



The Bible Diet

**What Does The Bible
Really Say about Food?**
THE VITAL TRUTH
SO MUCH NEEDED TODAY!

SUPPORTED BY SCIENTIFIC FACTS

BY ANNE LAURE WYNTER

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SUMMARY

Who am I & testimony	5
Intentions	8
A very important note about faith	10
4 good reasons why God is concerned about our diet	12

CHAPTER 1: FROM THE BEGINNING

1- The original diet: Plant-based	16
2- But later some meats were allowed to be eaten	17
3- Bible verses about food that are often misinterpreted	19
4- What are clean and unclean animals?	25
5- So why did God make the unclean animals?	28
6- Some health consequences of eating unclean animals	30

CHAPTER 2: TODAY

1- Are clean animals always safe to eat?	31
2- Scientific facts about animal products	32
3- The health benefits of a plant-based diet	33
4- Calcium, iron & protein in a plant-based diet	35
5- Fibers	39
6- Eggs	40
7- Dairy products	43
8- Environment & ethic	45
9- Processed foods - sugar - fats -sodium	48
10- Drinks	57
11- Temperance & spiritual health	65
12- Fasting	68
13- Caring for children and grand-children	75

CHAPTER 3: THE LAST DAYS

1- Daniel & his friends	80
2- The 3 angels messages	83
3- Intensifying deception	91
4- Not judging one another	95
5- God's judgment	96
6- Lifestyle changes can be hard but there is help	100

7- Jesus: our example	103
8- The Holy Spirit	104
9- Prayer: a lifestyle priority	108
10- Prayer for healing	111
11- Diet: not a criteria of salvation, but...	116
12- The Bible ends as it begins & God's promise	117
Sources	118
Hungry for more?	119

Who am I & testimony

How to start? I usually only prefer to talk about myself to my close relatives. But it is better to know a little about the person who wrote the book we are reading, right? And I pray that knowing a little bit of me, including some of my testimony, will help someone. So let's get started.

THE BASICS

I am a happy wife and mom of 2 adorable boys. I was born in the South of France, where I also grew up. My father is French and my mother is Cabo Verdean. I believe that this mix of cultures forged my personality and helped me to be an open-minded and curious person, and also a lover of tasty food.

EARLY DOUBTS ABOUT MY SPIRITUAL BELIEFS

When I was a child I was always trying to find the answers to existential questions: *"Why am I here?", "What is my purpose?", "How was such a thing made?", "Why is there so much evil?", "Why are there so many inequalities?", "Why are there so many religions and confusions?"*... The questions I asked myself were pretty pessimistic. I grew up in a Christian Catholic environment and I always had doubts about what people around me were telling me about God; nevertheless, I still felt deep inside of me that there was a God and that I had a guardian angel. Even though, in my teen years, I was claiming to be an atheist because I didn't understand why, if there is a God, there is so much evil, I was often finding myself praying alone in my bedroom when I was feeling down. I know now that all my prayers were heard, with many of them answered, and that I was guided by the Holy Spirit.

QUESTIONS FINALLY ANSWERED

Later, during an internship in New York, I met my amazing husband, and as I got to know him, I learned that he was a "Seventh Day Adventist". "Seventh... what?", "Is it a sect or something like that?" I asked him. In France, I had never heard of this religious denomination. But I learned later that there are many Seventh Day Adventists in the USA, in the Caribbean, and more and more

everywhere in the world. After I asked him these questions, he smiled and just told me that they are Christians who believe in following the Bible, love the Lord and their neighbors and that their teachings are the teachings of Jesus found in the Holy Bible. They also go to church on Saturday and don't eat pork. I was very surprised and still skeptical. I never opened a real Bible in my life and I didn't understand. The only Christian books that I opened in the past were kids Bibles during Catechism, and a few Bible stories full of images.

Despite my mistrust, my husband who was my boyfriend at this time never pushed me into believing anything and respected my opinion. But as the days passed, many questions were popping into my head, and I asked them to my husband who answered with kindness while showing me the verses in the Bible which were very good at answering my questions. As I fell in love with him, I told myself that I can't be narrow-minded and make myself an opinion without even trying to learn more and that I have to at least try to read the Bible for myself, which might bring me to a better understanding.

I went through the pages of the KJV Bible and I was amazed by the words of truth and everything became so obvious and clear. All the questions I asked myself in the past were answered. It didn't happen overnight, but in a matter of 2 years, I was finally sure of who I am, why I am here, why nature is so beautiful, why there is evil in our world, why there are so many spiritual confusions and religions. The key to understanding was, in fact, easy to reach: to read and study the Bible.

HAPPIER, STRONGER AND MORE CONFIDENT

In 2015, I acknowledged Jesus as my savior, and that he died for our sins and I was baptized by full immersion. Since then I know that the Holy Spirit is working on me and I am closer to God every day. I am a happier, stronger and a more confident person. And my heart is less troubled by what is happening in the world. I know that there will always be ups and downs in my life and in this world, but as long as I lean on Jesus, I will be fine in times of trouble.

SO WHY THIS BOOK?

By now, you might ask yourself why I decided to write this book. I have always loved good food, and my mother was a great example for me as she taught me to cook simple recipes that were healthy and hearty. My two older brothers are also an inspiration to me as they both work in the culinary field. My issue has always been to find out how I can control my weight and my physical and mental health with my love for eating. When I was younger, I had extra pounds and I was always comparing myself to people I saw in the media, which is, unfortunately, the situation of many teenagers today. As I grew up I became more fit, not because I was eating better but because I was exercising more. After each of my pregnancies, I gained some weight which had an impact on my health, and I was less energetic. I was trying diverse diets and among them a protein-based diet. I had to eat a lot of meat and after the diet, I was gaining back weight. As time passed, I had more and more displeasure when I ate meat. I could eat it in small quantities, but not a lot. I was thinking more and more about becoming a vegetarian but I knew it had to be done progressively, so I didn't force myself but I prayed to God for guidance. Day after day I came across a lot of information in books and on the web about health, which were not theories but facts. I also found myself reading the parts of the Bible regarding food and I realized how much the Bible health principles match many scientific facts about health. I know now why and what God says about the food we eat, and why it is so important for every Christian to follow it. I am now a vegetarian, transitioning to a wholefood plant-based diet little by little, and I love it! I have come a long way. Indeed, I used to eat any kind of meat (from chicken, to snail and even shark). And it is only with the help of God that I now eat much healthier and that I enjoy it so much. Breaking bad habits is a process, but it is very possible as you will read in the following pages. This book is the product of my love for Jesus, for my brothers and sisters (yes you are, too), and of my passion for the Bible and healthy food.

Intentions

The main intention of this book is to help others by sharing what I know about Bible health principals. As it is written: *"Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."* - Matthew 5:15-16. As Christians, we can't keep the words of truth for ourselves, and it is great to tell others. And as little as it might seem, the subject of food and diet is in fact very important, especially today! This book includes information about the benefits of eating a plant-based diet in harmony with Bible principles, nevertheless it does not intend to make anyone believe that eating animal products is always a sin (As you will read, it sometimes is a sin). The main message of this book is about the importance of avoiding certain things and being temperate in other things; because what we put in our bodies can have more consequences on our lives than we may think. This book also intends to encourage anyone who might struggle with bad eating habits and to lead them to the Bible and the message of love, hope, and salvation.

This book does not intend to encourage people to lose weight. The title of this book is "The Bible Diet" and the word "diet" can have a connotation to "weight loss" but by definition a diet is "the kinds of food that a person, animal, or community habitually eat". It could also be defined as "a special course of food to which one restricts oneself, either to lose weight or for medical reasons", but even if the information in this book could help someone to lose weight for health reasons, it is intended to share information to help others achieve a better health, and to know God. You will find in the following pages that what we eat has consequences on our brain, and therefore on our communication with the Lord. To better understand the message of this book and to avoid misinterpretation, it is recommended to read it as a whole, and to not isolate one sentence from its surrounding sentences.

The information in this book is educational and is not intended to replace medical advice offered by physicians. The use of any information contained herein is at the sole discretion of the reader and the author is not liable for any negative effects or results. The author is also not worthy of praise for any positive effects or results - to God be all the glory.

A VERY IMPORTANT NOTE ABOUT FAITH

Before I share with you about what the Bible says regarding diet, I must mention that those things come hand in hand with the most important message that is found throughout the Bible, and emphasized in the New testament: the message of righteousness by faith. This is the most important message to share in our present time. I can not share all the precious Bible verses about it in this book as there are so many. The plan of salvation is simple, but to the carnal mind it might be hard to understand, so I will help a little here. I will share the major points about this beautiful message, and I encourage you to pray, and to read in the Bible the verses I will share here:

- **God is righteous:** Psalm 145:1, Psalm 36:6, Psalm 119:142, Psalm 11:7, Psalm 92:15
- **We must become righteousness and stop sinning:** Matthew 5:48, 1 Corinthians 15:34, Ephesians 4:22-24, Ephesians 5:9, 1 Timothy 6 11, 1 John 5:17
- **Nevertheless, it is not inherent to human nature. all have sinned and come short of the glory of god:** Romans 3:23, Romans 7:14, Romans 3:10, Romans 7:18, Romans 1:29
- **Many were righteous in god's eyes:** Abel: Matthew 23:35, Hebrews 11:4; Noah: Genesis 7:1, Genesis 6:9, Abraham: Romans 4:3; Lot: 2 Peter 2:7- 8; Zacharias and Elizabeth: Luke 1:6; some gentils to whom Paul had preached: Romans 9:30, Romans 6:17-22
- **These people were people with the same human nature as us, and they didn't live in the perfect environment:** 2 Peter 2:7,8
- **We are not made righteous by our works:** Romans 3:20-22.
- **The law is holy, and just, and good. And by the law is the knowledge of sin, but not the deliverance from sin.** The law is like a mirror showing us our sins but it can not erase sins, neither our own efforts. No effort from the sinner to obey the law can cancel his guilt or bring to him the righteousness of God: Romans 7:12-13, Romans 3: 20
- **God has provided one only way by which we can be cleansed from all unrighteousness and be clothed and filled with his perfect righteousness:** Acts 4:12

- We are righteous by faith: Romans 1:16-17, Romans 3:22, 25.
- **For example Abraham was righteous in God's sight, not by works but by faith:** Romans 4:2
- **By placing faith in the sacrificial blood of Christ, the sins of the believer are completely eradicated:** Hebrews 9:22, 1 John 1:7, Hebrews 9:14, Romans 5:9
- **It is written for us today:** Romans 4:21-25
- **Jesus suffered like no other man ever did, but He thought about what we can become, and counted it joy to suffer for us:** Hebrews 12:2
- **We can have peace with God:** Romans 5:1
- **As it is written in James chapter 2, there is no real faith without works. Because of our faith in Jesus and our love for Him, we become a new creature, God helps us to obey his commandments, and our works we do become second nature. We obey God not to be saved but because we are saved. God helps us to overcome our sins, and he will finish the work in us just as he promised:** Hebrews 12:2, James 2:14-26, Corinthians 5:17, Philippians 1:6-7, Matthew 19:26

What a **profound expression of God's boundless love** and grace for all. The radiant love of God emanating from the crucifixion at Calvary reaches into the depths of a person's heart. In response, one surrenders (James 4:7, James 4:10), repents (Acts 3:19), confesses their sins (1 John 1:9) through prayer to God, and turns away from sin (John 8:11), and through faith, embraces Christ as their savior. The moment this transformation occurs, the individual is embraced as a cherished child of God (Galatians 3:26). Every sin is pardoned, and the burden of guilt is lifted (Psalms 86:5, 1 John 1:9, Matthew 11:28-30). This person is deemed righteous and justified in accordance with divine law (Ephesians 1:7), and becomes a new creature. This is the essence of righteousness through faith.

In the next pages, you will discover that God has an ideal for us when it comes to diet. Lifestyle changes can sometimes be hard, but God is our helper, and he is ready to come to the rescue in times of need, and in times of temptation.

4 GOOD REASONS WHY GOD IS CONCERNED ABOUT OUR DIET

I must also mention that God is concerned about our overall health, not only about what we eat. But what we eat plays a big role in our overall health.

So here are 4 good reasons why God is concerned about our health:

1- Because He loves us and He wants us to be well

The Bible contains many verses that teach us how much God loves us. Here are a few of them:

- John 3:16: *"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."*
- 1 John 4:19: *"We love him because he first loved us."*
- 1 John 4:8: *"He that loveth not knoweth not God; for God is love."*
- Psalm 103:8: *"The LORD is merciful and gracious, slow to anger, and plenteous in mercy."*
- Isaiah 41:10 *"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."*
- Revelation 21:4: *"And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away."*
- Matthew 4:23: *"And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people."*

- 3 John 2: *"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."*
- John 10:10: *"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly."*

2- Because He communicates with us through our brain

God communicates with us in many ways such as through His words in the Bible, His Spirit, prayer, and even through other people, nature, music, or circumstances. But without a brain, we could not hear, see, feel, and therefore communicate and understand. The brain is an organ, and all our good emotions, feelings, mood, decisions, and energy depends on the good health of our brain. It is also obvious that if our mind is clear, it is easier to pay attention and understand things. The food we eat has an impact on our brain health. By eating healthy, it is easier to hear God's calling, to understand the words of the Bible and to be a witness for the Lord. We'll also be happier, and will positively shine our light upon others. Of course, there are so many temptations out there when it comes to eating or drinking, and the Devil is making these bad temptations look good and even sometimes look healthy, and he is using them to deteriorate our communication with God. We have to remember that he is the king of lies and deceptions, and for every truth, he has many counterfeits.

- *"And the serpent said unto the woman, Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil."* - Genesis 3:4-5
- *"And no marvel; for Satan himself is transformed into an angel of light."* - 2 Corinthians 11:14
- *"For there shall arise false Christs, and false prophets, and shall show great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect."* - Matthew 24:24

Learn more about Satan's deception on page 88.

3- Because He made us and we are His children

Every creation needs a creator. God made us with an intelligence we can't even imagine. Our bodies are such that even the wisest scientists in our world can't know everything about it. When we see the things in nature around us, we might think about how wonderful they are, but the human body is even more wonderfully made.

- *"So God created man in his own image, in the image of God created he him; male and female created he them." - Genesis 1:27*

God has a relationship with human beings that He doesn't have with other creatures on earth. Like a good father, God is love and he is also just. His corrections and his laws are for our own good and our protection.

- *"For ye are all the children of God by faith in Christ Jesus." Galatians 3:26*
- *"And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty." - 2 Corinthians 6:18*
- *"For as many as are led by the Spirit of God, they are the sons of God." - Romans 8:14*

4- Because our body is the temple of the Holy Spirit

We are not our own. In other words we don't own our own body. To set us free from bondage, Jesus Christ purchased us with his blood. As the Holy Spirit resides in us, we must use our bodies and all our capacities to glorify God.

- *"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." - 1 Corinthians 6:19- 20*

- *"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." - Romans 12:1*
- *"Forasmuch as ye know that ye were not redeemed with corruptible things, as silver and gold, from your vain conversation received by tradition from your fathers; But with the precious blood of Christ, as of a lamb without blemish and without spot" - 1 Peter 1:18-19*

CHAPTER 1: FROM THE BEGINNING

1- THE ORIGINAL DIET: PLANT-BASED

God gave Adam and Eve what was the best for the human race.

- *"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you, it shall be for meat." - Genesis 1:29*

At the beginning all creatures including Adam and Eve were living in harmony and in health. Fruits, seeds and nuts were the food that were making Adam and Eve happy.

Later on, God extended Adam and Eve's diet to vegetables

After they disobeyed God and had been tempted by the Devil to eat from the tree of knowledge of good and evil, Adam and Eve were to add vegetables to their diet.

- *"And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;" Genesis 3:17-18*

Along with fruits, grains and nuts, vegetables also constituted Adam and Eve diet.

Let us also acknowledge this verse: *"He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth;" - Psalms 104:14.* **God knew that sin will cause sickness and added herbs to our diet for our service.**

God original plan for humankind tells us what was and still is today the best food for us.

God created us and knows our body, and He gave from the beginning what was and still is best for the health of all of our organs.

2- BUT LATER EATING “SOME” FLESH MEATS WERE ALLOWED TO BE EATEN

After the flood

After the flood, God granted permission to Noah and his family to eat animal flesh.

We might wonder why God allowed Noah and his family to eat animals. After the flood there was no more plant based food on earth for Noah's family to survive. There might have been some green herbs and small trees but it was not what could make them stay alive. It was therefore necessary for them to eat animal flesh.

But there were some conditions:

God allowed men to eat the “clean” animals ONLY

In Leviticus, we can find instructions that God gave to His people. God spoke to Moses and told him which beasts can be eaten and the ones that can't be eaten; in other words which meat is clean and which meat is unclean.

- *"This is the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth: To make a difference between the unclean and the clean, and between the beast that may be eaten and the beast that may not be eaten." - Leviticus 11:46-47*
- *"Thou shalt not eat any abominable thing" - Deuteronomy 14:3*

Details on clean and unclean meat from page 23.

We also learn that God restricted men from consuming the clean animals blood and fat:

- *"But flesh with the life thereof, which is the blood thereof, shall ye not eat." - Genesis 9:4*
- *"It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood." - Leviticus 3:17*
- *"That ye abstain from meats offered to idols, and from blood" - Acts 15:29*

Is the law of clean and unclean meat valid for all today?

Many people have been misled into believing that the law of clean and unclean animals is only for the Jewish nation.

Nevertheless, **way before the Jewish nation even existed, we find the notion of "unclean" and "clean" living creatures.**

Prior to the flood, God told Noah:

- *"Of every clean beast thou shalt take to thee by sevens, the male and his female: and of beasts that are not clean by two, the male and his female." - Genesis 7:2*

Before this event, Noah already knew what animals were clean or unclean.

