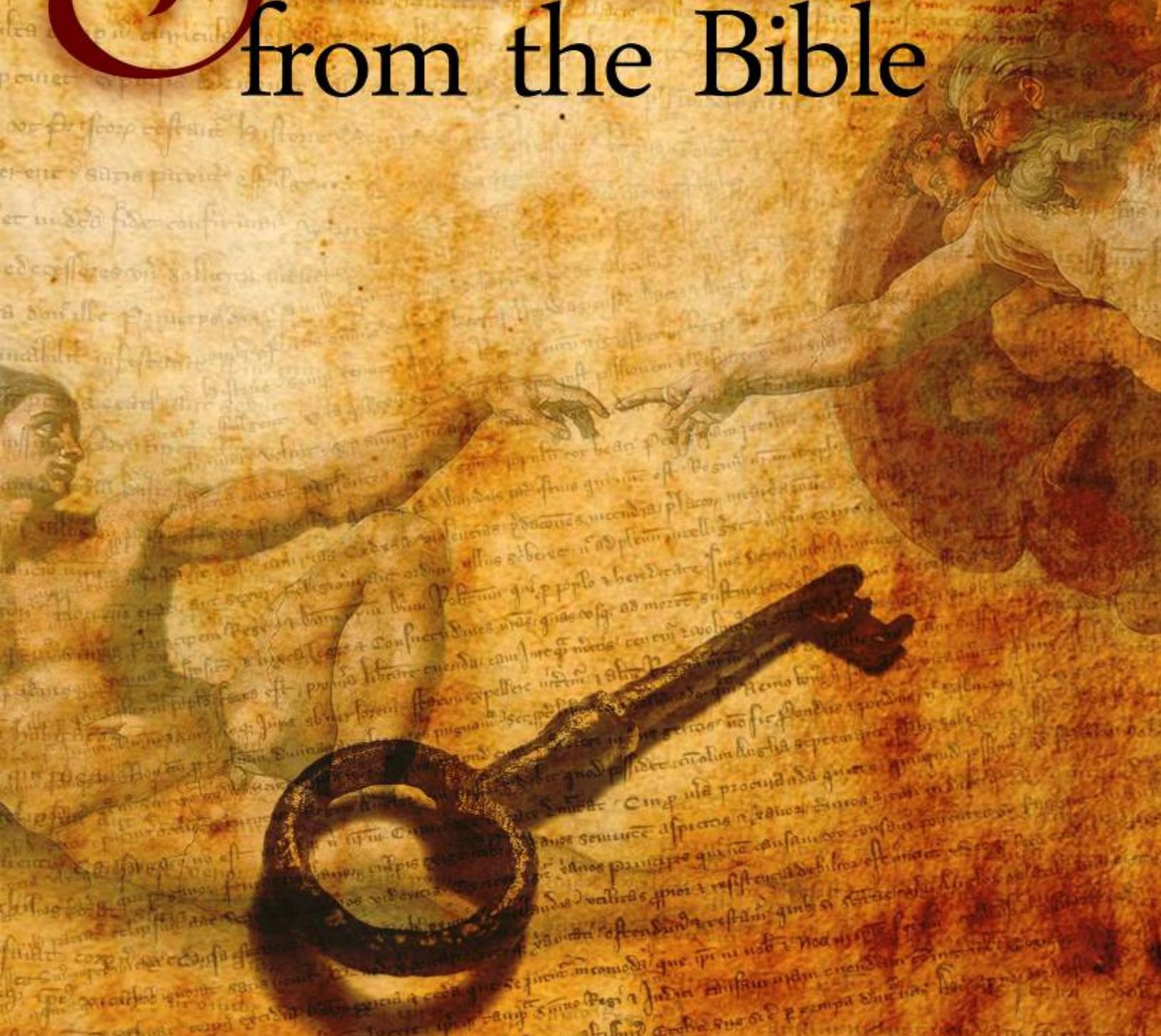


Natural Health Secrets from the Bible



Dr. Frank Smoot

Table of Contents

Introduction	7
Section One: Lifestyle Diseases.....	14
Chronic Inflammation: What Is It?	15
Here Is How It Happens	15
High Blood Pressure (Hypertension)	17
Atherosclerosis (Hardening Of The Arteries).....	18
Heart Disease.....	19
Stroke	19
Diabetes	20
What Is Your Metabolism?	20
Here's How It Works.....	21
Obesity	23
Arthritis	24
Fatigue.....	25
Cancer	27
Alzheimer's And Dementia	28
Problems With The Modern Diet.....	29
Section Two: Our Deadly Food Supply	30
Too much of the wrong stuff.....	30
Food Dyes, Additives And Preservatives.....	33
Common Food Dyes and Additives.....	34
Food Allergies On The Rise	36
Common Food Sensitivities	37
How This Works	39
Television And Yealth.....	39

A Quick Recap.....	40
Section Three: The Solution To All Of This Is Found In Mankind's Most Ancient And Revered Book	42
Ancient Vs. Modern Life	42
Farmers and Nomads.....	42
The Food Supply	43
Section Four: How to Eat Biblically.....	45
Acidic and Alkaline Foods	45
Foods That Produce Alkalinity In The Body.....	47
Vegetables.....	47
Fruits.....	48
Foods That Produce A Net Acid Load On The Body	49
Proteins And How To Easily Select The Most Alkaline Foods	51
How Acid-Forming Foods Will Make You Fat	54
So If I Eat Acidic Foods, How Is It That My Blood pH Remains Nearly Constant?	55
Get Your Calcium From What You Eat....And Don't Eat.....	56
Scientific Studies Verifying The Power Of Herbs In The Bible.....	58
The Power Of Boswelia Serrata (Frankincense).....	59
The Power Of Curcumin (Tumeric).....	59
Section Five: The Specific Foods of the Bible	60
How To Use This Book: The Easy Way To Follow God's Eating Plan.....	61
The Five Forbidden Foods of the Bible.....	62
A Recap Of The Forbidden Foods	65
Important Question: Do These Old Testament Restrictions Apply To Christians As Well?.....	66
But What About Wine?.....	67
Why This Way (God's way) Works Better Than Anything Else	67

