follow by rubbing in baking soda with a damp sponge and rinsing.

Underarm Deodorant: Baking soda.

Window and Glass Cleaner: Use a vinegar-and-water solution, cornstarch-vinegar-and-water solution, or lemon-juice-and-water. Use plain club soda for a great glass cleaner. Wipe with newspaper.

Insect Problems

Ants: Sprinkle powdered red chili pepper, paprika, dried peppermint, or borax where the ants are entering.

Cockroaches: Borax and sugar will kill them.

Fleas: Feed pet brewer's yeast in powder mixed with food or by tablets.

Insect repellent: Powdered red chili pepper, peppermint, rosemary, bay leaves, cloves, citrus oil, lavender, tobacco, peppercorns, and cedar oil can repel various types of insects.

Moths: Store clothing in airtight containers, and scatter sachets of lavender, cedar chips, or dried tobacco.



Remember, Adam's dining room table was a rock. His air freshener was petals. His sink was a stream and his towel was a breeze.

Chapter 12

Nutrients For Healing

To be healthy, all essential nutrients are required by the body. Even one missing essential nutrient is enough to seriously affect our health. Nutrients work together as a team. Any team suffers if two or three of its top players are missing. Likewise, the cells suffer. When essential nutrients are missing, the cells' metabolic processes are disrupted causing cell rebuilding to slow down and aging to speed up. When the cells' metabolic processes are free from disruption, and the cells have all the required nutrients, the cells work vigorously at their specific bodily function.

In 1747, James Lind, surgeon's mate on Britain's HMS Salisbury, discovered that when sailors with scurvy were given lemons and oranges they cured quickly of the illness. The vitamin C in the citrus fruits had cured the deficiency, caused by eating the ship's rations during long sea journeys. It took the British Admiralty almost 50 years before they used Lind's discovery by adding one ounce of lemon juice to the daily rations. One ounce of lemon juice supplied 14 mg. of vitamin C, 43 mg. of potassium, 2 mg. of magnesium, and 2 mg. of calcium. This simple supplement enabled the British fleet to become the world's greatest sea power.

Science is unraveling the wide spectrum of nutrients necessary for vitality. For instance, they have discovered that beta-carotene is beneficial in the healing of cancer. Carrots have been offering this nutrient for years, but it is only now that they are getting attention.

In the present decade, new discoveries are hitting the health food store shelves each year. Thousands of new products and supplements appeal to the consumer, backed by research and astounding testimonies. The health seeker can become lost in the choices, even spending thousands of dollars looking for a cure with no success. Although, herbs, vitamins and minerals can greatly benefit the body, often they cannot overcome the abuse of a bad diet.

People often assume that their illness is due to a vitamin deficiency, so by taking vitamins, the illness should disappear. Unfortunately, vitamins or herbs often do not correct the problem, because many problems are caused by toxins and the clogging of the lymph by mucoid matter. Unless these problems are first solved, the advantage of taking vitamins is greatly reduced. It is like putting high performance gas in a car when the carburetor is clogged and the engine is malfunctioning. Until it is fixed, high-test gas will make little difference in the performance of the vehicle. When the parts responsible for absorption are cleansed, vitamins will start to be assimilated more efficiently.

Vitamin therapy works by flooding the system with large quantities of nutrients so that the damaged area will have a chance to absorb from a higher blood

concentration. A higher concentration means more nutrients will get through to the suffering cell. A therapeutic amount of vitamins will help, but it is more important to remove the obstructions caused by mucus in the intestine, mucoid matter in the lymph, and the saturated fats in the bloodstream.

Use A Juice Extractor

By far the greatest thing you can do to increase nutrition is to make a fresh veggie juice daily. Juicing is a discipline that makes a tremendous investment in health and protects against disease.

All the essential nutrients in fruit and vegetables are locked within their fibers. A juice extractor frees these essential nutrients so they can be absorbed and used directly, requiring a minimum amount of digestive effort. Therefore, the metabolic energy can be used 100% for cleansing mucoid matter from the lymph and toxins from the cellular tissue.

A good juice extractor is a valuable tool in achieving vitality. A juicer does the work of the body and extracts the nutrients without work so the body can be devoted to cleansing. The juicer can be inexpensive or top of the line. They all work for fasting, but the more expensive juicers make juice more easily and the motor lasts longer. The *Champion Juicer* is my preferred choice for a juicer. My *Champion* is 27 years old and still working perfectly.

Fruit and vegetable juices are the cleansers, energizers, builders and regenerators of the human system. A combination of either fresh raw fruit or vegetable juices will supply all the enzymes, vitamins, minerals and protein critical to increased vitality! Many have found that by adding fresh juices to one's diet as a daily routine, they have experienced a rejuvenating effect and healing of illnesses such as cancer, leukemia, arthritis, high blood pressure, kidney disorders, skin infections, liver disorders, alcoholism and smoking.

Herbs

Herbal remedies have been used effectively for medicinal purposes for thousands of years. Forty-percent of our present-day medicines are synthetic reproductions of natural substances. If you analyze medicinal herbs, you will find the active ingredients are alkaloids or organic compounds that alter the metabolism of the body. For example, ASA, more commonly known as aspirin, was synthesized from the natural pain-relieving compound found in white willow bark, which is a natural medicine that has been used for a thousand years.

Herbs have a therapeutic effect because they either adjust the body's healing mechanism or stimulate a cleansing reaction. Herbs work in alignment with the body, rarely causing side effects. Chemical medicines ignore the body's natural balance, often resulting in side effects and depositing toxic chemicals that can stay lodged in the tissues for years, causing deterioration of cell metabolism. Medicines

are notorious for their side effects, stimulating healing in one area of the body while having a negative effect on the whole system. Medications work in opposition to the way God intended us to heal.

Antioxidants

These are naturally present in fruits and vegetables. The most commonly known are vitamins C, E and beta-carotene. Natural source vitamin E is excellent for healing and increasing sex drive. Flavonoids have been recently discovered as a powerful antioxidant, neutralizing and damaging free radicals, and are naturally present in vegetables and fruits. One of the most powerful flavonoids is proanthocyanidins. (The leading source is found in pine bark and extracts from grape seeds, grape seeds being the best.) The proanthocyanidins and gallicesters, which are found only in grape seed extract, enhance the power of vitamins C and E, strengthen capillaries, enhance circulation, improve eyesight, restore skin elasticity and softness, and block blood platelet and LDL oxidation. At the turn of the century, Johanna Brandt, in the revolutionary book, *The Grape Cure*, wrote that, *grapes seem to ferret out the most deep-seated cause of trouble and drive it from the system*. There are many companies coming out with high-powered antioxidant supplements.