We can also read in Isaiah 66:15-17 that the law of clean and unclean animals **will still have to be obeyed at the second coming of Jesus:**

- *"For, behold, the Lord will come with fire, And with his chariots like a whirlwind, To render his anger with fury, And his rebuke with flames of fire. For by fire and by his sword will the Lord plead with all flesh: And the slain of the Lord shall be many. They that sanctify themselves, and purify themselves in the gardens Behind one tree in the midst, **eating swine's flesh, and the abomination, and the mouse, Shall be consumed together, saith the Lord**".*

We can also think that God's laws were nailed to the cross. Indeed some laws were nailed to the cross, and these were the ceremonial

laws that were pointing to Jesus death and resurrection. But the other laws were not nailed to the cross.

Jesus didn't come to abolish the law but to fulfill it. He said:

- *"Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled. Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven."* Matthew 5:17-19
- Jesus also said: *"If ye love me, keep my commandments."* - John 14:15
- And it is written: *"For this is the love of God, that we keep his commandments: and his commandments are not grievous."* - 1 John 5:3

3- BIBLE VERSES ABOUT FOOD THAT ARE OFTEN MISINTERPRETED

We all can make the mistake of choosing one Bible verse and interpret it in a way that it will suit our lifestyle and make us have a better conscience. But we must look at the evidence in God's words and take into consideration the surrounding verses and all the other verses on a same subject. Choosing and interpreting a Bible verse the way we please won't actually make our life better, because the truth actually sets us free. *"And ye shall know the truth, and the truth shall make you free."* - John 8:32.

Also, we have to remember that the Bible contains symbol and parables to express the meaning of a message and to make us understand things better.

PETER VISION: *"And he became very hungry, and would have eaten: but while they made ready, he fell into a trance, And saw heaven opened, and a certain vessel descending unto him, as it had been a*

great sheet knit at the four corners, and let down to the earth: Wherein were all manner of fourfooted beasts of the earth, and wild beasts, and creeping things, and fowls of the air. And there came a voice to him, Rise, Peter; kill, and eat. But Peter said, Not so, Lord; for I have never eaten any thing that is common or unclean. And the voice spake unto him again the second time, What God hath cleansed, that call not thou common. This was done thrice: and the vessel was received up again into heaven." - Acts 10:10-16

---> Taken into context

If we take the whole chapter in its context, this vision was given to Peter to symbolize that the gospel was to be preached to the gentiles. Indeed these verses have nothing to do with God telling Peter to eat unclean food. The unclean animals in the vision were a metaphor to symbolize the gentiles (commonly means non-Jew), as we can read in the following verses:

"Now while Peter doubted in himself what this vision which he had seen should mean, behold, the men which were sent from Cornelius had made enquiry for Simon's house, and stood before the gate, And called, and asked whether Simon, which was surnamed Peter, were lodged there. While Peter thought on the vision, the Spirit said unto him, Behold, three men seek thee. Arise therefore, and get thee down, and go with them, doubting nothing: for I have sent them. Then Peter went down to the men which were sent unto him from Cornelius; and said, Behold, I am he whom ye seek: what is the cause wherefore ye are come? And they said, Cornelius the centurion, a just man, and one that feareth God, and of good report among all the nation of the Jews, was warned from God by an holy angel to send for thee into his house, and to hear words of thee. Then called he them in, and lodged them. And on the morrow Peter went away with them, and certain brethren from Joppa accompanied him. And the morrow after they entered into Caesarea. And Cornelius waited for them, and had called together his kinsmen and near friends. And as Peter was coming in, Cornelius met him, and fell down at his feet, and worshipped him. But Peter took him up, saying, Stand up; I myself also am a man. And as he talked with him, he went in, and found many that were come together. And he said unto them, Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but God hath shewed me that I should not call any

man common or unclean. Therefore came I unto you without gainsaying, as soon as I was sent for: I ask therefore for what intent ye have sent for me? And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing, And said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God. Send therefore to Joppa, and call hither Simon, whose surname is Peter; he is lodged in the house of one Simon a tanner by the sea side: who, when he cometh, shall speak unto thee. Immediately therefore I sent to thee; and thou hast well done that thou art come. Now therefore are we all here present before God, to hear all things that are commanded thee of God. Then Peter opened his mouth, and said, Of a truth I perceive that God is no respecter of persons: But in every nation he that feareth him, and worketh righteousness, is accepted with him." Acts 10: 17-35

MATTHEW 15:11: "Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man." and **MARK 7:15:** "There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man."

Taken into context --->

The issue came from the Pharisees tradition of "washing hands" before eating. They had a "test of fellowship": If you eat the food we legislate, in the way we legislate, washing your hands the way we legislate, you will be considered worthy of fellowship. Jesus didn't conform to that and did not demand that His men conform to it either. Jesus is not teaching against washing our hands, neither is he teaching that it doesn't matter what we eat or drink. He says that what defiles, is the sin that comes from our heart, not the food we put in our stomach or the way we wash our hands. And Jesus explicitly said that His "metaphor" was about unwashed food, not unclean food. And on the contrary, Jesus repeated here again about the commandments and the law, and that he is against traditions.

"Then came to Jesus scribes and Pharisees, which were of Jerusalem, saying, Why do thy disciples transgress the tradition of the elders? for they wash not their hands when they eat bread. But he answered and said unto them, Why do ye also transgress the commandment of God by your tradition? For God commanded,

saying, Honour thy father and mother: and, He that curseth father or mother, let him die the death. But ye say, Whosoever shall say to his father or his mother, It is a gift, by whatsoever thou mightest be profited by me; And honour not his father or his mother, he shall be free. Thus have ye made the commandment of God of none effect by your tradition. Ye hypocrites, well did Esaias prophesy of you, saying, This people draweth nigh unto me with their mouth, and honoureth me with their lips; but their heart is far from me. But in vain they do worship me, teaching for doctrines the commandments of men. And he called the multitude, and said unto them, Hear, and understand: Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man. Then came his disciples, and said unto him, Knowest thou that the Pharisees were offended, after they heard this saying? But he answered and said, Every plant, which my heavenly Father hath not planted, shall be rooted up. Let them alone: they be blind leaders of the blind. And if the blind lead the blind, both shall fall into the ditch. Then answered Peter and said unto him, Declare unto us this parable. And Jesus said, Are ye also yet without understanding? Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: These are the things which defile a man: but to eat with unwashen hands defileth not a man." Matthew 15:1-20

1 TIMOTHY 4:4: *"For every creature of God is good, and nothing to be refused, if it be received with thanksgiving"*

Taken into context --->

This verse seems to mean that all flesh can now be eaten. But by reading the surrounding verses we can understand what it really means. In the following

verse, I Timothy 4:5, we can read *"For it is sanctified by the word of God and prayer"*. Sanctify means to set apart for a specific purpose. Some creatures are sanctified by God. The sanctified meats are revealed in Leviticus 11 and Deuteronomy 14.

ROMANS 8:1: *"There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit."*

Taken into context --->

We should not misunderstand what it means to walk after the flesh or after the spirit. There is no middle. Or we are with God, or we are with Satan (sometimes without even knowing it). To better understand, let's read the following verses, and especially verses 6 to 8: *"For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be. So then they that are in the flesh cannot please God."* Those who walk after the flesh are carnal minded, in other words, they have passions and appetites for worldly, temporal and sinful things. Those who walk after the spirit are those who follow Christ and who love Him, and therefore keep His commandments.

1 TIMOTHY 4:1-3: *"Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; Speaking lies in hypocrisy; having their conscience seared with a hot iron; Forbidding to marry, and commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth."*

Taken into context --->

By studying the Bible and history we can recognize the group that these verses describe, who not only command to abstain from meats but also forbid to marry. But the goal here is not to focus on their identity. The Greek word for meat here is "brōma" which means "foods". If we put the words of these verses into context this group tells its followers that they should stop eating what is obviously clean foods *"which God hath created to be received with thanksgiving of them which believe and know the truth"*. The following verse also tells us *"For it is sanctified by the word of God and prayer"*. So through these verses, God tells us that anything that passes this 2 tests is good for food: 1) it must be sanctified by the Bible 2) we should pray over it with thanksgiving. These are 2 requirements for the food to be acceptable in a Christian diet. There

are certain foods that are sanctified by the word of God, which are the clean meats.

GENESIS 9:3: *"Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things"*

Taken into context --->

By reading this verse alone we might think that God tells us that we can eat all the creatures that we would like. But it is the case? Thinking so would mean that God tells us that we can even eat some creatures that are toxic to us and could immediately kill us. God also told us that we can eat "even the green herb", but everyone knows that there are some varieties we can not eat such as poison ivy. We have to use our common sense and the term "every moving thing" must be taken in the same manner as "even as the green herbs."

Also when we place this verse into its context we learn that it was told to Noah after the flood. As mentioned on page 15, the clean animals were to go in the ark by 7 and the unclean by 2 (Genesis 7:2). If God allowed Noah and his family to eat even the unclean animals, many of them would have become extinct.

Also, before making our own conclusions, we must take into consideration all the verses in the Bible on the same topic. It is clear when we read the other verses on this topic that God allows his people to eat certain foods and to abstain from others (Learn more from page 15). God also made it clear that at the end, those who consumed abominable things (and who knew it) will be consumed: *"They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, eating swine's flesh, and the abomination, and the mouse, shall be consumed together, saith the LORD."* - Isaiah 66:17

4- WHAT ARE CLEAN AND UNCLEAN ANIMALS?

CLEAN: MAY BE EATEN

ALTHOUGH THIS LIST IS NOT EXHAUSTIVE, IT REVEALS GUIDELINES FOR RECOGNIZING ANIMALS THAT ARE ACCEPTABLE FOR FOOD

Chicken, Turkey, Grouse, Partridge, Pheasant, Pigeon, Prairie chicken, Ptarmigan, Quail, Sagehen

In Deuteronomy 14:11-20, a list of birds is given to signify which birds are unclean and not to be eaten; basically, all the rest can be consumed. Here is what Deuteronomy 14:11-20 says:

- *"Of all clean birds ye shall eat. But these are they of which ye shall not eat: the eagle, and the ossifrage, and the ospray, And the glee, and the kite, and the vulture after his kind, And every raven after his kind, And the owl, and the night hawk, and the cuckow, and the hawk after his kind, The little owl, and the great owl, and the swan, And the pelican, and the gier eagle, and the cormorant, And the stork, and the heron after her kind, and the lapwing, and the bat. And every creeping thing that flieth is unclean unto you: they shall not be eaten. But of all clean fowls ye may eat."*

Antelope, Bison (buffalo), Caribou, Cattle (beef, veal), Deer (venison), Elk, Gazelle, goat, Hart, Ibex, Moose, Ox, Reindeer, Sheep (lamb, mutton)

- *"Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat." - Leviticus 11:3*
- *"The hart, and the roebuck, and the fallow deer, and the wild goat, and the pygarg, and the wild ox, and the chamois. And every beast that parteth the hoof, and cleaveth the cleft into two claws, and cheweth the cud among the beasts, that ye shall eat." - Deuteronomy 14:5-6*

Fish with fins and scales

Anchovy, Barracuda, Bass, Black Pomfret, Bluefish, Bluegill, Carp, Cod, Crappie, Drum, Flounder, Grouper, Grunt, Haddock, Hake, Halibut, Hardhead, Herring, Kingfish, Mackerel, Mahimahi, dolphinfish (not the mammal dolphin), Minnow, Mullet, Perch, Pike, Pollack, Rockfish, Salmon, Sardine, Shad, Silver hake, Smelt, Snapper, Sole, Steelhead, Sucker, Sunfish, Tarpon, Trout, Tuna, Whitefish.

- *"These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat." - Leviticus 11:9*

Locust, bald locust beetle, grasshopper

- *"Yet these may ye eat of every flying creeping thing that goeth upon all four, which have legs above their feet, to leap withal upon the earth; Even these of them ye may eat; the locust after his kind, and the bald locust after his kind, and the beetle after his kind, and the grasshopper after his kind." - Leviticus 11:21-22*

UNCLEAN: MAY NOT BE EATEN

ALTHOUGH THIS LIST IS NOT EXHAUSTIVE, IT REVEALS GUIDELINES FOR RECOGNIZING ANIMALS THAT ARE NOT ACCEPTABLE FOR FOOD

Pig, peccary, boar

- *"And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you." - Leviticus 11:7*

Rabbit, hare

- *"And the coney, because he cheweth the cud, but divideth not the hoof; he is unclean unto you." - Leviticus 11:5 "And the hare, because he cheweth the cud, but divideth not the hoof; he is unclean unto you." - Leviticus 11:6*

Water creatures

Shellfish (Abalone, Clam, Crab, Crayfish, Lobster, Mussel, Prawn, Oyster, Scallop, Shrimp) Soft body (Cuttlefish, Jellyfish, Limpet, Octopus, calamari)

Sea mammals (Dolphin, Otter, Porpoise, Seal, Walrus, Whale)

Fish with no fins and no scales (Bullhead, Catfish, Eel, European Turbot, Marlin, Paddlefish, Sculpin, Shark, Stickleback, Squid, Sturgeon (includes most caviar), Swordfish)

- *"And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you" - Leviticus 11:10*

Camel, horse, donkey, zebra, mule

- *"Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: as the camel, because he cheweth the cud, but divideth not the hoof; he is unclean unto you" - Leviticus 11:4*
- *"The carcasses of every beast which divideth the hoof, and is not clovenfooted, nor cheweth the cud, are unclean unto you: every one that toucheth them shall be unclean." Leviticus 11:26*

Apes, bears, canines such as dogs and wolves, felines such as cats and lions:

- *"And whatsoever goeth upon his paws, among all manner of beasts that go on all four, those are unclean unto you: whoso toucheth their carcase shall be unclean until the even." - Leviticus 11:27*

Eagle, vulture, ossifrage, ospray, kite, owl, hawk, cuckow, cormorant, swan, pelican, stork, heron, lapwing, bat:

- *"And these are they which ye shall have in abomination among the fowls; they shall not be eaten, they are an abomination: the eagle, and the ossifrage, and the ospray, And the vulture, and the kite after his kind; Every raven after*

his kind; And the owl, and the night hawk, and the cuckow, and the hawk after his kind, And the little owl, and the cormorant, and the great owl, And the swan, and the pelican, and the gier eagle, And the stork, the heron after her kind, and the lapwing, and the bat. All fowls that creep, going upon all four, shall be an abomination unto you." - Leviticus 11:13-20

All insects, except the locust, the bald locust, the beetle, the grasshopper after their kind:

- *"And every creeping thing that creepeth upon the earth shall be an abomination; it shall not be eaten. Whatsoever goeth upon the belly, and whatsoever goeth upon all four, or whatsoever hath more feet among all creeping things that creep upon the earth, them ye shall not eat; for they are an abomination." - Leviticus 11:41-42*
- *"But all other flying creeping things, which have four feet, shall be an abomination unto you." - Leviticus 11:23*

Reptiles (Alligator, Caiman, Crocodile, Lizard, Snake, Turtle), Amphibians (Blindworm, Frog, Newt, Salamander, Toad), snail, mole, mouse, rat:

- *"These also shall be unclean unto you among the creeping things that creep upon the earth; the weasel, and the mouse, and the tortoise after his kind, And the ferret, and the chameleon, and the lizard, and the snail, and the mole." - Leviticus 11:29-30*

**5- SO WHY DID GOD MAKE THE UNCLEAN ANIMALS?
...AND WHY WOULD THEY BE CATEGORIZED AS "UNCLEAN"?**

God enjoys and loves all creatures, and they all have a purpose. In His wisdom, God knows why he created all things. If you look at everything in nature, all things have been perfectly made and are well organized. Of course, things are less and less well organized because of sin resulting in human destruction and selfishness.

Here are some of the Bible verses that tell us how much God cares for all creatures:

- *"And God made the beast of the earth after his kind, and cattle after their kind, and everything that creepeth upon the earth after his kind: and God saw that it was good." - Genesis 1:25*
- *"O LORD, how manifold are thy works! in wisdom hast thou made them all: the earth is full of thy riches" - Psalm 104:24*
- *"Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?" -Matthew 6:26*
- *"And should not I spare Nineveh, that great city, wherein are more than sixscore thousand persons that cannot discern between their right hand and their left hand; and also much cattle?"Jonah 4:11*
- *"The glory of the LORD shall endure for ever: the LORD shall rejoice in his works." - Psalm 104:31*

Some animals have been categorized as "unclean" by God, not because they are less beautiful or less useful.

If you list the unclean animals, many are non-vegetarian. Many are carnivores and some are even scavengers (Definition of scavenger: an animal, such as a pig, a vulture or a crab, that feeds on dead or decaying matters.) If they are eaten, they can be harmful to our health.

Some animals have been created to be a cleanup crew for the earth, the bottoms of lakes, rivers, and oceans such as the pigs, vultures, crabs or oysters. Others balance the circle of life. Indeed, carnivores are prey animals that help to control the populations of other animals.

Let's get some examples of nature's vacuum cleaners:

- Example 1: Lobsters walk at the bottom of the oceans and scavenge for dead animals and debris. Dead fish are even

sometimes buried by lobsters and then dug up to be eaten little by little.

- Example 2: Crabs can eat anything and are known to be "garbage hunters".
- Example 3: Shrimp also feed off of dead and decaying matter.
- Example 4: Oyster, clams, mussels, and scallops have been created for a great purpose. They purify the water. They are stationary, meaning that they can not hunt and we can find them in streams, coastal areas and lakes and they are considered filter-feeders. They pump large amounts of water over their gills, trapping small pieces of viruses, bacteria and plant debris to eat them.
- Example 5: Pigs eat just about anything and everything, hairs, bones, defecations and many other unimaginable things. They can clean up a field full of garbage.
- Example 6: Eagles or other carnivorous animals are obviously very important to control the populations of other groups of animals.

6- SOME HEALTH CONSEQUENCES OF EATING UNCLEAN ANIMALS

We have to remember that when we eat an animal we are also eating everything they have eaten. Eating unclean animals can give us many serious diseases.