The 5 Blue Zones Where People Live Longer Than Anywhere Else In The World	68
The Take-Away From This	70
Organic Vs. Non-Organic Food.....	71
The True Cost Of Food	72
Fasting: 'The Matthew 4 Cancer Treatment'	74
An Oxygen-Rich Environment.....	76
A Very Alkaline Environment.....	76
Cancer Cells Are Not Normal And Can Only Use Glucose For Food	77
How to Fast	79
Water-Only Fast	79
Juice Fast	80
Intermittent Fasting.....	81
Biblical Sanitary Practices.....	82
Biblical Sanitary Practices And The Black Plague.....	82
A Quick Recap.....	82
Section Six: What Happens When You Eat.....	84
The Macronutrients	84
Fats.....	85
Bad Fats	85
Good Fats.....	86
Some Sources of Good Fats.....	87
Protein	87
Good Sources of Protein.....	90
Carbohydrates.....	90
Good sources of carbohydrate.....	92
The Micronutrients.....	92

Section Seven: The Psychology of Change	98
This Is Not Your Typical Diet Book	99
Making a Big Step by Making a Series of Very Small Steps	100
A Word on Olive Oil and Coconut Oil.....	100
Food Adding	101
The Free (or Cheat) Day	102
Having a Bad Day, Making a Mistake, Getting Mad at Yourself and Then Giving Up	103
Food and the Psychology of Addiction.....	103
The Brain’s Reward Center.....	104
So How Do You Overcome This?	105
The Ability to Apply Knowledge and Create Change.....	106
Making a Decision and Changing your Belief System.....	107
Changing Your Belief Systems	108
Daily Actions – The Nuts and Bolts.....	110
Affirmations and Your Personal Mission Statement	113
Why This Works	115
How Habits Are Formed.....	115
The Affirmation Process and How to Use It.....	116
The Power of Persistence and Prayer	117
Conclusion: So What Now?.....	118
Discover The Life-Changing Power Of Weight Loss God's Way.....	118

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Introduction

Welcome to *Natural Health Secrets Of The Bible!* To get us started on the right foot – with God – there are two very important Scriptures we need to understand. Then we’ll get to the “meat” of this book.