Supplements

A diet of 80% raw fruits and vegetables will supply all your nutritional needs but you can achieve better results in healing, athletic performance and vitality with the addition of herbs, vitamins and supplements. Aloe Vera is excellent for the healing of digestive and intestinal problems and has been successful in treating colitis and Crone's disease. High-quality chlorophyll products are excellent because they oxygenate the blood, building its hemoglobin, similar to iron which increases healing and detoxification. Barley Green or similar products are excellent sources of enzymes and are high in chlorophyll. Wheat grass is less convenient and less tolerable in flavor, but an excellent source of chlorophyll and trace minerals. There can be great value in high-quality vitamin and mineral supplements. We recommend organically grown, naturally derived vitamins and minerals. Avoid cheap synthetic vitamins.

Spirulina

Blue-green alga contains a complete protein of 65-71% that is easy to digest. It has been found to help with weight loss, allergies, visual problems, blood sugar imbalances, carbohydrate disorders, anemia and many other disease conditions. Spirulina contains 8 essential amino acids, 10 non-essential amino acids. Several years ago, the National Cancer Institute announced that sulfolipids from blue-green algae like spirulina were remarkably active in test tube experiments against the AIDS

virus. In 1993-95, research showed natural polysaccharides in spirulina increased T-cell counts, strengthened the immune system and raised disease resistance in chickens, fish and mice. In 1994, a Russian patent was awarded for spirulina as a medicine for reducing allergic reactions from radiation in the children of Chernobyl. Its deep green color comes from its rainbow of natural pigments: chlorophyll (green), phycocyanin (blue) and carotenoids (orange). Spirulina's beta-carotene is ten times more concentrated than carrots. Spirulina contains the rare, essential fatty acid, GLA. Gamma-linolenic acid (GLA) in mother's milk helps develop healthy babies. Studies show nutritional deficiencies can block GLA production in your body, so a good dietary source of GLA can be important. Spirulina is the only other food with GLA. Vitamin B12 is one of the most difficult of all vitamins to obtain from a plant source. Spirulina contains 250% more B12 than beef or liver. These qualities have given spirulina the accolade of being a super food.



These are only a few of the countless number of supplements available today. Diet and juice fasting are the main weapons against illness and disease. The investment in supplements may improve your health and athletic performance. They can also compensate for the loss of nutrition due to modern farming.

I wish we could *jet ship* mangos from Eden. I can only dream of the taste of the perfect mango and how it would feel in the body. Till then, supplements can help us get back to the nutritional standard of *God's Perfect Diet*.

Chapter 13

Food Enzymes

Raw food is filled with enzymes. Vital to life, enzymes tirelessly work at breaking down food, assisting the immune system and carrying on the functions of metabolism. Enzymes such as lipase breaks down fat, protease breaks down protein, and amylase breaks down starch, to mention only a few.

In 1933, the first enzyme, diastase, was discovered. Found in the wheat germ, it acts on decomposing the natural starches in the surrounding kernel. By removing both the diastase and the wheat germ, bread had a longer shelf life, however, bread became more difficult to digest.

Enzymes are protein molecules that act like spark plugs in the body. Without them we would die. Ninety-eight enzymes have been found in the arteries. Enzymes such as cytochrome oxidase, peroxidase and catalase are components of red and white blood cells. A high source of these enzymes is in the green leaves of plants. It has been discovered that they can fight toxic substances, helping protect the body from cancer.

Scientists are learning how enzymes are crucial to the healing process. Enzymes are the biochemical foundation for thousands of digestive and metabolic functions within the body. About 5,000 different enzymes have been identified so far. Some researchers have estimated that it takes about 100,000 enzymes to run the body.

In digestion, enzymes are the active materials within digestive juices that break down the food. Enzymes are keys that unlock nutrients. Enzymes are found in the salivary glands, liver, stomach, pancreas and the wall of the small intestine.

A fruit left on the counter for too long becomes over-ripe and turns to mush. The ripening process is due to living enzymes, breaking down and digesting the fruit. In contrast, pasteurized fruit juice can remain fresh for a year because the enzymes have been destroyed by heat. Enzymes in living foods are little digestion machines, working and assisting to help break down food so that the body may easily assimilate its nutrients. Killing the enzymes for shelf life causes the body to work much harder in digestion and assimilation.

The digestion of a banana requires very few stomach secretions compared with those from a piece of fried chicken? The chicken contains no enzymes to help digestion, requiring the pancreas to produce large quantities of enzymes, which place a heavy burden on it. Studies show that eating a high percentage of cooked food causes the pancreas to enlarge. A pancreas that is enlarged as a result of over-stimulation eventually breaks down. From years of abuse, the pancreas secretes fewer enzymes and causes digestive problems such as bloating, gas, diarrhea, gastritis or diabetes.

In contrast, a perfectly, ripe banana is sweet to the taste and pleasant to the stomach. Quickly, the enzymes that are present within the banana mix with saliva to break it down into an absorbent vitamin-rich substance. No acid secretion is needed. Passing quickly through the bowel, instead of creating mucus, the natural soft fibers clean the intestinal wall. In a matter of a few hours the banana is easily deposited. No need to spend half your life in the bathroom!

Russian scientist, Valentina Kirlian, developed a form of electrophotography that showed radiating luminescence around living organisms. These fields were observed fluctuating according to the intensity of metabolic activity taking place. When processed or cooked food is photographed with Kirlian photography, there is no luminescence. When raw, living food is photographed, a colorful aura emanates from it. Ginseng displays some of the brightest luminescence and is famous for its healing and rejuvenating properties.

Cooked Food

Consider the birds of the air that portray a vibrancy that painfully contrasts the consumers of the North American Diet. All of God's Creation lives on an enzyme-rich diet, except for one. Far from Eden's lush, enzyme-rich fruit, modern man wanders the isles of supermarkets, searching packages of food, designed for taste, but empty of life.

All the organs of your body have had to painfully adapt to a cooked food diet. The stomach has a thick layer of mucus to protect it from high-acid concentrations. The intestine has a thick, mucus coating to defend it against the toxins caused by purification. A person living on mostly cooked food will have a pancreas, according to percentage of body weight, three and a half times that of a sheep and twice the size of a horse.

Cooked food causes an increase of white blood cells. The body reacts to cooked food in the same way it reacts to infection. Cooking destroys vitamins, makes minerals inorganic, coagulates proteins, transforms fatty acids, and destroys natural fiber, increasing the transit time through the intestine. In turn, this causes putrefaction that creates additional toxins. Although cooking is the traditional method of preparing food, it does not increase nutritional value, but reduces it and actually robs us of vitality.

Cooking destroys nutrients. Folic acid is abundant in most green vegetables. However, 95% of this vitamin can be lost by cooking. Over 50 fruits and vegetables have oxalic acid. While harmless in its natural state, altered by heat, it becomes harmful. Calcium binds with the oxalic acid in the blood to neutralize it and to form calcium compounds (calciumoxalate), which are difficult for the body to remove and may lead to kidney stones.

Raw food is alkalizing while cooked food is acid-forming. Cooked food tends to have a stimulant effect by causing the body to speed up its metabolism to rid

itself of these destroyed nutrients, altered proteins and fats. For the sick, eating cooked food is burdening the body and diminishing the body's ability to heal.