For example, the pig eats many bad things and has no sweat glands, and from their birth to their death, they retain in their fat every particle of bacteria that they come in contact with. Along with other unclean animals, pigs can transmit to humans "**trichinosis**" which is caused by the small worm that finds his way into animal and human muscle.

Other unclean animals can transmit infections to humans such as **parasitic infection** (mainly from undercooked crabs, shrimp or snails).

Other conditions such as salmonella, hepatitis A, cholera or paralytic can be caused by shellfish poisoning. Raw oysters, mussels, and clams are responsible for 85% of all illnesses caused by eating seafood according to the FDA.

In addition, oceans, lakes, and streams are more and more polluted and full of toxins and heavy metals.

Eating aquatic scavenger creatures can be harmful to human health. It is also known that pregnant women, the elderly and people with compromised immune systems are warned against eating this kind of animal.

CHAPTER 2: TODAY

1- ARE CLEAN ANIMALS ALWAYS SAFE TO EAT?

Of course, today because of pollution and because of certain conditions animals are living in, even some animals classified as "clean" **can be harmful to our health**. Most of the animals commercialized for our food supply today are mistreated and medicated, and pollution of the earth and waters is increasing. Therefore many animals carry diseases today, a phenomenon that is increasing over time. A diseased animal that we eat can bring diseases upon us.

Very often, the owners of diseased animals are so afraid to keep them that they are taken to the market and sold. Processes to make animals bigger are unnatural and unhealthy for human consumption.

And many times, the distance of animal transportation is so long and hard for the poor beasts that they end up becoming weak, stressed and sick.

Blood is life, and among the things that produce good blood in our bodies is the good food we eat. Bad blood brings diseases. All the elements of nutrition necessary to make good blood are contained in a vegetarian diet.

God loves us and he gave us free will, so that we are not forced to love Him (otherwise it would not be real love), and **we are free to make choices**. But it is important to acknowledge that it is not necessary to take God's creatures life to supply our feeding needs, and that in certain times in history, God permitted man to eat some meats because of some circumstances (For example, just after the flood there was a lack of vegetation, so Noah and his family were permitted to eat flesh meat. And later, God allowed the Hebrews to eat meat because of their rebellion). It is true that in some parts of the world it is a big challenge or even sometimes impossible to follow a strictly wholefood plant-based diet. But in many parts of the world, God has made available for mankind options that help to have good health. No matter where his children live and what food is available, the best efforts, made by faith and giving all the glory to God, will be rewarded.

2- SCIENTIFIC FACTS ABOUT ANIMAL PRODUCTS

There are facts that are interesting to consider about animal products. Here are a few of them:

- In a diet, animal products are the only source of **cholesterol** and the main source of **saturated fat**
- Animal products **contain no fiber**, and fiber is known to improve health. For example, it helps reduce cholesterol levels. (Read more about fibers from page 37).
- Eating meat can also promote **bone loss**, as it forces calcium out of the body. This calcium extraction along with oxalate and uric extraction caused by a diet too rich in protein, especially animal protein, can cause tract stones
- Eating meat promotes **cancer** in many forms
- Meat-eaters are three times more likely to be **obese** than vegetarians, and nine times more likely than vegans. On

average, vegans are 10 to 20 pounds lighter than adult meat-eaters

- According to the U.S. Department of Agriculture (USDA), 70 percent of food poisoning is caused by contaminated animal flesh. In the USA alone, 76 million illnesses are caused by diseases such as **E. Coli or Salmonella**, each year, and often lead to hospitalization and even death.
- There is also the growing problem of **antibiotic resistance**. Antibiotics are also used on animals to promote their growth and to keep alive those who live in terrible conditions. The consumption of meat treated with antibiotics makes people more resistant to antibiotics when they are sick and really need it.

3- THE HEALTH BENEFITS OF A PLANT-BASED DIET

Plant foods are loaded with nutrients to protect our health and therefore can be one of the healthiest ways to eat.

Plant-based diets are naturally

- Low in saturated fat
- High in fiber
- High in cancer-protective phytochemicals
- High in anti-inflammatory properties
- High in antioxidant properties

An evidence-based review from the Academy of Nutrition and Dietetics showed that **compared to meat-eaters, vegetarians have:**

- Lower risk of death from ischemic heart disease
- Lower low-density lipoprotein cholesterol levels
- Lower blood pressure
- Lower rates of hypertension
- Lower risk to develop type 2 diabetes
- Lower body mass index
- Lower overall cancer rates
- Lower risk of heart disease
- Lower risk of chronic disease
- Higher metabolic rates

In England and Germany studies have shown that vegetarians are about **40 percent less likely to develop cancer** compared to meat-eaters.

In the United States, studies of Seventh-Day Adventists (church that is known for promoting a plant-based diet) have shown significant reductions in cancer risk among those who avoided meat.

In China, where many people follow plant-based diets, studies have shown that breast cancer rates are much lower than in nations in the west. But in Japan where many people follow meat-based diets, studies have shown that women are eight times more likely to develop breast cancer than women who follow a more traditional plant-based diet.

In 1985, a Swedish study demonstrated that individuals who have asthma and who practice a plant-based diet for an entire year have less need for medications and **less frequent and severe asthma attacks**. 22 of the 24 subjects reported improvement by the end of the year.

According to a study (the largest of its kind) of more than 73,000 people published in the Journal of the American Medical Association (JAMA), vegetarians **live longer** than meat-eaters.

Plant-based diets can reverse some diseases

Studies have demonstrated that **atherosclerosis** (hardening of the arteries) could be reversed by a low-fat, high-fiber, vegetarian or vegan diet combined with stress reduction techniques, smoking cessation, and exercise, or combined with prudent drug intervention.

With a low-fat, vegetarian diet and with regular exercise, non-insulin-dependent (adult-onset) **diabetes** can be better controlled and could even be eliminated.

4- CALCIUM, IRON & PROTEIN IN A PLANT-BASED DIET

It is known that a plant-based diet is rich in fiber, magnesium, and many vitamins like A, C, and E. But there is a common question asked by many and it is “does a plant-based diet contain enough calcium, iron, and protein?”.

Here is information about these vitamins and minerals, why you need it, how much you need it and how you can get it in a plant-based diet.

This information is educational, and it is recommended to consult a doctor in case of deficiency.

CALCIUM

Why do we need it?

Calcium is a mineral that is necessary for life. In addition to building bones and keeping them healthy, calcium enables our blood to clot, our muscles to contract, and our heart to beat. About 99% of the calcium in our bodies is in our bones and teeth.

How much of it do we need?

- Babies younger than 6 months old: 200 mg per day
- Babies 7 to 11 months old: 260 mg per day
- Kids 1 to 3 years old: 700 mg per day
- Kids 4 to 8 years old: 1,000 mg per day
- Kids and teens 9 to 18 years old: 1,300 mg per day
- Men and women 19 to 50 years old: 1,000 mg per day
- Women over 50: 1,200 mg per day
- Men over 50: 1,000 mg per day
- Men over 70: 1,200 mg per day

Where can we find calcium in a plant-based diet?

- Fortified almond, soy, or rice milk: 300-500mg/ 8 ounces
- Collard greens, cooked: 270 mg / 1 cup
- Turnip greens, steamed or boiled: 200 mg / 1 cup

- Mustard greens, steamed or boiled: 160 mg / 1 cup
- Bok choy, steamed or boiled: 150 mg / 1 cup
- Tempeh: 120 mg / 4 ounces
- Tahini: 120 mg / 2 tablespoons
- Dried figs: 120 mg / 1/2 cup
- Extra firm tofu: 100 mg – 150 mg / 3 ounces
- Oats, instant: 100 mg / 1 serving
- Kale, steamed or boiled: 100 mg / 1 cup
- Shelled edamame, steamed: 100 mg / 1 cup
- Silken tofu: 80 mg / 3 ounces
- Blackstrap molasses: 80 mg / 1 tablespoon
- Almond butter: 80 mg / 2 tablespoons
- Almonds: 80 mg / 1 ounce
- Orange: 70 mg / 1 cup sections
- White pea beans, cooked: 65 mg / ½ cup
- Broccoli, steamed or boiled: 60 mg / 1 cup
- Pinto beans, cooked: 50 mg / ½ cup...

Advice: Be sure to get enough vitamin D because it helps your body absorb calcium. So if you can, enjoy the sunshine with moderation.

IRON

Why do we need it?

Iron is a mineral. The major reason we need it is that it helps to transport oxygen throughout the body. If we are not getting sufficient oxygen in the body, we are going to become fatigued. That exhaustion can affect everything from our brain function to our immune system's ability to fight off infections. Iron is also necessary to maintain healthy cells, skin, hair, and nails.

How much of it do we need?

- Babies younger than 6 months old: 0.27 mg per day
- Babies 7 to 12 months old: 11 mg per day
- Kids 1 to 3 years old: 7 mg per day
- Kids 4 to 8 years old: 10 mg per day
- Kids and teens 9 to 13 years old: 8 mg per day
- Male teens 14 to 18 years old: 11 mg per day
- Female teens 14 to 18 years old: 15 mg per day
- Pregnant women 19 to 50 years old: 27 mg per day

- Breastfeeding women 19 to 50 years old: 9 mg per day
- Women and men over 51 years old: 8 mg per day

Where can you find iron in a plant-based diet?

- Soybeans: 8.8 mg / 1 cup
- Tofu and tempeh: 3–3.6 mg / 6 ounces
- Lentils: 6.6 mg / 1 cup
- White, lima, red kidney and navy beans: 4.4–6.6 mg / 1 cup
- Chickpeas and black-eyed peas: 4.6–5.2 mg / 1 cup
- Pumpkin, sesame, hemp, and flaxseeds: 1.2–4.2 mg / 2 tablespoons
- Tahini (a paste made from sesame seeds): 2.6 mg / ½ cup
- Hummus: 3 mg / ½ cup
- Almonds, cashews, pine nuts, and macadamia nuts: 1–1.6 mg / ounce
- Leafy greens, such as spinach, kale, swiss chard, collard, and beet greens: 2.5–6.4 mg / 1 cup
- Broccoli, cabbage and Brussels sprouts: 1 - 1.8 mg / 1 cup
- Tomato paste: 3.9 mg / ½ cup
- Sun-dried tomatoes: 1.3–2.5 mg / ½ cup
- Potatoes: 3.2 mg / one large, unpeeled
- Sweet potatoes: 2.1 mg / one large, unpeeled
- Palm hearts: 4.6 mg / 1 cupOlives: 3.3 mg / 3.5 ounces
- Mulberries: 2.6 mg / 1 cup
- Amaranth: 5.2 mg / 1 cup
- Spelt: 3.2 mg / 1 cup
- Oats: 3.4 mg / 1 cup
- Quinoa: 2.8 mg / 1cup
- Coconut milk: 3.8 mg / ½ cup
- Blackstrap molasses: 1.8 mg / 2 tablespoons
- Thyme: 1.2 mg / dried teaspoon...

Good to know: 100 grams of spinach contains 1.1 times more iron than the same amount of red meat and 2.2 times more than 100 grams of salmon.

This is also 3 times more than 100 grams of boiled eggs and 3.6 times more than the same amount of chicken.

Advice: To better absorb iron, eating vitamin C-rich foods may increase the absorption of iron by up to 300%. Avoiding coffee and tea can reduce iron absorption by 50-90%. Consuming lysine-rich

foods like legumes and quinoa may increase iron absorption as well.

PROTEIN

Why do we need it?

Protein is an important component of every cell in the body. Hair and nails are mostly made of protein. Our body uses protein to build and repair tissues. We also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood.

How much of it do we need?

The protein RDA (Recommended Dietary Allowance) is 0.8 grams/kilogram (about 2.2 pounds) of body weight. So an average male would need 56 g per day, and an average female would need 46g per day.

But it also depends on physical conditions and if a person practices an exercise or not. It is always better to speak to a doctor or a nutritionist for better advice.

Where can we find calcium in a plant-based diet?

- Lentils: 9 grams/ ½ cup
- Tofu: 10 grams/ 1 cup
- Black beans: 8 grams / 1/2 cup
- Quinoa: 8 grams / 1 cup
- Amaranth: 7 grams / 1 cup
- Soy milk: 8 grams / 1 cup
- Green peas: 8 grams / 1 cup
- Artichokes: 4 grams / 1/2 cup
- Hemp Seeds: 13 grams/ 3 tablespoons
- Oatmeal: 6 grams / 1 cup
- Pumpkin seeds: 8 grams / 1/4 cup
- Chia seeds: 5 grams / 2 tablespoons
- Tempeh: 12 grams / 1 cup
- Hemp milk: 5 grams / 1 cup
- Edamame 8.5 grams / 1/2 cup
- Spanish: 5 grams / 1 cup
- Black-eyed peas: 8 grams / 1/2 cup

- Broccoli: 4 grams / 1 cup
- Asparagus: 4 grams / 1 cup
- Green beans: 4 grams / 1/2 cup
- Almonds: 7 grams / 1 cup
- Almond butter: 7 grams / 2 tablespoons
- Tahini: 8 grams / 2 tablespoons
- Nutritional yeast: 8 grams of protein / 2 tablespoons
- Hummus: 6-8 grams / ½ cup
- Peanut butter: 8 grams / 2 tablespoons...

Advice: We should try to eat enough protein daily, but we should also pay attention to the protein RDA (Recommended Dietary Allowance). A diet “too” rich in protein, may cause our body to excrete more calcium. Too much protein has been linked to many health problems such as kidney stones, osteoporosis...

5- FIBERS

Why do we need it?

Fiber is a very important component of a healthy diet. It is known to normalize bowel movements, helps maintain bowel health, lower cholesterol levels, help control blood sugar levels, help to achieve a healthy weight and many other things.

You can find fibers in all the food that God originally made for mankind which are fruits, grains, seeds, nuts, legumes, and vegetables. **Animal products contain no fiber.**

How much of it do we need?

- Kids 1-3 years old: 19 g per day
- Kids 4-8 years old: 25 g per day
- Boys 9-13 years old: 31g per day
- Girls 9-13 years old: 26 g per day
- Male teens 14-19 years old: 38 g per day
- Female teens 14-19 years old: 26 g per day
- Men 20-50 years old: 38 g per day
- Women 20-50 years old: 25 g per day
- Men 51 years old and older: 38 g per day
- Women 51 years old and older: 30 g per day

Here are some of the highest-fiber food:

- Chia seeds: 34.4 grams / 100 grams
- Almonds: 12.5 grams / 100 grams
- Oats: 10.6 grams / 100 grams
- Artichokes: 8.6 grams / 100 grams
- Split peas: 8.3 / 100 grams
- Lentils: 7.9 / 100 grams
- Chickpeas: 7.6 / 100 grams
- Avocado: 6.7 grams / 100 grams
- Raspberries: 6.5 grams / 100 grams
- Kidney beans: 6.4 / 100 grams
- Pears: 3.1 grams / 100 grams
- Quinoa: 2.8 / 100 grams
- Beets: 2.8 grams / 100 grams
- Carrots: 2.8 grams / 100 grams
- Brussel sprouts: 2.6 grams / 100 grams
- Broccoli: 2.6 grams / 100 grams
- Bananas: 2.6 grams / 100 grams
- Sweet potatoes: 2.5 grams / 100 grams
- Apples: 2.4 grams / 100 grams
- Strawberries: 2 grams / 100 grams

6- EGGS

Around the world, the consumption of eggs increases, especially in developing countries where changing diets have people consuming a greater number of calories from protein sources like poultry meat and eggs. The United States, a leader in both consumption and production of eggs, consumed 279 eggs per person in 2019.

God reminds us several times in the Bible, that we should do our best to keep our bodies as healthy as possible:

- “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth” - 3 John 1:2
- “What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?” - 1 Corinthians 6:19-20

Therefore we should ask ourselves: are eggs really a part of a healthy diet?

In the past, eggs might have been beneficial in some cases to provide important nutrients. Also, for people living in places where egg alternatives are not available, eating eggs from fowls that are well fed, well cared for and healthy, might still be beneficial.

That being said, **let's consider the following facts that are relevant to most people today.**

Things are changing quickly, and not only today, **most eggs come from unhealthy chickens, but the chickens are becoming sicker and sicker** and are raised in terrible conditions (learn more from page 41). As wickedness among men increases so is diseases in animals.

If we would want to take advantage of the benefits of the egg, we might encounter health risks. The American Egg Board (that usually promotes the consumption of eggs) own research showed that raw or even the sunny-side-up cooking method should be considered "unsafe" because of the **Salmonella risk**. Other studies have discovered that even most cooking methods including boiled, omelet or scrambled also have a risk of salmonella. Right after chicken consumption, egg consumption is the 2nd leading cause of salmonella poisoning in the world. The FDA estimates that 142000 illnesses each year are caused by consuming eggs contaminated with salmonella. As a consequence, egg companies can't even refer to eggs as "safe".

When it comes to labels that are on the egg boxes, we are also misled.

- **Cage-free** means that the chickens are not in box cases, but they are still confined in a very small enclosed place inside of a building or warehouse, and they get no sunlight or access to the outdoors. They can't really move and they stand in their own excrements.
- According to the USDA regulation, **free range** only means that the chickens are allowed one access to the outside, but with no specification regarding the quality or quantity of

the outside exposure. It also means that the chickens might only have one small door leading to the outside in a huge warehouse, and most of the time they don't even know that there is outside access.

- **Vegetarian fed** chicken is completely raised on industrialized feed (probably GMO) and never allowed outside.
- Even for **organic free-range** eggs are produced in terrible conditions. It is an industry-standard to trim their beak using a razor blade, hot blade or other tools at a temperature of up to 1500 degrees. The USDA livestock researchers unit confirms that a chicken's beak is a complex, functional organ with extensive nerve supply. After such a procedure, many chickens don't even survive because they are unable to eat and they become dehydrated.
- **Pasture-raised** eggs do not have any current regulation. Chickens are usually raised in the outdoors in a pasture. But even, for most organically raised eggs, if hens egg production decreases and it is no longer profitable to keep some hens alive, they would be killed and their flesh would be sold. And even for those eggs, there is still a risk of salmonella, and it happens that the hens have a flu.

Where eggs alternatives are available with necessary nutrients for the body, it is best to abstain from eggs.

Here are some great egg substitutes while cooking and baking.

You can replace 1 egg with:

- 1 tbsp ground flax + 3 tbsp water
- Or 1 tbsp chia seeds + 1/3 cup water
- Or 1 tbsp agar agar + 3 tbsp water
- Or ½ medium mashed banana
- Or ¼ cup unsweetened apple sauce
- Or 3 tbsp peanut or almond butter

To get a texture that is almost similar to fried or scrambled eggs, tofu that is well seasoned is a great substitute. And if you want to make a dish that calls for a lot of eggs such as quiche or custard you can replace 1 egg by 1/4 cup soft tofu.

Note that when someone removed eggs from their diet and see that they are becoming weak, it is good to place it back (preferably from healthy fowls) until they find one or several plant-based alternatives providing the same good nutrients of the eggs, such as legumes, nuts and leafy greens.

7- DAIRY PRODUCTS

Many people in the world are going away from meat because of health concerns, and are wondering if dairy products and eggs (learn more from page 38) should also be discarded. It is a question that can create many debates. While the Bible tells us several times that drinking milk was a common thing among God's people (1 Corinthians 9:7, Jeremiah 11:5) it clearly tells us that our body is the temple of God and that we should care for it, and also to watch for signs of the times and to be vigilant. So **the question we can ask ourselves whenever we think about eating or drinking something, is: can it negatively or positively impact my health?** Years ago the consumption of milk might have been beneficial and it might still be in parts of the world where there is a lack of some type of food, and as long as the animals providing milk are healthy. But in many countries today, we can find a large choice of healthier and inexpensive alternatives to animal milk products such as almond or coconut milk.

Let us also consider **the health of the majority of the animals today.** Most of the milk sold in our supermarkets come from unhealthy cows. And therefore what they produce also becomes unhealthy. Indeed disease in animals increases, and the use of animal products is more and more unsafe.

In addition, there is the issue of hormones in dairies. Like us, a female cow doesn't produce milk unless it got pregnant. Therefore cow milk contains the hormone called oestrogenes.

In 2010, an Australian study has shown that postmenopausal women who consume too much dairy products had too much estradiol, whereas they should not have too much of this hormone during this time of their life.

The University of Rochester has shown that in men sperm count was low for those who eat cheese, and high for those who eat no to

very little cheese because they might have too much female hormones.

There is also a study by the Hospital for sick children about **migraines**. When they stopped eating cheese, sausage and fermented food, 78 on 88 were migraine free. This study shows that among other things, dairy can contribute to migraines.

A Harvard study on **prostate cancer** has shown that countries with high consumption of cow milk have more people with prostate cancer.

Regarding **asthma**, a study by New York University and another in the UK has shown that those who stopped consuming eggs and milk had better breathing within 8 weeks. Some highly ranked medical websites have previously said that the consumption of dairy might help the condition of asthma. Nevertheless, it is important to check who sponsors articles that are posted. For example, if we Google "asthma diary" we find out that the national asthma council in Australia said that it is good to consume dairy products when having asthma. But below the article, we can read a small disclaimer including a dairy company website link.

There are also many other researches on **arthritis rheumatism, Alzheimer's, acne and other medical conditions**, showing that stopping the consumption of dairy might help health conditions.

Among many others here are some cow milk alternatives: almond milk, soy milk, coconut milk, oat milk, rice milk. They are also many dairy-free products that are available in supermarkets such as yogurt or cheese that tastes really good. And, you can find many fun recipes online or in cooking books to make your own milk, cheese, and yogurt.

8- ENVIRONMENT & ETHIC

The consumption of animal products encourages its production and its production has bad consequences on the environment.

Here are some facts about the environmental impact of animal products production:

- You might realize that to wash a car you need an average of 65 gallons of water. To produce 1 gallon of milk, 683 gallons of water are needed for growing 6lb alfalfa. This requires **too much irrigation**.
- The **fertilizer** from feed crops sends nitrogen & phosphorus into the rivers. As a result, algae overgrow, killing other creatures. For example, we can mention the “Dead zone”, a very polluted zone in the Mississippi that is as big as the state of New Jersey.
- Livestock produce 37% methane, 9% Co₂, 65% of nitrous oxide (from manure) which contributes a big part to **global pollution**.
- There is a **massive waste of resources** because of the production of eggs. Indeed, it takes approximately 3 kilograms of grains in a form of chicken feed to produce just one kilogram of eggs. Waters needed to grow all of the grains to feed the hens. And if we calculate it takes about 200 liters of water to produce just one egg, so 2400 liters of water for a dozen eggs.
- Also, **the concentration of excrements** are a threat to the environment and to human health.

Now let's talk about some ethical consequences of animal products production:

- Producers don't want the calf to drink their mom milk (for milk production reasons) so they are **separated from their mom** as soon as possible at their birth. But we know that

there is no greater bond between a mom and her baby. And the industry breaks this bond.

- Female cows are **dehorned without anesthesia**.
- **Millions of newborn baby chicks are killed every single day** because of the egg industry. In the US alone, more than 260 million are killed every year. At the hatcheries mall chicks are sorted and killed because they will never lay eggs and are not the breed sold for meat (meat chicken breeds have been genetically manipulated to grow much more breast muscle and flesh), they therefore are considered worthless to the egg industry. And this practice is worldwide.
- **Today, hens in the industry have been genetically manipulated and bred to produce 200 to 350 eggs per year.** Naturally, hens who have not been genetically manipulated would only lay about 12 to 15 eggs per year. Producing an egg can be a painful process for a hen. And because they lack calcium in order to consistently produce eggshells, these hens also often suffer from broken bones, osteoporosis. Lancaster farming journal said that “for yearly egg production, a hen will use a quantity of calcium that is greater than her entire skeleton by 30 fold or more”. Hens also often suffer from infections from eggs broken into their bodies, and from ovarian cancers.
- It goes without saying that **animals too feel pain for the losses of other animals.**

So does God cares about animal life?

It was not in God’s plan that any creatures perish. In the garden of Eden there was no death. All creatures used to live in peace and happiness. But disobedience from Adam and Eve has brought a curse upon the earth. Some animals started to attack and eat each other and as the years passed and that men wickedness increased, men also started to eat animal flesh.

Even if God cares about all his creatures, some times in history, God gave men permission to eat clean animals because of certain

circumstances and because **He values human life above the life of animals:**

- *"Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?" - 1 John 4:19*
- *"And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth." - Genesis 1:26-28*
- *"Who teacheth us more than the beasts of the earth, and maketh us wiser than the fowls of heaven?" - Job 35:11*
- *"Thou madest him to have dominion over the works of thy hands; thou hast put all [things] under his feet: All sheep and oxen, yea, and the beasts of the field; The fowl of the air, and the fish of the sea, and whatsoever passeth through the paths of the seas. O LORD our Lord, how excellent [is] thy name in all the earth!" - Psalms 8:6-9*

We can indeed see in these verses that God puts human beings above other creatures on earth! but we can also read that **God cares so much about animal lives as well** and right now He is grieved by the conditions many of them are treated in.

The bad conditions of the animals started because of Adam and Eve who disobeyed God, and as a consequence brought a curse upon all creatures. We can read in Genesis 3:14 that the serpent has been cursed above all the other animals, meaning that all the other animals are also under the curse: *"And the Lord God said unto the serpent, Because thou hast done this, thou art cursed above all cattle, and above every beast of the field".*

Many Bible verses remind us how much God loves animals:

- *"A righteous man regardeth the life of his beast: but the tender mercies of the wicked are cruel." - Proverbs 12:10*
- *"Be thou diligent to know the state of thy flocks, and look well to thy herds." - Proverbs 27:23*

- *"And God said, Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven." - Genesis 1:20-21*
- *"The LORD [is] good to all: and his tender mercies [are] over all his works." - Psalm 145:9*
- *"The wolf and the lamb shall feed together, and the lion shall eat straw like the bullock: and dust shall be the serpent's meat. They shall not hurt nor destroy in all my holy mountain, saith the LORD." - Isaiah 65:25*
- *"But ask now the beasts, and they shall teach thee; and the fowls of the air, and they shall tell thee: Or speak to the earth, and it shall teach thee: and the fishes of the sea shall declare unto thee. Who knoweth not in all these that the hand of the LORD hath wrought this? In whose hand [is] the soul of every living thing, and the breath of all mankind." - Job 12:7-10*

In fact, judgement will come upon those who destroy the earth:

- *"And the nations were angry, and thy wrath is come, and the time of the dead, that they should be judged, and that thou shouldst give reward unto thy servants the prophets, and to the saints, and them that fear thy name, small and great; and shouldst destroy them which destroy the earth." - Revelation 11:18*

9- PROCESSED FOODS - SUGAR - FATS - SODIUM

Let us first learn about **what exactly are processed foods**. The Ihsfna gives a good definition of processed food: Processed food is any food that's altered during preparation to make it more convenient, shelf-stable or flavorful. Some foods are much more processed than others. A bagged salad or pre-cut green beans technically count as processed, but it's only minimally processed because its natural state hasn't changed. In other words, it looks pretty much the same as you'd find it in nature. A box of macaroni and cheese or a microwavable dinner, on the other hand, are

considered heavily processed (also called ultra-processed) because they've been chemically altered with artificial flavors, additives, and other ingredients.

Some items like canned tomatoes are not a concern because the process of canning conserves nutrients and freshness. But items such as cake mixes, some pasta sauces, or microwavable meals are a concern because they have been heavily processed.

What is so alarming is that many of us include a lot of processed foods in our diet. For example, in an American diet more than ½ of its calories come from very processed foods.

Most of the heavy processed foods **lack important nutrients** and that is why we can read on some packages "fortified in fiber, iron, vitamin C...".

They are also **often too high in sugar, fat and/or sodium, contain a lot of artificial ingredients, have too many calories and are addicting.**

In addition, these kinds of foods are quicker to digest than unprocessed foods, and therefore our bodies burn less energy during the digestion process.

All this **can lead to very serious health problems** such as diabetes, high blood pressure, obesity, heart disease, or cancer. A five-year study of more than 100,000 people found that every 10% increase in consumption of processed food has been associated with a 12% higher risk for cancer.

The Bible reminds us to spend our money wisely when it comes to food and to eat to God's glory:

- *"Wherefore do ye spend money for that which is not bread? And your labor for that which satisfieth not? Hearken diligently unto me, and eat ye that which is good, And let your soul delight itself in fatness." - Isaiah 55:2*
- *"Whether you eat or drink, or whatever you do, do all to the glory of God" 1 Corinthians 10:31*

SUGAR

Today, **we eat more refined sugar than decades ago**, because sugar is almost everywhere. In the 18's, the average American consumed 45 g of sugar every five days. Today, the average American consumes 765 g of sugar every five days which is 17 times more than in the 18's. This increase in sugar consumption has **resulted in an increase in obesity rate, and other health issues** such as dental corrosion, cancer, and diabetes.

What is ironic is that **our bodies need sugar** in order to function well. Our body converts the sugar carbohydrates into glucose that supplies energy.

So we can ask, **what is the issue then if sugar is needed but can cause health issues?**

In addition to the amount of sugar we eat, there is the issue of the type of sugar that we eat.

Let's look at the **different types of sugars**:

Natural sugars (not harmful when consumed when consumed with moderation)

- Glucose: "simple" sugar which is found in all foods that contain carbohydrates. It is in all living molecules and is vital to life. Furthermore, it is produced by our body and easily broken down by every cell in your body.
- Fructose: it is also a "simple" sugar and its main source is fruits.

Processed sugars to avoid

- Sucrose: it combines glucose and fructose and becomes a complex sugar. This is what makes table sugar.
- High-fructose corn syrup: it is synthesized from corn. Many food manufacturers use it because it is cheap and easy to use.

Processed sugars that are a good substitute to white sugar for cooking but should be consumed with great moderation

- Agave syrup
- Molasses
- Coconut sugar: has a lower glycemic index (which means it raises blood sugar slower). Coconut sugar may also contain nutrients.
- Stevia

So the verdict is that foods such as **fruits and vegetables that have natural sugar are the best option** and they also provide essential nutrients that help us to be healthy and to prevent diseases.

We can enjoy these foods in good quantities but like all good things, we should not overeat them because too much natural sugar can also affect our blood sugar levels and result in health issues. (Learn more about Temperance from page 63).

It is best to **avoid most processed sugars** such as white table sugar or high fructose corn syrup, that are so bad for our health. And when it comes to **other forms of processed sugar, they are a better alternative** to white table sugar and high fructose corn syrup while cooking but should be eaten with great moderation and sometimes might even need to be avoided by people who have some illnesses. Always consult your doctor to get his approval.

What about no-calorie sweeteners such as stevia or artificial sweeteners? There is not enough information to say that these kinds of sweeteners negatively affect our health like processed sugars. Nevertheless, there are studies that have shown that artificial sweeteners may increase weight gain over time. Possibly because they nurture the crave for sweets and also because they might have a negative effect on gut bacteria.

As for stevia, the plant itself is a great sweetener that has been used for ages and it even has some health benefits. But what about processed stevia? Let's talk a little about history. In 1991 the FDA disapproved the stevia because of the pressure from some makers of artificial sweeteners. In 2008 it was finally approved by the FDA but only for the use of rebaudioside compounds that were derived from the stevia plant by Coca-Cola and PepsiCo. Stevia became legal when a major food company got involved but only after it had been strongly processed using a patentable chemical-laden process. Some stevia brands use chemicals like

methanol, acetone, ethanol, and isopropanol to process the stevia, which for most of them are known to cause cancer.

But there are ways to enjoy stevia in its best form. **Make sure to look for stevia extract that is 100% pure without added ingredients.** Or you can buy pure dry leaves of stevia or even the plant itself that you can place outside or inside your home.

Here is the last tip on the sugar topic. **Dates are another very good way to add sweetness to your recipes.** They are a natural sweetener that can be eaten as is or pureed and then added to your favorite recipes. They also contain a good amount of potassium, magnesium, copper, manganese, iron and vitamin B6, are high in fiber, in disease-fighting antioxidants and have many health benefits.

But whatever we eat, let us remember to do it for the glory of God and with moderation. Here is a verse about a famous sweetener that can be applied to any sweeteners:

- *"Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it" - Proverbs 25:16-18*

FATS

There is a common belief among most of us that fat is our worst enemy and makes us gain weight and become sick. Actually, like for sugar (read more from page 48), **we all need fats and we can't live without them because they make us healthy.** According to The U.S. Department of Agriculture's 2005 Dietary Guidelines adults should get 20%-35% of their calories from fats. Fats provide essential fatty acids that help deliver fat-soluble vitamins, they give us energy and help us to have soft skin.

But **there are bad fats and good fats** we must choose from and we should consume good ones with moderation.

In many countries today, we consume too much "bad" fats and not enough of the "good" fats. The average American person consumes 34% to 40% of his calories from fat. Fat is easily

available in our food supply and it can be so satisfying when we eat fatty products that we often crave for them.

These fats can trigger an increase in the rates of type 2 diabetes, some cancers, as well as heart disease.

So what are the bad fats?

Bad fats are trans fats and saturated fats that increase disease risk, even if we eat them in small quantities. These bad fats are mainly found in some processed foods, and can increase the levels of cholesterol, can clog arteries, and raise the risk for heart disease. It has also been shown that they increase colon and prostate cancer risk.

Artificial trans fats are mainly formed during hydrogenation, a process in which hydrogen is added to vegetable oil. It forms a semi-solid product called partially hydrogenated oil. The other bad fats are found in animal products such as meat, milk, and eggs.

And what are the good fats?

Good fats are unsaturated fats, which include monounsaturated and polyunsaturated fats. These fats lower the risk of disease. Indeed they can help reduce the levels of cholesterol, and the risk of heart disease. Generally, these good fats are a good source of antioxidant vitamin E that most Americans lack in their diet. We can easily find these fats in extra virgin olive oil, coconut oil, avocados, and basically all nuts and seeds.

What about reduced-fat products?

Products that are labeled "low-fat" usually have the fat replaced by carbohydrates from sugar or refined grains. This can affect blood sugar and insulin levels, and can potentially result in weight gain and disease.

SODIUM

For some time, sodium has been linked to high blood pressure, which can cause damage to your blood vessels and arteries. It is known that high blood pressure elevates the risk of kidney disease, heart disease, stroke, and heart failure.

As a consequence, many health authorities have made guidelines to limit the intake of sodium.

Nevertheless, **the good news is that recent studies show that sodium is actually necessary for good health.** Indeed sodium is actually critical for healthy blood pressure. It is one of our body's electrolytes, which are minerals that create electrically charged ions.

The majority of the sodium in our body is in our blood and in the fluid around our cells, and it contributes to keeping these fluids in balance.

In addition, sodium plays a major role in normal nerve and muscle function and in proper digestion.

Also, we lose sodium on a daily basis through our urine and sweat for example, and it is, therefore, necessary to add sodium to our diet.

So what is the real issue with sodium then?

The following paragraphs explain how much sodium we should eat per day, the potential risks of sodium over- or underconsumption, what food to avoid and what food to prefer.

The Institute of Medicine recommends that healthy adults consume 1,500 mg of sodium a day.

People who are very active and who therefore sweat a lot can consume more sodium.

Not everyone responds to sodium the same way, and people with high blood pressure, diabetes, chronic kidney disease or other health issues might have to consume less sodium and should follow their doctor's recommendations.

Overconsumption of sodium

Today, most people in developed countries especially, consume more sodium than the recommended daily intake. For example, Americans consume an average of 3,400 mg of sodium per day, 9 out of 10 Americans consume too much sodium, and 77.9 million American adults have high blood pressure.

The Prospective Urban Rural Epidemiology trial (PURE) conducted one of the largest studies on the topic of sodium and high blood pressure.