Research has shown that cooked fiber passes through the digestive system more slowly than raw food. It partially rots, ferments and putrefies, causing toxins, and gas. Cooked food is harder to digest, and what is absorbed is less absorbable. In short, the body works harder for less. You need to test to see if this is the truth. Have one day on fruit and be aware of how your stomach and body feel. Then have a day on cooked vegetables. To me, it makes a huge difference.

Raw Food

Enzymes start to die at 105 degrees, but all are destroyed at 130 degrees Fahrenheit. For this reason, leading health authorities agreed that 80% of our diet should be composed of raw living foods.

Plants have a complex array of enzymes necessary for their life process. When we eat living plant foods, we consume the enzymes used in their life process. It was once thought that enzymes were destroyed in the stomach by hydrochloric acid and were, therefore, useless to the body. Yet, when certain enzymes were tagged with radioactive dye, they could be observed leaving the stomach and entering the blood and could later be found in the liver, spleen, heart, lungs, duodenum and urine. If we eat food packed with enzymes, the effect will be seen in every organ of the body. When we eat fruits or vegetables, plant enzymes act as catalysts and work in harmony with vitamins, minerals, proteins and fats to feed the cell.

When you eat an abundance of raw fruits and vegetables, they will act as a soft bristled broom that gently sweeps the intestinal wall, leaving a dirt-free colon. This is important because a clean intestine can absorb the greatest amount of nutrients. Think of fiber as a *Janitor In Your Colon*.

Recommendations

All the enzymes needed for health are found in raw fruits and vegetables. A glass of fresh juice, containing 5 carrots, 1 small beet, 1 celery, 1 lemon and 2 apples will supply an enzyme blast that will last for the entire day. Eating from a diet high in raw fruits and vegetables will have all the enzymes necessary to increase energy, assist healing, rebuild healthy tissue, rejuvenate and invigorate the entire body. You will feel vitality because cell function is improved with enzymes.

Fresh applesauce poured over a bed of diced mango with a sprinkle of cinnamon, raw nut butters, bean sprouts rolled in Nori sheets, flax oil salad dressing, fresh pineapple juice with blended coconut, lettuce with sesame seeds and avocado dressing—not to mention only a few of the diverse, colorful, mouth-watering, cell-delicious raw food that can be created from an endless variety of raw materials. You can find many raw food recipes in *God's Banquet Table*, as well as healthy recipes for cooked food.

The majority of our diet should consist of raw, living food. If you can get your diet to 80% raw you will feel a tremendous benefit in health. Heat-free veggies make happy cells.

Adam never got to roast marshmallows on an open fire or even little meat tubes on a stick. No popcorn for watching the heavens proclaim God's majesty. No grandma's apple pie or even a grandma to make it. *Eden was God's Kitchen*, a *Showcase Of The Universe* and fruit is His apex masterpiece of human sustenance. When God looked at a mango, He could see every enzyme, phytochemical, antioxidant, mineral and vitamin, confirming perfection, down to the subatomic level. As Adam chewed, the soft fragile fibers released flavor indicating the perfect mix of nutrients, calculated atom for atom to match the needs for three trillion, tiny molecular machines.

Chapter 14

God's Perfect Diet

Through an electron microscope, we are able to witness the world of the cell. Never before in history have we been able to understand exactly what these cells needed for optimum health. Now, modern science has validated what God knew from the beginning when He made Adam. Eden offered the perfect diet for cellular nutrition because God designed the cell.

When I tell people to eat mostly raw fruit and vegetables, they look at me as if the concept is radical to the point of being fanatical, but this is the oldest diet on earth. It was God's original diet program. The concept is so simple that it is hard to grasp. The diet has one standard, the greater the percentage of raw food in your diet, the healthier and happier your cells are going to be! It just doesn't get any simpler than that!

This is a diet you can enjoy at work, home, picnics, or on the run. The best part is that you will rarely get sick, always have energy, stay thin and need less sleep. It works superbly for any age, for healing, weight loss or increasing athletic performance.

Health Value

What is the health value of a glass of milk? If you do not have the enzymes to properly digest the milk sugar, lactose, or the milk protein, casein, the milk will have no health value as it will deteriorate health.

The health value of a food changes according to individual need. For a starving infant in Africa the health value of a glass of milk is high. For an overweight person, one glass of milk per day can supply vitamins and minerals. At three glasses per day, combined with a diet, including cheese, sour cream and yogurt the health value of the milk becomes strongly negative. Milk, having 50% of its calories as fat, is now a significant factor in obesity.

What is the health value of milk if you have a cholesterol problem or painful sinus congestion? According to the advertising on TV, milk appears to be a perfect food. Yet, your body may disagree by producing large amounts of mucus, depositing inorganic calcium in the joints, clogging your veins and arteries with hard, sticky fat and cholesterol, and may even cause food allergies and digestive disorders. Imagine elevating a substance this destructive to a Canadian Food Group, defining dairy as an absolute necessity for health. It is no wonder this nation is so sick.

To determine the personal health value of a food, you need to determine if it is digestible and easily assimilated by the cells? Does it create irritation, causing the body to form mucus? Are there harmful side effects that outweigh its value to the body? And the most obvious question, how do you feel?

Fried meats, junk food, margarine, white sugar and white flour have the most negative health value and fresh vegetable juice and fruits have the highest health value and everything else is in between. Foods with negative values clog and diminish the health of the body, and those with a high health values cleanse and support.

When making changes in your diet, you can start by determining what foods have the most negative health value and eliminate them, eating more of the foods you enjoy that have the highest health value. As your diet improves, so will your sensitivity to food making it easy for you to determine which food to eat or not eat.

When the book, *God's Banquet Table*, was written, the main determining criteria for the recipes was simple—how the body reacts to food. We can break this down into three smaller criteria.

1. The degree of mucus-formation caused by the food.
2. How easy it is assimilated into the cells of the body.
3. How close the food is to its natural unprocessed state.

1) Non Mucus-Forming

The worst mucus forming foods are dairy and wheat, which are best completely removed from the diet or reduced to small portions per day. Cooking increases the mucus-forming effect of food, so you need to eat more raw foods. Fruits, especially acid fruits, are the best for mucus-cleansing so they need to be increased in the diet. With a mucusless diet, the intercellular fluid around the cells will be free of sticky toxic mucus, resulting in better memory and clear, sharp thinking. You will breathe more easily and be far less susceptible to colds and flues. Antibodies from the immune system will not be forced to battle their way through thick, slimy mucus in the blood. Antibodies will be free to travel quickly and efficiently to the areas of need, resulting in a powerful resistance against sickness and disease.

2) Easily Assimilated

Dr Edward Howell found from his studies that, *The brain actually shrinks on the all-cooked and over-refined diet*. The most easily digested food is fruit. This is a result of millions of tiny enzymes living in your cantaloupe. Enzymes are essential to our health. They assist in digestion and are a part of every chemical process in the body, from building muscles to producing red blood cells. Fruit can be completely digested without help from the body, whereas, a piece of medium-

rare sirloin steak requires over 30% of the energy supplied to the body for its digestion.