They analyzed the urine sodium levels of more than 100,000 people from 18 countries on 5 continents, and the researchers found that those who consumed more sodium had a significantly higher blood pressure than those with lower intakes. And other scientists have used the same population to demonstrate that people who consumed too much sodium were increasing their risk of heart disease. Also, children who consume too much sodium are 2 times more likely to develop high blood pressure than children consuming a good quantity of sodium.

Sodium overconsumption can lead to the following:

- High Blood Pressure
- Stroke
- Heart Failure
- Osteoporosis
- Stomach Cancer
- Kidney Disease
- Kidney Stones
- Enlarged Heart Muscle
- Headaches
- Increased Water Retention, Leading to:
- Puffiness
- Bloating
- Weight Gain

Under consumption of sodium

Even if deficiencies in dietary sodium are rare, many people have been and are affected by it. Reducing sodium intake in a too-large quantity can be detrimental to good health.

A review study has been conducted which comprised more than 133,000 people with and without high blood pressure. Participants were from 49 countries across 6 continents. This review showed that without considering blood pressure, people who didn't consume enough sodium were more likely to have heart disease than those consuming enough sodium.

Good and bad sodium products

For people having health issues and who have been recommended by their doctor to reduce sodium intake, and even for healthy people, there are types of food and salts to avoid and other types to prefer.

The Bible says: "Ye are the salt of the earth: but if the salt has lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men." - Matthew 5:13-16

If Christians lose their love for God and for others, they will become powerless. It is the same for salt if it loses its nutrients it will become powerless.

I wanted to share with you **what Barbara O'neill (Christian naturopath and nutritionist) recommends:**

She informs us that the seawater has the same components as body salts. It has 92 minerals.

The best salt would be Celtic salt which has 84 minerals, and it also has 3 different magnesium. Magnesium has more than 300 uses in our bodies. For example, it keeps our body cells hydrated, it helps water to go into the cells, and remove toxins and chemicals.

Himalayan salt is also a good salt, as it has 84 minerals too but it contains less magnesium.

And table salt only has 2 minerals and is generally chemically treated.

Barbara also recommends to those who feel a lack of energy during the day to take a pinch of Celtic sea salt on the tongue before drinking water two times a day at least, which will hydrate the cells. And to do this only between meals.

Here are some recommendations to sodium avoidance:

- Avoid Processed foods
- Avoid Restaurant foods. Or if you frequently eat outside, ask if it is possible to not add any salt to your food. And bring sea salt with you that you'll put in decent quantity

- Avoid cooking with or adding table salt to your food (Instead, use a recommended salt above)
- Choose unsalted nuts or seeds
- Rinse canned vegetables and legumes underwater before you use them
- Avoid or strongly reduce the amount of salty snacks

HOW TO REDUCE PROCESSED FOODS IN A DIET?

- Read labels at the supermarket.
- Avoid products having a very long list of ingredients and ingredients that are hard to pronounce
- Shop the outside aisles. They generally regroup unprocessed food.
- Cook meals at home as much as you can. You can even make your own frozen meals by cooking a big quantity of food and freezing leftovers.
- Make your own salad dressing
- Try to add more fruits, vegetables, seeds, and nuts to your diet
- Replace bad sugars, bad sodium and bad fats with good ones and consume them with moderation
- Cook your own desserts and sweets
- Eat more simple foods
- If you desire to eat a snack try to eat apples, bananas, dates, and nuts, homemade crackers, or other simple foods.

10- DRINKS

ALCOHOL

When it comes to alcohol, there are divided opinions among Christians. While some argue that Jesus himself drunk wine, others say that alcohol is destructive and therefore no sincere christian should consume it. But what does God's word really say about it?

First, let's consider that biblically speaking **there are 2 types of wines**. Indeed in the Bible, the word "*wine*" sometimes means new

fresh juice from the grape, and other times it means a fermented product containing alcohol. We can conclude this from the Hebrew and Greek translations and also from the context in which the word wine was used.

Here are a few verses mentioning the consumption of fermented wine:

- *"Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise."- Proverbs 20:1*
- *"It is good neither to eat flesh, nor to drink wine, nor any thing whereby thy brother stumbleth, or is offended, or is made weak." - Romans 14:21*
- *"Woe unto them that rise up early in the morning, that they may follow strong drink; that continue until night, till wine inflame them!" - Isaiah 5:11*
- *"Woe unto [them that are] mighty to drink wine, and men of strength to mingle strong drink" - Isaiah 5:22*
- *" Who hath woe? who hath sorrow? Who hath contentions? who hath babbling? Who hath wounds without cause? Who hath redness of eyes? They that tarry long at the wine; They that go to seek mixed wine." - Proverbs 23:29-30*
- *"Woe unto him that giveth his neighbour drink, That putteth the bottle to him, and maketh him drunken also, That thou mayest look on their nakedness!" - Habakkuk 2:15*
- *"And they shall say unto the elders of his city, This our son is stubborn and rebellious, he will not obey our voice; he is a glutton, and a drunkard." - Deuteronomy 21:20*
- *"For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, And knew not until the flood came, and took them all away; so shall also the coming of the Son of man be" - Matthew 24:38-39*

- *"Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder. Thine eyes shall behold strange women, and thine heart shall utter perverse things." - Proverbs 23:31-33*
- *"Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God." - Galatians 5:19-21*

Did Jesus turn water into fermented wine in Matthew chapter 2?

There were six pots of 20 to 30 gallons filled with water that Jesus turned into wine. This would make about 180 gallons of wine which would be more than enough wine to make everyone at the wedding very drunk if the wine was fermented. But Jesus would never go against his own word. The context here clearly shows that the wine was unfermented and was grape juice.

What about the last supper?

When we read the verses about the last supper, it is clear that Jesus used wine. But it was not the fermented variety.

- *"For this is My blood of the new covenant, which is shed for many for the remission of sins. But I say to you, I will not drink of this fruit of the vine from now on until that day when I drink it new with you in My Father's kingdom" - Matthew 26:28-29*

The new covenant is represented by the new wine (not a fermented one). Jesus also says *"the fruit of the vine"* which is therefore not fermented.

There are also many other verses in the Bible containing the word wine, that might make some readers assume that it is ok to consume wine. But **it is important to put those verses into their**

context and it is interesting to even look at the Hebrew or Greek translations of those verses.

The Bible clearly tells us that God wants our own good and we should not eat or drink what can be destructive to our bodies:

- *"For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."* - 1 Corinthians 6:20

We all know that **alcohol can destroy brain cells as it can severely affect the nervous system. It can also slowly destroy the body which is a violation of the 6th commandment "Thou shalt not kill" - Exodus 20:13**

Drinking alcohol also makes anyone **more vulnerable and much weaker while facing temptations.** The Bible tells us:

- *"Submit yourselves therefore to God. Resist the devil, and he will flee from you."* - James 4:7

Also, while some scientists have promoted that there are some modest cardiovascular benefits associated with moderate drinking, even if there were benefits (also found in unfermented wine which is in other words grape juice), it obscures the many ways that alcohol threatens health. There is no amount of alcohol that is safe to drink. In 2016, alcohol was the seventh leading risk factor for premature death which contributed to 2.8 million deaths worldwide.

CAFFEIN

Drinks containing caffeine (such as coffee, some teas, and some sodas) are not only **unnecessary to maintain good health but they are also harmful.** Drinks such as coffee and caffeinated tea are stimulating. While many people think that this **stimulation is positive, this is only a temporary effect. After this stimulation effect will follow exhaustion, and the physical, mental and moral powers are weakened.**

When consumed frequently, these drinks **can become addictive and irritate the nerves,** making many of its consumers impatient and easily irritable.

God asks his people to have patience, to be kind and loving, and to control ourselves:

- *“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.” - Galatians 5:22-23*

SUGARY DRINKS & JUICES

Some sugary drinks can also impact our health in a negative way. Sodas and fruit juices found in our supermarkets contain too much sugar and few to no fibers.

Sugary drinks are beverages with added sugar or other sweeteners such as high fructose corn syrup, sucrose, fruit juice concentrates... **It includes soda, fruit punch, lemonade, sports energy drink, sweetened powdered drinks, and more.** In a US diet, these beverages are the single largest source of calories and added sugar, and in other parts of the world, sugary drink consumption is increasing very rapidly, especially in developing countries because of urbanization and marketing.

Now let's consider how sweet sugary drinks are. In one teaspoon there are 4.2 grams of sugar. **Sugary drinks contain 7 to 10 teaspoons of sugar!** Can you imagine adding these teaspoons of sugar yourself to a 12-ounce glass of water? That would be a lot right? But this is what sugary drinks actually contain.

According to the American Medical Association, even the best **juices such as the “cold-pressed”** can be unhealthy. Even if they contain some nutrients that can be beneficial for the health and that they are better than sugary drinks, the amount of sugar from natural sources is too high.

Because there is not as much fiber as in fruits, which can slow digestion, sugar in juices is broken down much more quickly. Also, we can consider that there are about **30 grams of sugar and no fiber in a 100% fruit apple juice**, and a whole apple is half the sugar and about 4 grams of fiber. So **it is always better to just eat a fruit rather than drinking juice.**

The consumption of juices should be very moderate and occasional, especially in children and people who try to lose weight.

Homemade smoothies are a better option and can sometimes replace a meal because they can be high in calories. But smoothies should not be considered as a daily beverage because of their high amount of calories.

Now let us consider some scientific facts:

According to the research scientist in the department of nutrition at Harvard T.H. Chan School of Public Health, in Boston, sugary drinks and even juices can lead to **weight gain and obesity**.

Research has shown that **type 2 diabetes** has increased by 22% in people who consume 340ml of sugary drinks a day (less than one can).

The 2007 Australian National Children's Nutrition and Physical Activity Survey found that 47% of **children** from 2 to 16 years of age consumed sugary drinks every day. This daily consumption often leads to obesity. Also, many of these drinks contain acid that weakens tooth enamel which can lead to tooth decay. In addition, sodas may decrease bone health because they contain high levels of phosphate.

A 20 year **study on 120,000 men and women** has found that people who consumed more added sugar beverages by a 12 oz serving per day gained, on average, an **extra pound** every 4 years, compared to people who didn't change their intake.

A 22 year-long study of 80,000 women found that those who consumed one can per day of sugary drink had a 75% higher **risk of gout** compared to women who rarely had such drinks.

A study that followed 40,000 men for two decades found that those who consumed one can of a sugary beverage per day had a 20% higher risk of having a **heart attack** compared to men who rarely consumed sugary drinks.

When it comes to our health, it is clear that **sugary drinks should be avoided** and that **juices should be consumed with moderation**.

There are better options. Smoothie is a healthier option but can contain a lot of calories, so it is to be consumed with moderation. If you frequently consume sodas, try to consume sparkling water instead, or even flat water with some lemon or a splash of juice inside. You can also add some fresh mint and a few slices of cucumber.

WATER

Water remains the best option. Water is a natural element that God gave to every living creature who thirst. Humans (adults) are 60 percent water, and our blood is 90 percent water.

Among many other health benefits, water:

- Delivers oxygen throughout the body
- Lubricates the joints Cartilage
- Helps maintain blood pressure
- Makes minerals and nutrients accessible to different parts of the body
- Prevents kidney damage
- Forms saliva and mucus
- Regulates body temperature
- Boosts performance during exercise
- Cushions the brain, spinal cord, and other sensitive tissues
- Boosts skin health and beauty
- Flushes body waste
- Help with weight loss

As Christians, we should remember that our bodies are the temple of God and that we should do our best to have a healthy lifestyle. Drinking a good quantity of water daily is a healthy habit.

And let us remember that Jesus symbolizes life with water:

- *"But whosoever drinketh of the water that I shall give him shall never thirst, but the water that I shall give him shall be in him a well of water springing up into everlasting life." - John 4:14*

- *"And he said unto me, It is done. I am Alpha and Omega, the beginning and the end. I will give unto him that is athirst of the fountain of the water of life freely." - Revelation 21:6*

Here are other verses about water:

- *"And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb" - Revelation 22:1*
- *"They shall not hunger nor thirst; neither shall the heat nor sun smite them: for he that hath mercy on them shall lead them, even by the springs of water shall he guide them." - Isaiah 49:10*
- *"He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water" - John 7:38*
- *"Therefore with joy shall ye draw water out of the wells of salvation." - Isaiah 12:3*
- *"And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will let him take the water of life freely" - Revelation 22:17*
- *"He maketh me to lie down in green pastures: he leadeth me beside the still waters" - Psalms 23:2*

11- TEMPERANCE & SPIRITUAL HEALTH

Temperance is moderation in the things that are good and total abstinence from the things that are bad.

It is not difficult to understand that it is good to abstain from bad things, but it is sometimes hard to comprehend that as Christians we are also required to be moderate in the good things.

Indeed, we must understand that even good things, when used or consumed in excess, can become bad for our physical, mental, and spiritual health.

Today, there is a big issue in the church. Gluttony became an acceptable sin. By definition, gluttony is an inordinate desire to consume more food than we require. It is a sin of the flesh.

This is how God sees the sin of gluttony in our midst:

- *"And put a knife to thy throat, if thou [be] a man given to appetite" - Proverbs 23:2*
- *"Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it" - Proverbs 25:16*
- *"For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe [a man] with rags" - Proverbs 23:21*
- *"But I keep under my body, and bring [it] into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." - 1 Corinthians 9:27*
- *"Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things." - Philippians 3:19*

God requires us to be temperate and He will bless those who are:

- *"Meekness, temperance: against such there is no law." - Galatians 5:23*

- *"And to knowledge temperance; and to temperance patience; and to patience godliness" - 2 Peter 1:6*
- *"Let your moderation be known unto all men. The Lord is at hand." - Philippians 4:5*
- *"Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;" - Titus 2:12*
- *"But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof." - Romans 13:14*
- *"And every man that striveth for the mastery is temperate in all things. Now they [do it] to obtain a corruptible crown; but we an incorruptible." - 1 Corinthians 9:25*
- *"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God" - Romans 12:2*
- *"Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!" - Ecclesiastes 10:17*

Did you ever feel overexcited, nervous or very tired after a heavy or unhealthy meal?

What we eat has an impact on our physical strength and vitality, but it also has an impact on our mental strength and vitality. A bad diet can have bad consequences on our understanding and on our thinking. But a good diet increases mental and moral vigor. A good but sad example that is well known, but not often corrected, is the fact that many children have difficulties focusing on what their teacher says following lunchtime. We can also think about us, adults, when we have a heavy meal or an unhealthy snack, we feel good at the time of the meal, but we often feel tired and sometimes nervous a few minutes later.

When we overeat and/or consume the wrong food, our brain can be fogged and we can have a hard time understanding some truth presented to us.

Harming ourselves consciously is a sin

God is love and He wants the best for us, but if we don't do any efforts on our own, especially after the light was given to us, we are mocking Him. The Bible says:

- *"Be not deceived; God is not mocked: for whatsoever a man soweth that shall he also reap."* - Galatians 6:7

Murder is a sin, and self-murder is a sin too. To harm ourselves consciously (even if it is little by little, for example by our eating habits, tobacco, drugs, alcohol...), especially after the light has been shown to us, is a sin. However, we know that God is good and merciful, and if we know people who have hurt themselves and lost their life, God knows the circumstances well, and everything is in His hands.

So why do most of us struggle with food and drink temperance?

Unlike other things such as drugs, or tobacco, food and drinks (other than water) are **almost everywhere**. And as seen from page 46 some foods and drinks are **addicting**. Also, many of us have **inherited** some nefast lifestyle habits from our parents and grand-parents. Some scientists discovered that **genetics** plays a role in taste for certain foods and drinks.

Thousands of years ago, God warned his people about it:

- *"Thou shalt not eat it; that it may go well with thee, and with thy children after thee, when thou shalt do that which is right in the sight of the Lord"* - Deuteronomy 12:25
- *"Thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me"* - Exodus 20:5

For many of us the habits that we got as children are hard to break. We also learn in this verse that we must watch and pray, that we enter not into temptation: ***"Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak."*** - **Matthew 26:41.** (Read more about the power of prayer from page 105).

We must fight this spiritual battle with God's help. Without God's help, demonic spirits can take control of our life. Learn how to fight this spiritual battle from page 96.

12- FASTING

By definition, **fasting means to voluntarily abstain or eat very little food for a period of time for religious or medical reasons.**

Fasting has **many advantages for spiritual, physical, mental and emotional health.**

Scientifically speaking, fasting has been shown to promote blood sugar control, help fight inflammation, improve heart health, help in weight loss, help in cancer prevention and even in some conditions to help to fight against cancer.

Scientific data also tells us that fasting **helps to clear the "brain fog"** many of us often have, and improves memory, learning, and alertness. Furthermore, regular fasting helps to keep the brain healthy. In fact, fasting **could delay diseases such as Alzheimer's, Parkinson's and Huntington's.**

Fasting is a practice that **is not new.** Thousands of years ago it was written about in the Bible, which informs us of its many benefits and its necessity.

We learn in the Bible that fasting helps us to have **spiritual health** that today is so needed. Here are biblical reasons to fast:

To have control over temptation

There is a spiritual battle between the flesh and the spirit. We are carnally minded:

- *"For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be." - Romans 8:6-7.*
- *"For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would." - Galatians 5:17*

But when we deny food we can be stronger when fighting this battle. Our mind becomes more clear and we can hear the Holy Spirit speak to us in a clearer way. To exercise self-control of the spirit over the flesh.

For repentance

We can read in 1 Samuel 7:6 that the children of Israel fasted to repent for their sins against the Lord:

- *"And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, and fasted on that day, and said there, We have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh." - 1 Samuel 7:6*

In addition, in the New testament we can also read that Paul was fasting to repent for persecuting God's people:

- *"And he was three days without sight, and neither did eat nor drink." - Acts 9:9*

During serious times of trouble

In the book of Esther we read that a plot has been established against the Jews and that a death decree was about to be set. Esther needed to speak with the king but it could have cost her life. She therefor told Mordecai to tell all the jews to fast for her:

- *"Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish." - Esther 4:16*

For guidance and protection

- *"Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance" - Ezra 8:21*
- *"As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them." - Acts 13:2*

To have more understanding of God's words

- *"Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackclothes, and earth upon them. And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers. And they stood up in their place, and read in the book of the law of the LORD their God one fourth part of the day; and another fourth part they confessed, and worshipped the LORD their God." - Nehemiah 9:1-3*

Daniel fasted to understand a message from an angel:

- *"I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." - Daniel 10:3*

To avoid judgment

We can read in the book of Jonah chapter 3, verse 7 that the people of Nineveh did a fast to repent for their wickedness and to avoid God's judgement:

- *"And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water" - Jonah 3:7*

The Lord calls us right now to turn to Him with all our heart with fasting, to avoid the judgement that will soon come upon us.

- *"They shall run to and fro in the city; they shall run upon the wall, they shall climb up upon the houses; they shall enter in at the windows like a thief. The earth shall quake before them; the heavens shall tremble: the sun and the moon shall be dark, and the stars shall withdraw their shining: And the LORD shall utter his voice before his army: for his camp is very great: for he is strong that executeth his word: for the day of the LORD is great and very terrible; and who can abide it? Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: 13And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil" - Joel 2:9-13*

For powerful intercessory prayer

It is good to fast when we pray for others. The Bible records several stories of intercessory fast. For example, Jesus told his disciples that to cast out certain kinds of demons from someone else, they must pray and fast.

- *"And when he was come into the house, his disciples asked him privately, Why could not we cast him out? And he said unto them, This kind can come forth by nothing, but by prayer and fasting" - Mark 9:28-29*

In this verse we can also read that David fasted and prayed when some people were sick:

- *"But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom" - Psalm 35:13*

The King of Persia fasted for Daniel when he was thrown into the lions den.

- *"Then the king went to his palace, and passed the night fasting: neither were instruments of music brought before him: and his sleep went from him." - Daniel 6:18*

Paul was fasting for the church:

- *"In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness."* - 2 corinthians 11:27

How to fast and how long?

DISCLAIMER: Consult a doctor before performing any kind of diet change including intermittent fasting.

Fasting can be done with one kind or a combination of simple foods such as fruits, vegetables, seeds and nuts. Daniel fasted by eating a small quantity of simple food to keep his mind clear. It can also be done by drinking simple foods made into juice or smoothies.

We can also fast without **eating anything but only drinking water**.

Despite the fact that fasting without water is not medically recommended, the Bible records times when Esther, and later Paul fasted without water no more than 3 days.

- *"Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish."* - Esther 4:16
- *"And he was three days without sight, and neither did eat nor drink."* - Acts 9:9

And we can also read that Moses and Elijah fasted 40 days without any water, but they were sustained by a supernatural help

- *"And he was there with the Lord forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments."* - Exodus 34:28

The Bible records different length of fasting time

- *"I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled."* - Daniel 10:3
- *"Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered."* - Luke 4:2

God can lead his people into doing a long fast with or without water, just like Esther, Moses or Elijah. But without God leading us in doing this, fasting for more than 3 days becomes risky.

For those who desire to start fasting, you can increase your fasting time gradually and pray that God will help you.

You might encounter difficulties at the beginning when feeling hungry, drinking water can help or even drinking some smoothies or eating a fruit. But the more you will fast, the easier it will get, as your body will get used to it.

When fasting for spiritual reasons, there is a kind of fast that should NOT be done.

It is when we fast but don't seek righteousness, when our hearts remain evil, and when we have no care for others. If we don't love God and our neighbors, or that at least we don't seek God's help to love Him and our neighbors more, what is the point of fasting? There are also some who might fast to seem righteous in front of others, but not for God. Here are some Bible verses that can help us better understand

- *"Moreover, when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward."* - Matthew 6:16
- *"But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father which seeth in secret, shall reward thee openly."* - Matthew 6:17-18

- *"Wherefore have we fasted, say they, and thou seest not? Wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the Lord? Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy reward. Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day: And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not." - Isaiah 58:3-11*

There is an opposite to fasting which is overeating (You can read more about it from page 63).

13- CARING FOR CHILDREN & GRANDCHILDREN, AND TASTEBUD REEDUCATION FOR ALL

In our modern society, children have more and more freedom to decide what they want to do, what they want to wear or what they want to eat. Even if it is important to consider what our children are requesting, **parents should be the decision-maker for the sake of their children's safety, happiness, and salvation.** From the youngest age, children's education starts and it is in the first years of their life that her future tastes and habits will be molded.

The Bible tells all parents:

- ***“Train up a child in the way he should go: and when he is old, he will not depart from it.” - Proverbs 22:6***

Here God doesn't encourage or suggest, He tells parents what to do so that when their children grow up they won't depart from the way they were trained.

When it comes to food many kids are very picky and often push away and refuse to try healthy foods. It might be because of the taste, the texture or the color of the food.

To make children love healthy food, the best is to start introducing new fruits and vegetables tastes (pureed) as soon as a baby's teeth come out. This is the best time to develop a young one's taste and appreciation of the food God has created for us. But if sweet porridge (or similar food) has been introduced before that, babies might refuse anything else. Porridge should not be introduced before the teeth of a baby come out (which is a sign that babies can start eating solid food), except if strongly advised by a pediatrician.

But there is hope for children of all ages, and even for adults.

With goodwill, prayer, and some organization, anyone can reeducate their taste buds or the ones of their children. Many have been used to consume food too sweet, too salty or too processed.

But the good news is that **God gave us a brain that can reeducate our taste buds.** Researchers in the US have demonstrated that

taste can be turned on and off by simply activating and silencing certain brain cells. A study from Columbia University Medical Centre shows that our brain perceives flavors.

The brain directs people on their food choices. What people are used to eating from a young age, is so hard to remove from a diet because their brain asks for more. And the big companies know that. According to Marc David, founder of the Institute for the Psychology of Eating *"They engineer the texture and the taste of food, the amount of crunch, the decibel level that you perceive in your head so you will be attached, so your taste buds will be grabbed and they can hook you on the food. Their job is to addict the intelligence of your taste buds to the cheapest mass-produced food so they can make tremendous profits."* When we think about it, does anything healthy can be addicting? Not really.

You can make your taste buds smarter. For example, if you or your children are used to eating too much unhealthy food, try a healthier diet for a month. You or your children will then realize that you can't eat as much junk food as you did before. As you will continue to introduce healthy food and reduce unhealthy food, you will realize over time that healthy food is not only healthier but also tastier.

But you might ask, how can I make my children (and even myself) stop refusing healthy foods? Here are 16 tips:

1- Be a good example. This is the #1 tip because it is the most important one. If you as a parent or as a grandparent, don't eat healthy food and ask your children or grandchildren to eat healthily, you will probably won't get good results. We are our children's model and everything we do they will try to copy. So an effort from you to eat healthier is needed. Not only will you be healthier and happier, but your little ones will also develop more taste and enjoyment for healthy food. And remember what God said:

- *"Thou shalt not eat it; that it may go well with thee, and with thy children after thee, when thou shalt do that which is right in the sight of the Lord"* - Deuteronomy 12:25

2- Make family meals a priority. Studies have shown that families eating together are better nourished and children achieve better academic success. It also teaches good manners and help improve relationships in the family. It is also good to eat peacefully, so you

can teach your children to control their emotions while they eat and to control their appetite. You can even establish rules to ban arguing, TV and other devices so that all will have a blessed, peaceful and enjoyable meal.

3- Keep praying for and with your children that God helps you enjoy the healthy foods he made for us. Not only, your children will feel a sense of responsibility that they will enjoy, but God will hear your prayer and you will see great change:

- *"For where two or three are gathered together in my name, there am I in the midst of them."* - Matthew 18:20

4- You can read with them in a nice, fun and educative way some parts of the Bible that talk about food, such as Daniel chapter 1, when Daniel and his friends refused to eat and drink the King's meat and wine, who were healthier and wiser than the other children in the kingdom, and who were favored by God.

Paul wrote:

- *"But continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned them; And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus."* - 2 Timothy 3:14-15

5- Be creative by adding healthy food in the meals they enjoy. For example, you can cut some zucchini into very small pieces and add them to your pasta sauce or your lasagna. You can add some tiny pieces of broccoli and red onions on a pizza. You can make homemade ice pops with blended bananas, and other fruits. You can make colorful smoothies, and even add some baby spinach to it (blueberries will mask the green color of the spinach). It is a clever way to ensure your children are getting the nutrients they need. Nevertheless, keep trying to introduce vegetables and fruits to your kids without hiding them. Encourage them to try and enthusiastically congratulate them when they do try. If they really don't want to try, don't force them and keep introducing healthy food over time.

6- Cook with them. Kids usually love to create things and with your guidance, cooking can be a fun and creative way to develop their taste for eating healthier. If your children are very young, there are many ways to cook safely with them. They can make use of their bare clean hands, or use safe tools such as a masher, a salad spinner, or measuring cups and spoons. Many recipes can be made with kids such as baking recipes in which you incorporate fruits such as an apple pie or vegetables such as salty muffins or pizza (with adult placing the pan in the oven), veggie meatballs, black bean burgers, veggie meatloaf in which you can incorporate vegetables (with an adults cooking the food in a pan or oven), vegetables and/or fruits salads (with previously cut ingredients by an adults), salad dressing...When the food is ready, your children will probably want to try the food they have made with you and will ask to renew the experience.

7- Do the dish with them. First, clean the unsafe cooking utensils yourself and put them out of reach from your children. Then you can give a step stool, and a soapy sponge (preferably with natural soap on it) to your children, and let them do some dish with you. Not only they will have so much fun but they will feel empowered by the responsibility you give them. When you finish, congratulate your child with a big high five and reminding them how amazing that you cooked and washed the dishes together.

8- Bring them on an excursion. Visit places where you can find and pick seasonal fruits and vegetables on their branches (or underground). Children will love to see the nature God has made and will probably want to bite in the fruits they find. It is also a great time to remind them how much God loves us and made this nature for us to enjoy, to be healthy and happy.

9- Plant seeds with them. In a yard or even inside the home, it is possible to plant and cultivate food. Purchase some material with your children such as small pots, soil, and seeds by explaining to them what it will be used for. Then plant seeds together and watch the plants grow over time. This is a good way to make your children appreciate nature, and the good food we get from it.

10- Watch food documentaries together. When your kids are old enough, you can watch food documentaries with them (that you previously watched and approved).

11- Bring them to the farmer's market.

Make a small budget and have your kids choose a few fruits and vegetables. Make it a happy and enthusiastic moment. They will probably want to try some of them once they arrive at home.

12- Bring your children to the library. You can find many interesting cookbooks with healthy recipes that your children will want to try. You can also try to find children's books with food adventures.

13- Create or join a group of like-minded parents. Set up playdates and discuss how to improve school food policies, share a garden, organize easy cooking activities with your kids, and go on field trips.

14- Spend more time in nature. Explain to your children how things in nature were made. You can take your Bible or a children's Bible and read some verses about nature to them. If you have some knowledge about what is the purpose of something in nature, share it with your children. Go to a farm, a park, a beach or any place in nature where you can observe animals, flowers and/or trees, and show them how amazing God's creation is.

15- Don't be discouraged and don't discourage your children. Be patient, kind and encouraging. Don't tell children how bad eaters they are. It will only discourage them and frustrate them. In their minds, they might end up seeing healthy food as their enemy. On the contrary, encourage them, and praise even the smallest effort they make. Don't even talk about their bad eating habits to others in front of them. But if you have to talk to a doctor about it in front of them, do it intelligently with words that will not hurt your children's feelings.

16- Eating disorders. If a child has eating disorders avoid shaming or calling them obese or skinny. Criticizing won't do any good. Pay attention to their behavior and encourage them in eating healthier by introducing all the activities mentioned above. If an eating disorder is severe, you might want to consult a specialist with your child.

It is of course easier said than done, but with earnest prayer, faith, goodwill, and patience you and your children will soon develop an incredible enjoyment of the food God has made for humankind.

CHAPTER 3: THE LAST DAYS

Bible prophecies clearly show us that we currently live in the last days of earth history. Actually, this chapter could be added to the previous chapter "today". You will find in the following pages a few Bible prophecy verses and I encourage you to study the topic of prophecy for yourself and to pray that God will guide you to know the truth and to be ready for Jesus soon coming.

1- DANIEL & HIS FRIENDS

How does Daniel's story in the Bible apply to us today when it comes to our eating habits?

The Bible gives us a brief account of the life of Daniel which encourages Christians who might suffer trials and temptation. Daniel had a test of faithfulness where food was involved, just like Adam and Eve.

In Daniel chapter 1, we learn that *"Children in whom was no blemish, but well favoured, and skilful in all wisdom, and cunning in knowledge, and understanding science, and such as had ability in them to stand in the king's palace, and whom they might teach the learning and the tongue of the Chaldeans."* were carried into captivity by the King of Babylon. Among them was Daniel, a holy young man of God and his three friends Shadrach, Meshach, and Abednego. King Nebuchadnezzar wanted to prepare them for important positions in his kingdom. They had to learn the language of the Chaldeans, and they had to follow courses of physical and intellectual discipline during three years.

A test came upon these young men. To give them a great mental and physical development, the King thought he was doing them a favor by providing the meat and the wine that came from his table. This was a severe and risky test.

- “But Daniel purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.” - Daniel 1:8

Daniel was brought into favor to the prince of the eunuchs by God. And even if he risked his life, he accepted Daniel’s request to give him and his friends ten days to only have *“pulse to eat, and water to drink”*, and that at the end of ten days their appearance be compared with the appearance of the other children who would eat the king’s meat and drink the king’s wine.

Then the Bible describes what the result was at the end of the given period of time.

- *“And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king’s meat.”* - Daniel 1:15

God gave Daniel and his friends:

- *“knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.”* - Daniel 1:17

And when the king communicated with them he saw that they were unique children.

- *“In all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.”* - Daniel 1:20

The story continues when for several days the king had a very bad dream. He was worried about this dream but he could not remember what it was. And so he asked magicians and astrologers what it was and what was the meaning of it but they didn’t know. Daniel told that he could know what it was, and asked God for his help. He then informed the king what was the dream and what was the meaning of it. This was a prophetic dream that concerns all of

us today, and it shows that we live at the very end of earth history. I encourage you to study it in the book of Daniel.

To a great degree, Daniel and his friends' diet and their prayer life gave them clearness of mind and a strong intellect. They were also favoured and honored by God

- *"Them that honour me I will honour"- 1 Samuel 2:30*

If we continue to read in chapter 3 of the book of Daniel, we learn that **Shadrach, Meshach, and Abednego were tempted** but kept honoring God, and God protected them. When they refused to bow down to the golden image of Nebuchadnezzar, which would have broken God's second commandment (Exodus 20), they were cast into the midst of an exceedingly hot burning fiery furnace. While they were in the fire, the king Nebuchadnezzar was extremely surprised as he saw one more man among them in the fire. He was an angel of light.

- *"I see four men loose, walking in the midst of the fire, and they have no hurt; and the form of the fourth is like the Son of God." - Daniel 3:25.*

When the three friends came out of the fiery furnace they didn't have any blemish, they didn't have the smell of fire and their coats were not burned.

A few years later, when Babylon was defeated by Medo-Persia, Daniel was once again well favored by the king of this time, king Darius. But some other men who were presidents with Daniel were jealous of him and they knew that he was praying to God several times a day. Therefore they influenced the king to sign a decree that any men who would pray to someone else than the king would be thrown in the lion's den. Daniel knew about the decree and even if he was tempted to stop praying or to hide, he kept praying with the windows of his chamber opened. Daniel was then thrown into the lions den and in the morning when the king went to see how Daniel was, he said:

- *"My God hath sent his angel, and hath shut the lions' mouths, that they have not hurt me: forasmuch as before*

him innocency was found in me; and also before thee, O king, have I done no hurt." - Daniel 6:22

We can learn a lot from the character and the personality of Daniel and his friends to prepare ourselves for the end times.

We can see from the Bible that history repeats itself. In the book of Daniel, prophecies are revealed. Prophecies that concern all Christians today.

We live in the end times and many in the world already face strong temptations. End times prophecy is fast being fulfilled. The Revelation of Jesus Christ (which is the last book in the Bible) tells us about the hour of temptation:

- *"Because thou hast kept the word of my patience, I also will keep thee from the hour of temptation, which shall come upon all the world, to try them that dwell upon the earth." - Revelation 3:10.*

In this same verse, Jesus also assures us that those who keep the words of his patience will be kept.

In these times of increasing troubles, **we need to take Daniel and his friends as our examples when it comes to diet and prayer, to strengthen our ability to resist temptation and to be favored by God.**

2- THE 3 ANGELS MESSAGES

The book of Revelation is located at the very end of the Bible and unfortunately many Christians miss to read it or read it but miss to study this revelator and amazing book. Like its name indicates, this book reveals many things to its readers, and I must mention that this revelation is from Jesus Christ himself (revelation 1:1) and therefore not to be ignored but rather to be studied.

Writing on a health topic I had to share these verses with you, and I'll then explain what they mean and why the way we eat has a relation with these 3 angels' messages.

- *"And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and*

people, Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.

And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication.

And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night who worship the beast and his image, and whosoever receiveth the mark of his name. Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus." - Revelation 14:6-12

What does it mean to fear God and to give glory to Him?

To fear God doesn't mean that we should be afraid of Him and see Him as a tyrant. This is exactly what the devil wants us to think.

Let's break down the meanings of these phrases based on biblical understanding:

To fear God means to have reverence and awe for God. It does not imply terror but rather a deep reverence, awe, and respect for the Almighty. It involves acknowledging God's greatness, holiness, and sovereignty. It also involves a willingness to submit to God's will, recognizing Him as the ultimate authority in one's life.

To give glory to God is to acknowledge His glory, by recognizing and acknowledging His greatness, majesty, and splendor. It involves attributing all honor, praise, and credit to God for His attributes and works. Humans are called to reflect God's glory in their lives through righteous living, worship, and gratitude. By aligning one's life with God's will, individuals bring glory to Him.