If you eat a balance of 80% raw and 20% cooked food, you have achieved a healthy diet. Some have gone to a 100% raw-food diet. This strange breed is called *Rawetarians*. It is a challenging discipline, but the benefits far outweigh the cost of giving up cooked foods. *Rawetarians* experience phenomenal health and vitality. The closer you move to a diet of raw foods, the healthier you will become. It is that simple!

3) Natural Unprocessed

We are certainly well versed on how damaging food can become when processed or cooked. In the recipe book, *God's Banquet Table*, there will be no harmful, processed sugar, transformed fatty acids, dairy products, processed food, preservatives and additives, food coloring or eggs present in our recipes. We will include high-quality recipes that involve cooking, although we encourage you to eat a high percentage of raw food.

These three standards will determine the order our recipes are laid out—from best to good.

Healthy eating will result in a lean, youthful body. And you will be able to eat until your heart's content. Raw fruits and vegetables are filling, and packed with nutrition, soluble and insoluble fiber, and low in calories.

Simplicity

Who wants to live in the kitchen? An argument we hear against people eating healthier is that they don't have time. Reaching into the fridge, pulling out a fruit, rinsing it under the tap, and eating it for breakfast, redefines the term, *fast food*.

The recipes are kept as simple as possible. You will have to educate yourself in some new foods, natural sweeteners, unprocessed oils, whole grain pastas, etc., but it will be well worth your time.

Eating fruits and vegetables in season is inexpensive. If they are grown locally, they will be picked ripe, resulting in a higher-quality taste and nutrition. It is only recently that we have been able to eat such a huge variety of different foods, shipped in from all over the world. This variety is totally unnecessary for health. There should be no fear in eating a simple diet of foods that are on sale at your local supermarket.

Our recipes are going to be fun, healthy, creative, delicious, colorful, unique, simple but not without a challenge. Let's be creative! God is creative. The worst thing we can do is to become dogmatic in creating our culinary delights. Everyone has different tastes, and that is what makes the world so diverse.

One of the most exciting things about traveling around the world is experiencing the wonderful varieties of food that have developed from other cultures. You can

tell a lot about a culture by looking at how people eat. Our recipes are going to be a symphony of cultures, foods and flavors from around the world. We are going to equip you with the raw materials and information to help you become a *kitchen inventor*.

Have fun and experiment. You never know, you may come up with a new, world-famous dish. The creations that you can make with healthy food are only limited to your imagination!

Food Combining

Food-combining charts never were nailed to the trees of Eden, because, if you eat mostly fruits and vegetables, you will never have to worry about food combinations. You can mix any fruit into a fruit salad and it will digest perfectly. It is the same for vegetables—any mixture will work; lemon and apples also work to boost a salad. The challenges to digestion start when mixing proteins, fruits, starches and fats combined with coffee or sugared drinks. The body does have the ability to digest the worst food combinations, even when they are barely chewed, but this is far from optimum digestion.

Here are some basics in food combining. Do not mix protein and fruits. Do not mix fruit with starch. Starch and protein are best eaten with a salad or cooked vegetables. Eating simpler with fewer food combinations will aid digestion.

Enjoy What You Eat

Eating slowly and enjoying your food will help you to be satisfied with less. Learn how to make healthy, appetizing food which is pleasing to the eye and taste buds. (*God's Banquet Table*) Snack foods are commonly eaten because they are so easily available. Having healthy food in the fridge ready to eat will make you eager to eat them. Pay attention to the act of eating instead of worrying and problem solving. Feel good about all the positive changes you are making in your diet. (*Eating in Freedom*)

Eat When Hungry

You should not eat unless you are hungry, as the blood is filled with calories and the excess is turned to fat. If you want to be thin, eat smaller amounts when you are hungry. In a few minutes after you stop eating, hunger passes even if you eat a smaller portion. Overeating taxes the body and creates excessive mucus. Feed the body, starve the cravings, and don't feed depression. (*Eating in Freedom*)

Chew Your Food

Through the process of digestion, carbohydrates, fats and proteins are broken down in stages, by chemical means, until all the large molecules are reduced in size to water-soluble molecules which are small enough to squeeze into the billions of

blood capillaries imbedded in the intestinal wall. The bloodstream circulates these molecules until they enter the cellular fluid, which surrounds the cell. The molecules then pass through the cell membrane into the cell. The most important part of this entire process is chewing. The more you chew the more nutrients you absorb and the less work your digestive system has to do. Chewing also increases the pleasure of eating and stops addictive eating. Chew each mouthful about 30 times.

Exercise For Mental And Physical Well-Being

Exercising improves circulation, stimulates digestion, strengthens the heart muscles, improves the circulation of nutrients and oxygen, increases the elimination of wastes, improves the function of the colon, cleans and increases lung capacity, lowers triglyceride levels and uric acid levels, decreases platelet stickiness, increases flexibility, motor functions and insulin-receptor sensitivity. Exercise improves the functioning of all the organs and lymph glands. The liquid which cleans the cells is absorbed by the lymph glands that need motion to dump cellular waste. Increased exercise will improve the lymph's ability to keep the cells clean. Exercise builds confidence and discipline. Cleansing the lymphatic system increases metabolism for weight management.

Fasting For Spiritual And Physical Cleansing

Years of drug abuse had devastated my health. When I heard about fasting I was at the point where I was willing to try anything. On a 30-day juice fast, not only was my health renewed but I also discovered vitality, energy, clarity of mind and the aging process was drastically reduced. The fast renewed my passion for life and deepened my relationship with God. Next to becoming a Christian, this fast had the second greatest impact on my life. Regular periods of detoxification and cleansing through juice fasting or a raw food diet. Fasting can be a launching board to dietary change and a tranquil time for spiritual refreshment. (*Fasting to Freedom*)

Drink Water

Drinking water rests the digestive system. Replace tea, coffee, pop and drinks with water. Sugared drinks make you thirsty for more sugared drinks. The mouth has more bacteria and more tooth decay. Drinking water reduces calorie consumption and cleanses the body. It is also cheap. Crystal clear streams of cool, refreshing water were the thirst quenchers of Eden. Make sure the water is purified.

A Balanced Approach To Change

I knew my health seminar was effective when a husband came home from work and went into shock when he looked into the fridge. The wife's new found zeal about living healthy was overpowered by a Fred Flintstone roar from the kitchen,

Where's my steak dinner? With unbending resolution, she declared that the neighbors were given the unhealthy, canned food as the dog came in chewing the steak bone. For months, I still remember the dirty looks from the husband. He said that he was starving because of me but admitted to feeling better. No matter how enthused you are, you need to consider the needs of the family. You may be making healthy changes, but they will feel forced to eat foods they do not want and you will have a mutiny on your hands. Healthy changes are more permanent when they come over time. Many small steps reach a destination.

Chapter 15

The Best Macronutrients

Carbohydrates, Proteins and Fats

In Canada, we used to separate our food into four food groups: meat, milk, fruits and vegetables and grains. But in reality there are only three macronutrients: carbohydrates, fats and proteins. Fruits, sugar and starch are carbohydrates because they break down into simple sugars. The difference between fruit and bread is that bread takes more digestion to break down into simple sugars.