This call is often seen as an integral part of preparing for the divine judgment and aligning oneself with the righteousness and holiness of God.

The judgment of God, keep God's commandments and having the faith of Jesus

The 3 angels' messages announce the solemn arrival of the "hour of His judgment."

It advises all individuals destined for judgment to "fear God, and give glory to Him" and to "worship Him that made heaven, and earth."

The outcome of this warning message is the emergence of a people characterized by patience, keeping the commandments of God, and possessing the faith of Jesus.

All these aspects align with the facets of justification by faith. The message represents the gospel of salvation from sin, condemnation, and death. The judgment brings individuals face to face with the righteous law, leading to conviction, repentance, confession, and renunciation. This process forms the basis for forgiveness, cleansing, and justification. Those who undergo this experience embody patience and embrace the righteousness of God.

Furthermore, these believers not only "keep the commandments of God" but also experience a profound change from transgressors to adherents of God's righteous precepts.

Having accepted Christ as their Savior, they receive His righteousness and life.

This transformative journey is only possible through the grace and power of God, granted to those who embrace the gospel message.

What is the mark of the beast?

I encourage you to study the topic of the mark of the beast for yourself so that it will help you determine that the mark of the beast is a mark from the Papal beast that was to "make war," and "wear out the saints of the Most High". Also remember that the Bible is

talking about a power here, not about people. With your Bible in hand, this website is a great source of information that will help you in your study: www.amazingfacts.org. When you will be on the website click on the little magnifying glass symbol and type “the mark of the beast”.

Approaching the end of earth history two different groups will be formed: those who “worship the beast and his image” and “they that keep the commandments of God, and the faith of Jesus”.

The Bible tells us that even if the people of God will be oppressed in the last days, they are patient and wait for the coming of Jesus, and are sealed with the seal of God.

- *“And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea, Saying, Hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads.” - Revelation 7:2-3*

It is important to understand what is the mark of the beast and what is the seal of God. Here is an interesting point that is given by a Catholic catechism:

“Question: Have you any other way of proving that the Church has power to institute festivals of precept?”

*Answer: Had she, not such power, she could not have done that in which all modern religionists agree with her—she could not have substituted the observance of Sunday, the first day of the week, for the observance of Saturday the seventh day, a change for which **there is no Scriptural authority.**” - Stephen Keenan, *A Doctrinal Catechism* [FRS No. 7.], (3rd American ed., rev.: New York, Edward Dunigan & Bro., 1876), p. 174.*

It is clear that the papacy itself confirmed that it changed the Sabbath from the Saturday Sabbath to Sunday. Therefore, it claims that Sunday is a holy day and is the mark, or symbol, of her power and authority.

This was predicted in Daniel 7:25:

- *"And he shall speak great words against the Most High, and shall wear out the saints of the Most High, and think to change times and laws: and they shall be given into his hand until a time and times and the dividing of time." - Daniel 7:25*

In Revelation 13:15-18, we can also read:

- *"And he had power to give life unto the image of the beast, that the image of the beast should both speak, and cause that as many as would not worship the image of the beast should be killed. And he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name. Here is wisdom. Let him that hath understanding count the number of the beast: for it is the **number of a man**, and his number is Six hundred threescore and six."*

Just like Adam and Eve's sons relationship was, which made Cain kill Abel, it will also be at the end of times. Two groups of Christians will form and one will persecute the other. Here also we can see the similarities between Daniel 3 and Revelation 13 *"those who do not pray to the image shall be killed"*.

In the Bible, we can find many verses that explain what the seal of God is. For example:

- *"I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I am the Lord who sanctifies them" - Ezekiel 20:12*
- *"He received the sign of circumcision, a seal of the righteousness of the faith which he had while still uncircumcised, that he might be the father of all those who*

believe, though they are uncircumcised, that righteousness might be imputed to them also” - Romans 4:11.

Also, **a seal** (such as a seal on an important contract or other important legal instruments) **is linked to a law. It shows the lawgiver's name, title, and territory.** In God's law, only one commandment contains the seal of God: the 4th commandment. It reads:

- *“Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.” - Exodus 20:8-11.*

The name is “God”, the title is “creator”, and the territory is “heaven and earth”.

While many Christians today believe that we don't have to keep the Sabbath anymore today, there is not one word in the bible saying so. When Jesus came he said:

- *“Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil.” - Matthew 5:17*
- *“And he said unto them, The sabbath was made for man, and not man for the sabbath: Therefore the Son of man is Lord also of the sabbath.” - Mark 2:27-28*
- *“He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him. But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him. He that saith he abideth in him ought himself also so to walk, even as he*

walked." - 1 John 2:4-6

- *"For this is the love of God, that we keep his commandments: and his commandments are not grievous."* - 1 John 5:3
- *"For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled."* Matthew 5:18
- *And also said "If ye love me, keep my commandments."* - John 14:15
- We can also read several verses saying that Jesus kept the Sabbath holy such as *"as his custom was, he went into the synagogue on the sabbath day, and stood up for to read."* - Luke 4:16.

But there is not one verse or word in the Bible saying that Jesus abolished the law of the Sabbath day, or that the Sabbath day was changed from Saturday to Sunday.

We also know that the word of the Bible is his words:

- *"In the beginning was the Word, and the Word was with God, and the Word was God."* John 1:1
- *"And the Word was made flesh, and dwelt among us, and we beheld his glory, the glory as of the only begotten of the Father, full of grace and truth" - John 1:14.*

Jesus gave the ten commandments on Mount Sanaï.

Moreover, after Jesus death and resurrection, his disciples kept the Sabbath as well:

- *"And Paul, as his manner was, went in unto them, and three sabbath days reasoned with them out of the scriptures" - Acts 17:2*

- *"And when the Jews were gone out of the synagogue, the Gentiles besought that these words might be preached to them the next sabbath." - Acts 13:42*

All the commandments are important.

- *"Whosoever shall keep the whole law, and yet offend in one point, he is guilty of all"- James 2:10.*

But keep in mind that God said "**Remember** the Sabbath day to keep it holy" because He knew that it would be forgotten by many. The Sabbath is a blessing, and in the last days we are living in, remembering it and keeping it holy will be even more a blessing.

- *"Blessed are they that do his commandments, that they may have right to the tree of life" - Revelation 22:14*

So by now, you might ask yourself: Why taking care of our health plays a major role in our preparation to resist the mark of the beast?

There are so many stories in the Bible that link diet and falling into sin or resisting it. Our first parents Adam and Eve have lost Eden because of their intemperate desire. While Jesus fasted for 40 days he was tempted by the devil to transform stones into bread and said:

- *"It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." - Matthew 4:4.*

An angel appeared to the mother of Samson (before she was pregnant of him) who was barren and told her:

- *"thou shalt conceive, and bear a son. Now therefore beware, I pray thee, and drink not wine nor strong drink, and eat not any unclean thing" - Judges 13:3-4*

And let's not forget the story of Daniel who refused to eat the King's meat and drink his wine, and who had a clear mind and was favored by God (read more from page 78).

As we previously saw (from page 63), **eating the wrong food, or having other unhealthy habits can affect our intellect, and our thoughts and actions have more chances to be impaired.**

Therefore it is harder to resist temptation, to discern right from wrong, and it is easier to break God's commandments. It is through the mind that the devil tempts us and that God saves us. We also know that **in the last days, even the very elect will be deceived.**

- *"For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect." - Matthew 24:24.*

And more than ever before we will need God's spirit (read more about the Holy Spirit from page 101).

- *"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." - 1 Corinthians 6:19-20.*

3- INTENSIFYING DECEPTION

The devil knows that his days are coming to an end, and he will do all in his power to deceive as many as he can. But we should not be afraid. Every Christians should know that they should not fear Satan:

- *"Submit yourselves, then, to God. Resist the devil, and he will flee from you." - James 4:7*

The devil has a counterfeit for every truth of God and wants to make everything that is good look bad, and everything that is bad look good. The devil doesn't want us to be healthy so it will be easier for him to have power over us. **This is true for everything in this world, including food.**

Following what is trendy and what the majority of people go after, can be harmful.

As the Bible says:

- *"Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it"*
- Matthew 7:13-14

We might think that the laws of God are legalistic and inconvenient, but...

...they are not at all. Those who are doing as they please are actually bound and become slaves to Satan, often without knowing it, and many are often unhappy with their situation. But the truth sets us free.

About the laws and freedom, the Bible says:

- *"If ye love me, keep my commandments"* - John 14:15
- *"For this is the love of God, that we keep his commandments: and his commandments are not grievous."*
1 John 5:51
- *"And ye shall know the truth, and the truth shall make you free"* John 8:32

About Satan, the Bible says:

- *"And the great dragon was cast out, that old serpent, called the Devil, and Satan, which **deceiveth the whole world**: he was cast out into the earth, and his angels were cast out with him. And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God,*

and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night." - Revelation 12:9-10

- *"Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour" - 1 Peter 5:8*
- *"**Put on the whole armour of God**, that ye may be able to stand against the wiles of the devil." - Ephesians 6:11*
- *"And no marvel; for **Satan himself is transformed into an angel of light**." - 2 Corinthians 11:14*
- *"Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because **there is no truth in him**. When he speaketh a lie, he speaketh of his own: **for he is a liar, and the father of it**." - John 8:44*
- *"How art thou fallen from heaven, O Lucifer, son of the morning! how art thou cut down to the ground, which didst weaken the nations! For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High. Yet thou shalt be brought down to hell, to the sides of the pit. They that see thee shall narrowly look upon thee, and consider thee, saying, Is this the man that made the earth to tremble, that did shake kingdoms; That made the world as a wilderness, and destroyed the cities thereof; that opened not the house of his prisoners?"- Isaiah 14:12-17*

At the end times, deception will be more and more intense

There is no time in history when people have been more bombarded with so many wrong messages than today. The deception in the very last days is going to be so powerful and effective that even many elects will be deceived.

- *"For such are false apostles, deceitful workers, transforming themselves into the apostles of Christ. And no marvel; for Satan himself is transformed into an angel of light. Therefore it is no great thing if his ministers also be transformed as the ministers of righteousness; whose end shall be according to their works."- 2 Corinthians 11:13-15*
- *"For there shall arise false Christs, and false prophets, and shall show great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect. Behold, I have told you before. Wherefore if they shall say unto you, Behold, he is in the desert; go not forth: behold, he is in the secret chambers; believe it not. For as the lightning cometh out of the east, and shineth even unto the west; so shall also the coming of the Son of man be." - Matthew 24:24-27*

Jesus told His disciples that before his second coming, things would be just as before the flood:

- *"But as the days of Noah were, so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, And knew not until the flood came, and took them all away; so shall also the coming of the Son of man be." - Matthew 24:37-39*

There is nothing wrong with eating, drinking, and getting married. The Bible obviously tells us how everything was and will be taken in excess and intemperance, without love for God, like it was also the case for Sodom and Gomorrah:

- *"And the Lord said, Because the cry of Sodom and Gomorrah is great, and because their sin is very grievous; 21 I will go down now, and see whether they have done altogether according to the cry of it, which is come unto me; and if not, I will know." - Genesis 18:20-21*
- *"Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded; But the same day that Lot went out of Sodom it rained fire and brimstone from heaven, and destroyed them all. Even thus*

*shall it be in the day when the Son of man is revealed." -
Luke 17:28-30*

Today, we can see how eating and drinking is taken to excess. While many in the world lack food, others over eat to the point they get weak and sick. **We often don't realize the way food marketers get us to buy their products. Temptation is big and is very often hard to resist. And many times, what is good for us looks bad, but what is bad for us looks good.** And when we finally open our eyes and realize how unhealthy we eat is, and that we decide to make a lifestyle change, it is often a struggle. Learn more about how you can have victory over eating temptations from page 96.

4- NOT JUDGING ONE ANOTHER

Can we judge one another when it comes to eating and drinking?

To answer this question let's see what did Paul mean by these words:

- *"For one believeth that he may eat all things: another, who is weak, eateth herbs." Romans 14:2*

When we put this verse into context, we understand that there has been some dispute happening in the congregation of Rome, and Paul is trying to provide his advice. He is talking to those who eat all things, and to those who do not. The dispute is regarding "fasting". We know that eating vegetables only can be a form of fasting. On the days of Paul, some believers were fasting, and some were not.

The message of Paul was to not judge one another.

Those who eat everything should not judge those who do not eat everything, and the same goes for those who do not eat everything who should not judge those who eat everything. We can inform each other and help each other but it never helps to despise someone.

We must not judge somebody for their living habits and we should consider the situation of people before advising them. Lifelong habits are powerful and can be hard to change, and we should take into consideration the food that is available under the

circumstances in which someone is placed. Telling someone "you should stop this or that" is a bad idea, and contrary to what we might think, it can push the person away. Sharing important information that can help is a great and generous thing to do, as it also shows that we care for the person, but it gives better results if done with gentleness, courtesy, patience, and most of all with prayer.

Here are some verses that we can consider as well:

- *"Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye? Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye."* - Matthew 7:1-5
- *"But why dost thou judge thy brother? or why dost thou set at nought thy brother? for we shall all stand before the judgment seat of Christ. For it is written, As I live, saith the Lord, every knee shall bow to me, and every tongue shall confess to God. So then every one of us shall give account of himself to God."* - Romans 14:10-12

5- GOD'S JUDGEMENT

First, we have to remember that we are all accountable for what we know and I believe that there will be people in heaven who ate unclean food because they didn't know that it was unclean.

- *"So then every one of us shall give account of himself to God."*- Romans 14:12

But the Bible is clear, there are foods that are an abomination in the eyes of God and judgment will come upon those who know and ignore God's law.

As mentioned in the previous pages (from page 23), in Leviticus 11, God gives us a list of the animals that are an abomination. We also saw that this law of unclean and clean animals is still valid to us today (from page 15). Now, let us consider these verses from the old and the new testament:

- *"They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, **eating swine's flesh**, and the abomination, and the mouse, shall be consumed together, saith the LORD." - Isaiah 66:17*
- *"A people that provoketh me to anger continually to my face; that sacrificeth in gardens, and burneth incense upon altars of brick; Which remain among the graves, and lodge in the monuments, which **eat swine's flesh**, and broth of abominable things is in their vessels;" - Isaiah 65:3-4*
- *"And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every **unclean** and hateful bird." - Revelation 18:2*
- *"But the cowardly, unbelieving, **abominable**, murderers, sexually immoral, sorcerers, idolaters, and all liars shall have their part in the lake which burns with fire and brimstone, which is the second death." - Revelation 21:8*
- *"But as for them whose heart walketh after the heart of their detestable things and their **abominations**, I will recompense their way upon their own heads, saith the Lord God." - Ezekiel 11:21.*

The Bible is clear, and **there will be a great judgement day**. In Revelation 20:11-12 we can read:

- *"And I saw a great white throne, and him that sat on it, from whose face the earth and the heaven fled away; and there was found no place for them. And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works." - Revelation 20:11-12*

These words may seem hard and unloving, but God truly is love, and he is a just God.

Satan made sin enter our world and sin must be destroyed. God loves each one of his children, and **He is "not willing that any should perish, but that all should come to repentance" -2 Peter 3:9.** But in justice and in love, he has to separate persistent sinners from those who love and who serve him, so that sin can be destroyed once and for all:

- *"And there shall be no more curse: but the throne of God and of the Lamb shall be in it; and his servants shall serve him" - Revelation 22:3*
- *"And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away." - Revelation 21:4*

God invites each one of us to prepare for judgement today

With God's help, we all have the opportunity to be cleansed:

- *"Let us cleanse ourselves from all filthiness of the flesh and spirit." - 2 Corinthians 7:1*
- *"Every man that hath this hope in him purifieth himself, even as he Christ is pure." - 1 John 3:3.*

There is still time to repent. God is merciful and he calls us to repent. But what exactly is repentance? It means to be truly sorry for the bad things we have done. If you have difficulties to repent, you can ask God for help, so that you will feel sorrow for your sins. The Bible says:

- *"Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord;" - Acts 3:19*

- *"If we receive the witness of men, the witness of God is greater: for this is the witness of God which he hath testified of his Son."* - 1 John 1:9

God can't wait to forgive us. The only thing we need to do is repent. He also tells us to turn away from our sins and to sin no more:

- *"Neither do I condemn thee: go, and sin no more."* - John 8:11
- *"And hereby we do know that we know him, if we keep his commandments."* - 1 John 2:3

God calls us to trust him:

- *"Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life."* - John 14:15
- *"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."* - John 3:16.

And to be baptized:

- *"Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God."* - John 3:5

We can then have the confidence that we will have eternal life:

- *"There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit."* - Romans 8:1
- *"Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world."* - 1 John 4:17

6- LIFESTYLE CHANGES CAN BE HARD BUT THERE IS HOPE

Before my husband and I got married, we had a little argument on the subject of food. I used to eat pork and seafood (in France it is almost a cultural thing) and he told me that when we will have kids, they won't eat any unclean meat. I strongly disagreed. But prayer and faith is powerful. My husband and his parents didn't push me to stop eating unclean meat, and they did what is the most powerful thing to do. They prayed for me. Later on my eyes opened to the truth and the desire for eating unclean meats totally disappeared. I have prayed and I pray daily that God's will be done in my life. Today, I am not eating meat anymore. I am not sharing this to brag about my accomplishment, or to say that I am any better than anyone else. I rather want to show you that change is possible, and that the results can even go over our expectations, with the power of God. Of course, change is often hard, but it can be done progressively with will power, earnest prayer and faith. God is patient and abundant in loving kindness. He knows our hearts, and if we sincerely want Him to help us, He will. He wants us to be holy, pure and healthy. But He won't force us, we need to cooperate.

We can do it with God's help

Most of us have or had bad eating temptations throughout our daily lives. It is even more intense in modern societies. Many people are even struggling with sickness due to eating habits, such as obesity, bulimia, anorexia, cancer... Going from one eating habit to another is sometimes a process, but **with will power and earnest PRAYER**, it is possible.