The Best Carbohydrates

Carbs are the *feel good foods*. Fresh bread and butter, toasted bagels, potatoes with sour cream and chives are tasty, satisfying, sustaining foods. Carbs are the biggest macronutrients as the body runs on glucose. We need them for fuel and, without carbs, our diet is out of balance. The diet books that recommend a low carb diet and eating excess meat or fatty foods to lose weight only acidifies the blood, increases digestive strain, cholesterol and mucus in the intestine. Weight loss, through a high protein or a high fat diet, has a price.

What you want to know is what are the best carbohydrates for health. A quick look at the *Glycemic Index* will show that carbs have very different properties in how they digest and release glucose. Good carbs release their energy gradually, which is easier on the pancreas and the body will not need to convert excessive glucose to fat. Slow-releasing sugars will also stop sugar highs and dips that cause fatigue and reduce hunger triggered by low blood sugar. Carbs also have different quality of fiber and nutritional content. Some carbs are more mucus-forming, depending on gluten content. These simple criteria will be used to determine the best carbohydrates.

White flour fails the criteria miserably, definitely at the bottom of the scale for health value. No fiber, useless synthetic vitamins, highly mucus forming and high on the *Glycemic Index*. Whole wheat bread is a bit better but a long way from being totally healthy. White sugar also got the boot from the class because it has no nutrients, no fiber and blasts blood sugar levels. Whole natural foods are the best to eat.

The Glycemic Index needs to be kept in perspective. Carrots are very high in the Glycemic Index but make an amazing nutrition-packed juice. The body can handle sugar peaks with ease. The problem comes with 30 years of continual indulgence in foods that spike blood sugar levels. Also remember that eating a large meal of foods low on the index will have a greater blood sugar impact. Sipping on a

glass of carrot juice over 10 minutes will also dramatically lower the speed of absorption.

Cooked yams are better than potatoes but raw yams are even better. Try an avocado dip with thin yam slices. Rye bread is better than wheat products because it has less gluten. Brown rice is better than white rice but high in calories and best avoided if you are trying to lose weight. Beans have natural proteins and the starch from them is easy to digest but can cause gas. I find beans too heavy and mucus-forming to include in my diet. Millet is good but you have to play around to get it to taste good.

Quinoa is one of the best carbohydrates. It is easily digested, the least mucus-forming and requires the least amount of cooking time of all grains. Quinoa is the food that is most like mother's milk in nutritional properties. A cup of cooked quinoa is equivalent to a quart of milk, in calcium. This is also a more easily digested form of calcium. It is about 6% higher in protein than wheat, barley, corn and rice. The quality of this protein is what makes quinoa so exciting. All essential amino acids are present and are considered to be in perfect balance. Quinoa can be found in most health food stores. All this info and more can be found in *God's Banquet Table*.

The Best Protein

When I tell people to eat mostly fruit and vegetables the first question they ask is where will I get my protein? There are many choices that will assist you on the path to better health. Almonds are an excellent choice. One hundred grams of this delightful nut will yield 18 grams of protein. They are low in starch and are more than 50% unsaturated oil. Almond oil is high in oleic acid and rich in vitamin E, having a sweet aroma and extremely stable because the oil is monounsaturated. Eating almonds have a healing effect on the skin. They also contain linoleic acid and are a good source of phosphorous and iron. One hundred milligrams of almonds contain 5 milligrams of iron compared with 3 milligrams of iron in two eggs. As with all nuts and seeds, almonds are rich in B vitamins. They are also high in calcium—a cup of almonds contains 332 milligrams of calcium.

Raw nut butters and nut milks are fabulously delicious. Almonds are a great alternative for the elderly who find it difficult to digest raw nuts. We are going to provide for you some delectable recipes where you can discover the versatility of nuts, especially almonds. Raw sesame, sunflower, walnuts, cashew all have excellent proteins. One pound of peanuts contains more protein than a pound of meat and 2 ½ times the protein of a pound of eggs. Sesame seeds are 19% protein, compared with 13% in eggs and an excellent source of B vitamins and minerals. Sunflower seeds are 22% protein.

If you find raw nuts hard to digest try mixing them with raisins. There are many meat replacement products that are made with soy but there is a brewing

controversy over the health benefits of soy. Soy may or may not agree with you. I find soymilk mucus-forming and meat substitutes too heavy. If you are changing from a fried food diet then this will be a massive step forward. It all depends on where you are in your path to health.

Oats are a good source of protein, inexpensive and easy to prepare. To make delicious porridge buy whole oats and soak them overnight before cooking. Make sure you chew oats well as they are slightly mucus forming. The natural soft fibers of oats make morning bowel movements a breeze.

Fish is a good source of protein as it is easy to digest and has essential oils. Tuna is a standard for weightlifting and weight loss as it has almost no fat. One can of tuna per day was my only source of protein for my 150 lb, frame during three years of heavy weight training in the gym, swimming and cycling. A tuna salad is one of my favorite meals. Yet, like any fish, tuna has toxins that can build up in the system, therefore it is better to limit tuna intake to two-to-three cans per week and alternating with other fish.

Free-range poultry baked with the skin removed is also a good source of protein. Meat is best eaten, baked or broiled with as much of the fat removed as possible. Liver has a high concentration of toxins in a cow. There are sources of iron less toxic than liver. You do not have to be a vegetarian to be healthy but you will have to eat much smaller amount of protein if you want to feel some of the astounding benefits God's Perfect Diet offers.

The Best Fats And Oils

Greasy, fried foods are addictive. Potato chips, french fries and bacon all create cravings. Not so with natural fats and oils. Avocados, walnuts and flax seed do not demand your body with urges because your body is content and well nourished. In the area of fats and oils, a few simple changes can have a drastic effect on health and weight loss. Changing from store bought salad dressing to a flax oil dressing will have a massive impact on the nutrition of your cells. Omega 3 and 6 dissolve heavy toxic saturated fat in the blood and help countless functions in the body. They are called essential because you need them. Flax seed is one-third oil, the remainder consisting of fiber, protein and mucilage. In our salad dressing section, there are several dressings made from flax. Flax oil, when cold-press extracted, is one of the greatest sources of essential fatty acids.

Raw, shelled pumpkin seeds are dark green and absolutely delicious. Pumpkin seed oil contains both omega 3 and omega 6 fatty acids and a high source of vitamin A, calcium and iron, and small amounts of protein, B1, B2 and B3. Raw pumpkin seeds are delicious on vegetable salads. Half the oil in raw peanuts is unsaturated and half of that again is the essential oil, linoleic acid. Sunflower seeds contain 50% oil. For every 100 grams, sunflower seeds contain 30 grams of unsaturated fats and 30 milligrams of essential linoleic acid, which reduces

cholesterol deposits in the arteries and veins. If you are trying to break an addiction to high-fat foods, they may be a healthy alternative and will satisfy fat cravings. If you are buying raw nuts, do not buy them crushed as the delicate oil is exposed to air and heat. Try to buy refrigerated nuts.

Avocados, although low in essential fatty acids, are excellent at satisfying the craving for fatty foods. Avocado dips and dressings are a delicious alternative to toxic store-bought dips. Avocados can be eaten by cutting them open and adding a flavor like barbeque sauce, mustard, ketchup, salsa, cinnamon and honey or even jam. Avocados should not be brown inside as the oil is rancid.

Chapter 16

Eating for Healing, Weight Loss and Performance

If you ask doctors what to eat to heal the body, they will tell you to eat a balanced diet. Doctors cannot provide even a basic understanding of nutrition, let alone lay out the optimum diet for healing the body. Yet, diet can be the most power-preventative measure we have against disease and for the healing of our bodies.

By far, juice fasting, with the use a juicer, is the best choice for detoxification and cellular renewal. The fast can be 3-to-30 days, depending on your needs. *Fasting to Freedom* will clearly explain everything you need to know to conduct a successful fast. Why fasting is so effective is that toxins, dead diseased and dying cells, catobolize as the body conducts the clean up of three trillion cells. A clean body saturated with enzymes, phytochemicals, nutrients and trace elements are in the perfect position for healing. To get you inspired, there are numerous testimonies of healing in the back of the book.

To use food as a medicine you need to cut out all mucus forming foods. The body cannot heal when it is flooded with mucus. Even one piece of bread per day will slow the healing process. The diet has to be most raw fruits and vegetables with small portions of fish, nuts or poultry for protein. Drinking fresh fruit juices daily, especially a raw veggie juice combination, will have a large impact in healing the body. You do not have to eat this way forever but you will need at least thirty days to see significant changes in your health.

Eating For Weight Loss

If all North Americans climbed onto a huge scale, it is estimated that we would be 2,500,000,000 lb. overweight! Two nations supporting the biggest belly on earth.

Being overweight is not the problem—it's a *symptom*! Overweight, chronic fatigue, lack of energy, foggy-mindedness, allergies, susceptibility to flues, colds, depression, disease, body odor, poor complexion and even hair loss are common symptoms of living on the modern diet.

Excess fat is nothing more than extra calories stored in the fat cells. The purpose of fat cells is to be fuel for times of famine. For North America, famine does not exist; instead, in an attempt to fulfill emotional needs, there is a continual indulgence of high-calorie food. The fat cells get bigger and the body gets pudgier.

Each pound of fat has approximately 3,500 calories and the only way to get rid of it is to use it as fuel for the body. Juice fasting is perfect. I saw people lose over 50 pounds in 30 days without flabby skin. Natural elasticity and skin tone had been restored. Their friends were in shock the difference was so amazing. And the weight never came back. Exercise and a diet high in raw foods became a lifetime way of eating that kept them thin. The chapter, *Fasting for Weight Loss*, in the book *Fasting to Freedom*, will give you all the details to achieve rapid, safe weight loss without flabbiness.

My life was controlled by food. Moderation was never my strong point. When it came to ice cream, one scoop was never enough. I once ate a two-and-a-half gallon tub of maple walnut ice cream. It almost froze my stomach. To make matters worse, it was my roommate's ice cream! Afterwards, I felt so bad, I put a chain through the handles of the refrigerator and cupboards and told my roommate, *Here's the key to your food*. He wasn't impressed.

The book, *Eating In Freedom*, was written after years of continual battles with compulsive eating in a desperate attempt to get free. I discovered biblical principles for keeping my thought life pure and reassuring. With each chapter, I learned, and by the end of the book, for the first time in my life, I was free from food addiction. Not only did it work for me but for thousands of other, too. No fancy, secret knowledge; just methods to change how you think, because when you change how you think, you change how you eat. If you use the techniques of *Eating In Freedom* in conjunction with *Fasting To Freedom*, practice short fasts of two-to five-days and master breaking the fast, then you will get the benefits of fasting and freedom from addiction. Once you get your diet and thinking to this point, it becomes a life style and you will naturally want the foods that are good for you.

Godliness is the fruit of a pure thought life. The desire for sin falls away. Joy comes, and we are blessed in everything we do. When you are blessed, you can be a blessing to others. Isn't that how you want to live? Free like a bird soaring on the winds of joy? Fluffy, white emotions glide by as you fly on the wings of pure, peaceful thoughts. Through disciplining your thoughts, you can control your diet.

You don't need another diet program. What you need is a lifetime way of eating that supports health. If you are over weight, you are eating too many calories. What if I told you that you could still eat the same amount as you are eating now and lose weight? The key is food density. A Big Mac is a calorie-dense food as it has very little moisture and usually needs a large pop to settle it down in the stomach. A melon can be filling, yet supply one-fifth of the calories with far more nutrition.

Cantaloupes are packed with vitamins A and C. Per pound, this fruit has 15,000 I.U. of vitamin A and three times the vitamin C content of apples. It also contains myoinositol, a lipid that helps with anxiety, insomnia and in battling hardening of the arteries. Cantaloupes contain the greatest amount of digestive enzymes. Melons are recommended by the American Cancer Society as powerful agents in the fight

against intestinal cancer and the all-too-common skin cancer, melanoma. One average-sized cantaloupe contains approximately 100 calories, yet is dense in nutrients. This makes melons a perfect food for weight loss. Delicious, filling and low in calories.

No fancy pills, gimmicks or weird diet to try—it is simple—eating more fruits and vegetables will help you to get healthy and lose weight.

Eating For Athletic Performance

After two months of my van chugging, stalling and spluttering along, I added one can of fuel-injector cleaner and, to my amazement, my dying engine returned from death to full performance. I wish it was so simple for the human body. One can of \$5 cellular cleaner, and the body runs at optimum capacity.

For an athlete to have a body functioning at peak performance, it needs to be clean. You may not want to do a 30-day juice fast, but fasting one day a week on juice and eating more fruits and vegetables will increase athletic performance. A clean body recovers faster after a workout, offering greater capacity for both strength and endurance.

The second thing needed for athletic performance is nutrients, but not just any nutrients, clean burning, easy-to-digest nutrients so the body does not require excessive work in digestion that burdens the body. Fruits and whole foods offer just that.

After being at different gyms for 15 years you watch a lot of people come and go. One of the two most common mistakes I see are poor technique which does not isolate the muscle but puts unnecessary strain on the back or ligaments and overdosing on protein.

Eating one more gram of protein than you need burdens the body, and most athletes are eating way more than that. Excess protein reduces performance. Recent studies show that the protein requirements are much less than previously thought. I maintained an excellent, muscular condition with only one can of tuna per day, about one third of what was recommended. I tried two cans per day, but found it mucus forming and too heavy on the stomach and did not offer any gain but instead reduced the intensity of the workout. With one can per day, I could bench-press 225 lb. That was 70 lbs over my body weight. The rest of my diet was raw fruits and vegetables.