- Jesus said: *"I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing."* John 15
- The Bible also says to *"not live by bread alone but by every word that proceedeth out of the mouth of the LORD doth man live."* - Deuteronomy 8:3

Victory is ours

Through Christ, we can overcome all things, and we can regain Eden. But we have to cooperate with Jesus with a personal effort. Through our conscience, the Holy Spirit is calling all of us to come closer to the truth.

God has never and will never force us to do something against our own will. We have to take action, and in prayer and in faith God will help us and bless us above our own expectations.

- *"Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us" - Ephesians 3:20*

With Jesus, who is "the way, the truth, and the life" we can overcome any temptation.

- *"(A Psalm of David.) The LORD is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever." - Psalm 23 1-6*
- **"Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in**

the Spirit, and **watching** thereunto with all **perseverance** and supplication for all saints;" - Ephesians 6:11-18

- *"But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness."* - 1 Timothy 6:11
- *"And saying, The time is fulfilled, and the kingdom of God is at hand: repent ye, and believe the gospel."* - Mark 1:15
- *"Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven."* - Matthew 7:21
- *"But Jesus said, Suffer little children, and forbid them not, to come unto me: for of such is the kingdom of heaven."* - Matthew 19:14
- *"The LORD is merciful and gracious, slow to anger, and plenteous in mercy."* Psalm 103:8
- *"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you"* - Matthew 7:7
- *"God is our refuge and strength, a very present help in trouble."* - Psalm 46:1
- *"God setteth the solitary in families: he bringeth out those which are bound with chains: but the rebellious dwell in a dry land."* - Psalm 68:6
- *"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."* - Proverbs 3:5-6
- *"Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me."* - Hebrews 13:5-6

7- JESUS: OUR EXAMPLE

Adam and Eve were overcome by the Devil because of indulgence of appetite, and they lost many blessings. As a consequence, our world has suffered and is suffering from many crimes and miseries resulting from sin. Before Jesus' death and resurrection, Satan had control over humanity and thought that the world was in his hands. And just like Adam and Eve, Jesus was tempted through appetite. But Jesus resisted every temptation from Satan. Through His victory, He assures us that we too can be victorious and that we can conquer any bad temptation we might have.

Jesus was filled with the Holy Spirit and had a self control that we too can have.

- *"And when he had fasted forty days and forty nights, he was afterward an hungered. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, **It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.**" - Matthew 4:2-4*

After Satan tempted Adam and Eve, God told him that he will not be victorious and that his head will be crushed by the offspring of the woman. This is one of the prophecies of the Messiah that was fulfilled when Jesus came to earth and died on the cross.

- *"And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel." - Genesis 3:15*

Though Jesus was tested in various ways, he did not succumb to Satan's temptation.

- *"For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin." - Hebrews 4:15*

Jesus defeated Satan at the cross. Just after his death, he said:

- *"...Of judgment, because the prince of this world is judged" - John 16:11*

Jesus gave His life for the sins of the world and he rose from the dead and broke Satan's power over fallen humanity:

- *"Since, therefore, the children share flesh and blood, He Himself likewise shared the same things, so that through death He might destroy the one who has the power of death, that is, the Devil" - Hebrews 2:14*

The Bible also says that all will see Satan's defeat:

- *"And the God of peace shall bruise Satan under your feet shortly. The grace of our Lord Jesus Christ be with you. Amen." - Romans 16-20*

And when Jesus will come again, He will have the devil bound and placed into the pit:

- *"And I saw an angel come down from heaven, having the key of the bottomless pit and a great chain in his hand. And he laid hold on the dragon, that old serpent, which is the Devil, and Satan, and bound him a thousand years" - Revelation 20:1-2*

Finally, Satan will be cast into the lake of fire, and he will be put to an end:

- *"And the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet are, and shall be tormented day and night for ever and ever." - Revelation 20:10*

8- THE HOLY SPIRIT

Just like Jesus was filled with the Holy Spirit, so we can too.

As Christians, we must take Jesus as our example. One of the reasons he came on earth as a man was to show us an example and that what he did is possible for us to do as well. We know that

when Jesus was full of the Holy Spirit he accomplished amazing things and He was victorious over all possible temptation:

- *"And Jesus **being full of the Holy Ghost** returned from Jordan, and was led by the Spirit into the wilderness, Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered. And the devil said unto him, If thou be the Son of God, command this stone that it be made bread. And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God." - Luke 4:1-4*

In this verse, we can read that Jesus was tempted by the devil to turn stones into bread while he was so hungry after eating nothing for 40 days. But filled with the Holy Spirit he resisted the temptation and told the devil that men should not live by bread alone but by God's words.

Who can be filled with the Holy Spirit?

Being filled with the Holy Spirit and resist any and every temptation is possible for us too.

We can read in Luke 11:13

- *"If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?"*

We can also read that after Jesus died and was resurrected, "the comforter" that is the Holy Spirit came unto many:

- *"But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you." - John 14:26*
- *"Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you." - John 16:7*

- *"And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever." - John 14:16*

The disciples and many other people who were converted were filled with the Holy Spirit.

- *"And when the day of Pentecost was fully come, they were all with one accord in one place. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance. And there were dwelling at Jerusalem Jews, devout men, out of every nation under heaven. Now when this was noised abroad, the multitude came together, and were confounded, because that every man heard them speak in his own language." - Acts 2:1-6*
- *"While Peter yet spake these words, the Holy Ghost fell on all them which heard the word. And they of the circumcision which believed were astonished, as many as came with Peter, because that on the Gentiles also was poured out the gift of the Holy Ghost." - Acts 10:44-45*
- *"And as I began to speak, the Holy Ghost fell on them, as on us at the beginning. Then remembered I the word of the Lord, how that he said, John indeed baptized with water; but ye shall be baptized with the Holy Ghost." - Acts 11:15-16*

What can happen when we receive the Holy Spirit?

We learn that when they were filled with the Holy Ghost the disciples accomplished amazing things.

- *"Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do" - John 14:12*
- *"And God wrought special miracles by the hands of Paul: So that from his body were brought unto the sick handkerchiefs*

or aprons, and the diseases departed from them, and the evil spirits went out of them." Acts 19:11-12

- *"And Stephen, full of faith and power, did great wonders and miracles among the people." Acts 6:8*

Also, The Holy Spirit will seek to bring some behaviors and attitudes in our lives: obedience to God, studying God's word, praying more, loving righteousness and hating sin. We will also see a change in our lifestyle.

And we will receive its fruits:

- *"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, **temperance**: against such there is no law." - Galatians 5:22-23*

No one should ignore the Holy Spirit

- *Jesus said, "Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God." - John 3:5*

There is a book that strengthened my knowledge about the Holy Spirit and which truly re-enforced my relationship with God and with others. It is "40 days prayers and devotions to prepare for the second coming" by Dennis Smith. By reading this book I realized many things about some Bible verses that I used to previously pass by, including that there are 2 works of the Holy Spirit. The Holy Spirit leads us to accept Christ and to be baptized in water, and He fills us with his presence so we truly live the Christian life. With the baptism of the Holy Spirit, **we will see a change in lifestyle.**

Those who have received Christ as their savior and those who decide to commit their lives fully to him are qualified to receive the baptism of the Holy Spirit.

The Holy Spirit calls each one of us to accept Christ as our savior and to receive Him. But when we keep disregarding over and over the Holy Spirit's prompting, we are grieving Him. And it can be an unpardonable sin if we keep disregarding the Holy Spirit and we repent about it:

- *"And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption." - Ephesians 4:30.*

If we have grieved the Holy Spirit in the past, we should not be discouraged because God is merciful:

- *"The LORD is merciful and gracious, slow to anger, and plenteous in mercy. He will not always chide: neither will he keep his anger for ever. He hath not dealt with us after our sins; nor rewarded us according to our iniquities. For as the heaven is high above the earth, so great is his mercy toward them that fear him." - Psalm 103: 8-11*

We also have to keep in mind that there is a war against the flesh and the spirit and that is why we need to walk in the spirit so that Jesus can live in us through the baptism of the Holy Spirit. For this, we need to pray daily, just as Jesus did.

9- PRAYER: A LIFESTYLE PRIORITY

Prayer is so important to change our lifestyle for good. As Christians, we sometimes tend to depend on our own power, on our own flesh to accomplish things and even to do God's work. But a Christian life can not be exempt from prayer and trust in God. If we lack a desire to pray, the Holy Spirit also gives us the desire to pray. Jesus was filled with the Holy Spirit and had a life of constant prayer and deed communication with God. And this is what He wants for us.

We daily need to seek God's help through prayer. Here are a few verses about prayer:

- *"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." - 2 Chronicles 7:14*
- *"And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him." - 1 John 5:14-15*

- *"Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your heart." - Jeremiah 29:12-13*
- *"The eyes of the LORD are upon the righteous, and his ears are open unto their cry. The face of the LORD is against them that do evil, to cut off the remembrance of them from the earth. The righteous cry, and the LORD heareth, and delivereth them out of all their troubles." - Psalm 34:15-17*
- *"Is any among you afflicted? let him pray" - James 5:13*

Constant and persevering prayer

After the disciples were filled with the Holy Spirit, we can read that they had a life of constant prayer:

- *"And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers." - Acts 2:42*
- *"And on the sabbath we went out of the city by a river side, where prayer was wont to be made" - Acts 16:13*
- *"But we will give ourselves continually to prayer, and to the ministry of the word." - Acts 6:4*

Jesus also tells us that we must persevere in prayer until we get an answer.

- *"And he spake a parable unto them to this end, that men ought always to pray, and not to faint" - Luke 18:1*
- *"And shall not God avenge his own elect, which cry day and night unto him, though he bear long with them? I tell you that he will avenge them speedily." - Luke 18:7-8*

Praying together

We also learn in the Bible, that when two or more pray together for the same thing, they are more powerful to overcome any temptations and any power Satan might have over them:

- *"Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven."* - Matthew 18:19
- *"And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken."* - Ecclesiastes 4:12
- *"And five of you shall chase an hundred, and an hundred of you shall put ten thousand to flight: and your enemies shall fall before you by the sword."* - Leviticus 26:8

Praying for one another

We should also pray for one another. If we know anyone who struggles with bad temptations, we must pray for them. Ignoring this, is a sin:

- *"God forbid that I should sin against the LORD in ceasing to pray for you"* - 1 Samuel 12:23
- *"Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;"* - Ephesians 6:18

Asking, believing and claiming God's promise

According to the book "The ABC's of Bible prayer" by Glenn Coon, we must ask, believe and claim while we pray. This is something that we often miss to remember after reading the Bible. It is written:

- *"**Ask**, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you"* - Matthew 7:7
- *"Therefore I say unto you, What things soever ye desire, when ye pray, **believe** that ye receive them, and ye shall have them."* - Mark 11:24

- *“God is not a man, that he should lie; neither the son of man, that he should repent: **hath he said, and shall he not do it? or hath he spoken, and shall he not make it good?**” - Numbers 23:19*

10 - PRAYER FOR HEALING

Many people suffer from diseases today. A disease might come from bad lifestyle habits or from other things. But whatever the disease is, there is hope.

In the Bible we learn that one of the main reasons Jesus came was to heal people.

- *“How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him” - Acts 10:38*
- *“And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.” - Matthew 4:23*

We also learn in 3 John 1:2 that God wishes that we are in health above ALL things:

- *“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” - 3 John 1:2*

In one of his sermons, Pastor Doug Batchelor from Amazing Facts Ministry mentioned 6 prayer principles for healing:

Repent

- *“If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.” - 2 Chronicles 7:14*

- *"Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee." - John 5:14*
- *"And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him" - James 5:15*

Ask

- *"And, behold, there came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean." - Matthew 8:2*
- *"And when Jesus was entered into Capernaum, there came unto him a centurion, beseeching him, And saying, Lord, my servant lieth at home sick of the palsy, grievously tormented. And Jesus saith unto him, I will come and heal him. The centurion answered and said, Lord, I am not worthy that thou shouldst come under my roof: but speak the word only, and my servant shall be healed. For I am a man under authority, having soldiers under me: and I say to this man, Go, and he goeth; and to another, Come, and he cometh; and to my servant, Do this, and he doeth it. When Jesus heard it, he marvelled, and said to them that followed, Verily I say unto you, I have not found so great faith, no, not in Israel. And I say unto you, That many shall come from the east and west, and shall sit down with Abraham, and Isaac, and Jacob, in the kingdom of heaven. But the children of the kingdom shall be cast out into outer darkness: there shall be weeping and gnashing of teeth. And Jesus said unto the centurion, Go thy way; and as thou hast believed, so be it done unto thee. And his servant was healed in the selfsame hour." - Matthew 8:5-13*

Believe and trust

- *"And when Jesus departed thence, two blind men followed him, crying, and saying, Thou son of David, have mercy on us. And when he was come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord. Then touched*

he their eyes, saying, According to your faith be it unto you. And their eyes were opened; and Jesus straitly charged them, saying, See that no man know it. But they, when they were departed, spread abroad his fame in all that country.” - Matthew 9:27-31

- *“Jesus said unto him, If thou canst believe, all things are possible to him that believeth.” - Mark 9:23*
- *“And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief.” - Mark 9:24*
- *“While he yet spake, there came from the ruler of the synagogue’s house certain which said, Thy daughter is dead: why troublest thou the Master any further? As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe.” - Marc 5:35-36*

Elisha rose a boy from the dead, while doing so, he didn't want any unbelievers in the room.

- *“And it came to pass after these things, that the son of the woman, the mistress of the house, fell sick; and his sickness was so sore, that there was no breath left in him. And she said unto Elijah, What have I to do with thee, O thou man of God? art thou come unto me to call my sin to remembrance, and to slay my son? And he said unto her, Give me thy son. And he took him out of her bosom, and carried him up into a loft, where he abode, and laid him upon his own bed. And he cried unto the Lord, and said, O Lord my God, hast thou also brought evil upon the widow with whom I sojourn, by slaying her son? And he stretched himself upon the child three times, and cried unto the Lord, and said, O Lord my God, I pray thee, let this child's soul come into him again. And the Lord heard the voice of Elijah; and the soul of the child came into him again, and he revived.” - 1 Kings 17-22*

Cooperate

- *"Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee" - John 5:14*
- *"And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee" - Ephesians 15:26*

Be persistent

- *"And when they could not find by what way they might bring him in because of the multitude, they went upon the housetop, and let him down through the tiling with his couch into the midst before Jesus." - Luke 5:19*
- *"And they came to Jericho: and as he went out of Jericho with his disciples and a great number of people, blind Bartimaeus, the son of Timaeus, sat by the highway side begging. And when he heard that it was Jesus of Nazareth, he began to cry out, and say, Jesus, thou son of David, have mercy on me. And many charged him that he should hold his peace: but he cried the more a great deal, Thou son of David, have mercy on me. And Jesus stood still, and commanded him to be called. And they call the blind man, saying unto him, Be of good comfort, rise; he calleth thee. And he, casting away his garment, rose, and came to Jesus. And Jesus answered and said unto him, What wilt thou that I should do unto thee? The blind man said unto him, Lord, that I might receive my sight. And Jesus said unto him, Go thy way; thy faith hath made thee whole. And immediately he received his sight, and followed Jesus in the way." - Mark 10:46-52*

Sometimes we also have to accept sickness

God sees the big picture but we don't. Sickness might be God's way of saving us, for us to be patient, or to get our attention. It might also be his way to reach others through us.

The apostle Paul when he was weak said:

- *"And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong." - 2 Corinthians 12:9-10*

God also heals us to serve him and minister into others:

- *"And he touched her hand, and the fever left her: and she arose, and ministered unto them." - Matthew 8:15*

Also **if we are healed we have to remember that it is temporary** until we can experience the new healing of having new bodies when Jesus comes back. He wants us to have this eternal health and joy He promised to those who love and follow him.

- *"Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; neither doth corruption inherit incorruption. Behold, I shew you a mystery; We shall not all sleep, but we shall all be changed, In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory." - 1 Corinthians 15:50-54*

11- DIET: NOT A CRITERIA OF SALVATION, BUT...

Eating healthy and with temperance helps us to have a healthy mind and therefore to better learn, understand, and remember the truth. In consequence, it helps in doing the will of God. By doing our best to eat healthy, and doing it for God's glory, we are acknowledging and obeying God's words. Nevertheless, it is mentioned nowhere in the Bible that eating healthy is a criteria of salvation.

Here are a few verses about salvation:

- *"Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God." - John 3:5*
- *"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." - John 3:16*
- *"For by grace are ye saved through faith; and that not of yourselves: it is the gift of God" - Ephesians 2:8*

We are saved by grace through faith, which means that when we come to God He accepts us right away, despite the evil things we have done. God is love and He doesn't condemn us for all the wrong we have done. He invites us to come to him and repent so that he can forgive us.

- *"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." - 1 John 1:9*

So we know that **we are saved by grace through faith**, and regarding faith, the Bible also tells us that **"For as the body without the spirit is dead, so faith without works is dead also."** - James 2:26

When we truly have faith, God gives us a strong desire to change our lifestyle and to allow Him to work through us.

If not done yet, I encourage you to read the "important note" about righteousness by faith, on pages 10 and 11.

12- THE BIBLE ENDS AS IT BEGINS & GOD'S PROMISE

The garden of Eden and the Bible's description of the new earth and the new heaven have a lot of similarities.

- *"In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits,*

and yielded her fruit every month: and the leaves of the tree were for the healing of the nations." Revelation 22:2

There will be no more death, so no animals will be killed and eaten

- *"And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away." - Revelation 21:4.*

All creatures will live in peace and harmony

There will be a magnificent garden and all creatures will enjoy it in harmony forever.

- *"The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them. And the cow and the bear shall feed; their young ones shall lie down together: and the lion shall eat straw like the ox. And the sucking child shall play on the hole of the asp, and the weaned child shall put his hand on the cockatrice' den. They shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the knowledge of the LORD, as the waters cover the sea." - Isaiah 11:6-9*

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