The other thing that slows down athletic performance is overeating. Even overeating fruits and vegetables reduced the intensity of my workout. Not getting enough sleep reduces athletic performance, as the body needs more rest for recovery. I also discovered that the one of the best boosters for a workout was taking a thermos of cantaloupe juice to the gym which improved endurance.

Eat a heavy starch and meat meal then go to the gym one hour later. Try it with fruit; the difference is amazing. Fruit does not give the tired heavy feeling after you eat it. You can easily eat a huge fruit meal then engage in a vigorous workout.

Every athlete needs to experiment with various workouts and foods to find what works the best. Use the information provided to lay out a basic diet to start. See how you perform, then make changes to improve performance. Eating healthy will allow the quickest performance gains.

~

It would have been fun to climb an almond tree in Eden. One small shake of the branch delivered midnight snacks for a month. A huge green vending machine, dispensing small, airtight packs of essential oils and proteins. A perfect place for a vine hammock.

Chapter 17

Staying on The Diet

Your body has the potential to be a muscled Olympic athlete reaching for the gold or a bulging couch potato reaching for a snack. It is your choice. The potential athlete within you requires painful sacrifice, discipline and dedication, but the rewards are stronger muscles, ligaments and bones and a youthful body. To achieve the lowest human potential on earth, that of a couch potato, all you have to do is remain horizontal, watch TV and eat addictively. By doing so, you develop a lifestyle that would reduce *Superman* into *The Human Blob* in two years. The rewards are not pretty.

Weakness, disease, genetic limitation, and injuries do not reduce your potential. You are perfectly created for His purpose. Bumps, wrinkles and limitations are all part of the *Plan*. Limitations are a gauntlet to become stronger. Every great man and woman of God had serious limitations. Be the best you can be. That is all God wants.

There are rare people, like the apostle Paul, who overcame, no matter what obstacle was in their way. For them, there is no such thing as being up the creek without a paddle. They will make one or swim the rest. Unfortunately, most people have tremendous skills and abilities, but never get into the boat because the water is cold. The difference between the two groups is that the overcomers have a vision that is worthy of the sacrifice.

After five years of drug abuse, my first trip to the gym was a little discouraging. The lightest weights felt heavy but not as heavy as my personal psychosis that believed everyone was looking at the *wimp* lifting the girl's weights. Twenty years later, I am well past the 10 lb. plastic weights and working out is a regular part of life, but at the start I had to push past all the inertial of a lazy self-centered life, and maintain the discipline until my body started to adapt. As it did, it became easier and easier to lift more weight until finally, the plastic colored dumbbells were behind me forever.

Adapting To A New Diet

Adaptation can unleash God's intended potential or erode it. When I took illegal drugs as a youth, my body adapted, became addicted and needed drugs to function normally. After breaking free from drugs and working out for six months, my body adapted and needed the workouts for balance. Missing workouts for a few days would cause irritation and nervousness, which only increased the desire to work out. After adaptation, the body craves going to the gym.

Changing my diet was similar to quitting drugs. My emotions became anxious and unsettled, but eventually, they calmed down and my body adapted to the new diet. I used to eat huge stomach-stretching meals of heavy food. Now, I eat small amounts of raw fruit and veggies several times per day and feel satisfied. But, feeling satisfied did not come overnight. I had to change my diet for a period of time until my body adapted.

Lifting weights once will not cause your body to adapt. There has to be a frequency of repetition. If you eat a fruit meal and your stomach gurgles, and the next day, you get diarrhea, it is important to know that your body will not respond that way forever. The next time you eat a fruit meal, the reaction will be less intense as the body starts to adapt. It may take days or even weeks but it will happen. It is all about making the change, then hanging tough until the body adapts. After adaptation, eating sliced cantaloupe and banana for lunch become the perfect meal. No stomachs upset, a nice content feeling in the stomach and perfectly smooth, high-speed bowel movements the next day.

Diet Battles and Failures

As the world chews contentedly on pizza, burgers, and chips, slurping with delight, as if to rub in their freedom, you stand steadfast as a rock of discipline. Yet, even the toughest rock can be cracked with a blow to the right spot. When resolve weakens, diet is the first thing to fall. If you can't drink or get stoned to numb a problem, food is the obvious choice to feel good.

For a person with lactose intolerance, a milkshake is a forbidden treat that quickly turns into a stomachache. Diet becomes crucial to well-being, leaving very little room for blowing it. I know the position well. I get headaches and feel sick if I eat processed food or dairy products. My diet is important to every aspect of my life. It affects my attitude, faith, energy and clarity of mind. I used to blow my diet daily which reflected the state of my thought life. I have come a long way from being a deranged food addict, but still far from perfection. Failure has become a constant reminder that this is a journey and not a destination. Every flaw and every ache are reminders that this is not heaven.

Bread and milk can be harder to quit than drugs. Pizza, bagels and submarines are formidable foods. Even after three months of sinus-clear freedom, cheesy bagel memories stir old fires. Then, as soon as you eat one bagel *for a treat*, refined flour sneaks back into the diet. One bagel is too much and a thousand is never enough. Before you know it, bread and dairy foods are transforming you into a *Pillsbury Dough Boy*.

To break free from any addiction, you have to want to break free. Failures can deepen resolve. When your stomach hurts from binging on junk food, that is the time to make the pain count to your advantage. Be thankful for failing and let the pain of failure build the desire for freedom. Want it enough and you will break free.

The quick fix does not exist. Expect to fail. Success comes through many small victories and failures. When you blow it, do not beat yourself up with excessive guilt. Remember the reasons why the diet is important. Think of all the benefits you have received and build the desire to be healthy. Do you want to honor God in how you eat? Pray with the depth of your heart; a bagel battle is not small to Him. See yourself eating healthy and enjoying vitality and freedom. Get angry; a bagel is controlling your life. Be a fighter and not a quitter. You are born for victory over the bagel. You will overcome, believe it! Read the *Bible*. We win!

Detoxification Cycles

Most people who start eating a diet high in raw fruit and vegetables feel great for most of the day, then that night or the next morning, they are hit with headaches, a coated yellow tongue, foul breath, weakness or dizziness. This reaction is because the body is detoxifying. It is similar to cleaning out a twenty-year-old septic tank. Your blood is overloaded with the sludge of years of toxic living. The breath smells and you feel sick because the blood is filled with putrefying waste exiting the body.

Do not be alarmed if you experience these symptoms. This is good. *God's Perfect Diet* has the ability to effectively detoxify the body. Raw fruits and veggies detox the body because there is less need for digestion and the immune system has lots of enzymes, antioxidants and phytochemicals to perform a thorough clean-up of cellular waste. Juice fasting is even more powerful at detoxifying the body. The body is supplied with nutrients while being completely free of digestive work, enabling the body to deeply cleanse.

People engage in 30-day juice fasts because it takes that long to detoxify. Detoxifying on a raw food diet is much slower but you will experience all the unpleasant effects of detoxification. The body detoxifies in cycles. You can go days and feel great then the detoxification reactions return. Your skin may look pale and sickly and people will say that your diet is not working. These are tough times to endure. We want our diet to make us feel good, not bad.

The stricter you are in eating raw, the more intense the detoxification. Even small amounts of processed food, starch, processed oil or milk products will drastically slow or halt detoxification. Any mucus-forming food demands full response from the immune system and stops the clean-up until the mucus is eliminated. If you eat mucus-forming food daily, it must continually work at cleansing mucus.

God's Perfect Diet is a bit of a roller coaster ride that evens out the longer you stay on it. There will be a few bumps and curves along the road, but if you know they are coming you can travel on undaunted.

Sacrifice Purpose and Regret

No worthy achievement is without work and sacrifice. Dreams have to be fought for. Your dream may be to have a happy healthy home for your children or just to regain some semblance of health you once knew. Dreams have to be fought for.

Is the sacrifice worth it? The answer depends on what you want out of life. For the person with blind faith that they are immune to cancer or heart disease, the concept of sacrificing appetizing food is foolish. For those with a higher purpose, there is no sacrifice too large, no failure that cannot be overcome and no challenge too immense.

I have a dream of touching the world through knowledge that brings freedom in Christ, a dream that embraces every nation, people and place. I could have picked a smaller dream but this one stirs me up and makes me willing to sacrifice. Many times I have strayed from the path of my purpose for pleasure or chased the illusion that it took money to serve God, but all He wanted is my willingness and dedication to serve Him.

The alcoholic will look back on his life with regret. The dying cancer patient wishes he/she had been more health conscious. The regret is from failing the standard they knew they could have achieved.

Sadly, I admit to failing so many times in trying to live up to *The Highest Standard*. I have given God less than second best. At times I feel I am the most useless of all servants, yet I know God wants one thing—the willingness to try. Even in my weakest moment, I can still try. To try is to live without regrets. If you give your best effort, He will give you His best.

Chapter 18

Final Message

The Lord has led us forward with each day. No longer do we live in the darkness of our indulgent past. The days of escaping through junk food and eating ourselves sick are now over. God has provided every resource needed for physical and spiritual health. We can now take care of the temple with which we have been entrusted and eat to nourish, cleanse and protect this sacred place.

Imagine a church with muddy carpets, layers of dust, peeling paint and junk cluttering up the isles. Such a mess would offend most Christians. Yet, we do that very thing with the temple of God.

Many eyes peered over His shoulder as Christ meticulously braided strips of leather. Hours passed and each guessed its purpose. As He raised his hand and lashed the vendors, the reaction was one of shock, offence and anger. If you wanted to make powerful enemies, the whip was the perfect tool. Yet, the whip was not a tool but a message that spoke louder and than any words. It was braided with a love that defends at all cost. It was raised with a passion for purity and aimed at everything that degraded the Temple of God.

The stomach, sex organs or feelings make dangerous masters. Every response and emotion designed for total connection is attached to addictive living and the defilement of the human body. It is a well-worn path. Neon signs beckon above shrines worshiping flavor and millions come. The Bible calls it *the way of the world*.

If you want to have the presence of God in your life, to know the *glory*, you will have to pick up a whip in the temple. Fasting, praying, and eating natural foods become the lash of a whip, and a life style that refuses to degrade the temple through feeding the carnal appetite. A simple act of eating a fruit salad becomes the lash of the whip, denying the flesh of addictive pleasures. The benefits are health, a clear conscience and peace with God. Obedience and discipline releases His blessings.

Spring-cleaning is important but it is more important to keep His house clean. Make a list of all the things that are to be improved or removed from your life. A spiritual, spring clean-up leaves a tidy soul ready for a visit. A broom will work but sometimes you have to use a whip.

No More Compromise

It is time to stop compromising what we eat. We have no excuses. We know what is right and wrong. How can we ignore what has been provided? All the damage to health we have examined is due to compromise but God never

compromises. Excellence, quality, integrity and virtue are His standards. In this carefree, disposable society, where medical science has grown fat on a fix-it mentality, His healing is the real thing. Whether it comes through prayer, fasting or a change in diet, His healing brings renewal, the opposite of medical adjustment or intervention. The side effects are abundant: health, long life, super-clear sinuses, vivacious energy, easy bowel movements and unquenchable enthusiasm. It is no accident that food in its natural state is filled with countless varieties of delectable flavors and textures. Healthy eating was never intended to be bland or boring because your health is important to God.

The Provider

In our fast-food era, it is hard to understand eating as being a form of communion. Communion is for church and food is to keep you going. Food can be eaten stressed out, behind a steering wheel or anywhere you are hungry. The last thing we think about is food as a bonding experience between God and us.

Two thousand years ago, people planted precious seed, prayed for rain and watched their crops with expectation. Hard work and patience brought a harvest time and great celebration. A good crop secured food for the winter.

A loaf of bread required milling and baking in clay ovens. It was made fresh every few days because they lacked frost-free refrigerators. A loaf of fresh bread on the dinner table brought excitement and appreciation. There was a connection between the loaf of bread, the earth and God the Provider.

Once, I had a garden. I was not sure about the soil, so to be sure, I added *two yards* of compost to my 12 by 20 ft plot. I hung over it with a garden hose like a doting grandmother, looking for signs of growth. To my surprise, sprouts broke the surface in my well-organized rows of beets, lettuce, leeks, cucumbers and tomatoes. My dirty fingers pulled pesky weeds in a war for sunlight. Every day it grew, more and more, till my garden looked like a jungle with lettuce over two feet high and hundreds of tomatoes.

When the harvest came, I fed the neighborhood. Everyone loved my garden gifts. With a big salad on the table, life was good and we enjoyed every bite. I had a sense of awe staring at those veggies. *I grew that!* Looking back, I can see a connection between the garden, the food and God that made me appreciate life. Microwave food does not seem to have that effect. We take it for granted.

Eating a meal prepared as a gift in the tranquil company of family or friends touches our hearts and brings us closer. A meal prepared in love leaves messy crumbs, warm memories and a feeling of connection.

Invite the Lord to supper with you. Set a place for Him. Give thanks for the food before you, and with each bite, savor the blessing, as it has been made together with love.

The Messenger

God is dramatic, artistic, and romantic with an irrepressible nature. So filled with life that nothing can hold Him down, not even the grave. We cannot restrict His greatness with superficial labels or self-righteous theology. His very nature demands awe, respect and admiration. Anything less is an insult.

He loves to teach, but does not need a pulpit. He could speak through every flower or rock, yet He wants to speak through you. A Christian filled with unquenchable enthusiasm, energy, love and health is His voice of hope to a sick and dying world, an ambassador of the Creator of Life and a magnet to those who suffer.

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The perfect diet is out there, but not in the way that you think. There is no one perfect diet that works for every single person on this entire planet. That's impossible. Each person has a different set of nutritional requirements to keep them healthy. Many diets will sustain you or keep you alive. That doesn't mean that they are good for you long term. A perfect diet should: Be High in Nutrients. Move away from the food group philosophy and toward a nutrient philosophy.