Our first important Scripture is self-explanatory: Do all your eating and drinking to the glory of God!

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. (1 Corinthians 10:31)

Our second Scripture is quite so easy to understand, but is extremely important: It’s not what goes into a man (what he eats and drinks), but what comes out of a man – evil words and deeds - that “defiles” him (defines the quality of his nature) Please take just a moment and read...

And he saith unto them, Are ye so without understanding also? Do ye not perceive, that whatsoever thing from without entereth into the man, [it] cannot defile him; Because it entereth not into his heart, but into the belly, and goeth out into the draught, purging all meats? And he said, That which cometh out of the man, that defileth the man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: All these evil things come from within, and defile the man. (from Mark 7...)

That’s a powerful thought, isn’t it? While the quality of your food will always be important, it’s the quality of your thinking that really determines who you are.

And by the way, if you are struggling with your weight, here are four very important things you may not know, but could literally change your body – and your life – for good:

1. It’s not WHAT you eat, but WHY you eat that makes you overweight.
2. Diets just don’t work – which is why 96% of all weight loss efforts fail.

3. Your excess pounds are NOT your fault.
4. “Will power” is really no power at – and those who rely on it most often GAIN weight.

The good news is, you can now lose your excess body fat - permanently – and without ever having to “diet” again. The key to your lifelong success lies in a tested and proven program called *Weight Loss God’s Way*, which has already brought lasting success to countless hundreds of Christians in more than 52 countries all over the world. (For full details about the life-changing *Weight Loss God’s Way* program, please [click here](#).)

Now with those things in mind, let’s get serious about our physical health.

Despite our average life expectancy steadily rising, the quality of our life continues to suffer. Here in America, heart disease is still the number one killer. An estimated 610,000 Americans die of this every year, according to the Center for Disease Control. That’s about 1 in every 4 deaths. Plus, roughly 20% of the population has doctor-diagnosed arthritis. And obesity...it is now over 65% of Americans that are clinically overweight or obese. In men, this number is even higher...3 out of 4. Is it any wonder that many of us complain of chronic pain and fatigue? Of always feeling tired?

We’re sick, and we’re getting sicker...and the sad part? Not only are we doing it to ourselves with the food we put into our bodies. The very institutions and companies tasked with fixing this have become biggest part of the problem: I’m talking about the pharmaceutical industry, and the health care system in general. You and I both know for a fact that nearly all the individuals in the above statistics are receiving medication for their conditions. So how come we are only seeing these numbers go up? Shouldn’t they be going the other way?

Indulge me here and imagine if the cure for cancer was found tomorrow. What do you think would likely happen? Suddenly the most feared disease of our time would be eradicated and some research scientist would go on to receive a Nobel prize, right? You’d be wrong.

Our government in 2008 was willing to spend trillions to bail out insurance companies, banks and automakers because they were deemed “to big to fail”

So what do you think would happen to all of the drug companies if most everyone suddenly became healthy and free of serious ailments? Healthcare (and I really use that term loosely when talking about the system of hospitals and pharmaceutical companies we have here in America) is the second largest sector of the economy, next to the military-industrial complex. They would almost certainly go out of business without a plethora of diseases to develop drugs for.

Not that that would happen overnight but over a year or two it certainly could. And if banks and auto companies are believed to be “too big to allow to fail” then what about our healthcare system?

Would our vested interests in Washington really allow that? I know it sounds harsh but think about it: Pharmaceutical companies don’t make money by fixing you...they make money by ensuring that you remain sick. And hospitals are just as bad.

Imagine if you were a doctor, and you could see a patient once or twice, prescribe an effective regimen that would actually work, and then probably never see him again? Wouldn’t that be ideal? Isn’t that the way it’s supposed to work?

But instead, they take this route: Prescribe incredibly expensive drugs with dangerous side effects and refer that patient to various specialists (The large Hospitals and Medical Centers actually require their doctors to do this) and have a recurring cash flow for both you and your hospital as the patient returned month after month, year after year, until dead?

Have you noticed that once someone goes on say, blood pressure medicines or statins, they *never* get off of them? Have you stopped to think why that might be?

According to hospitalsafetyscore.org, doctor and hospital errors are the third leading cause of death in the United States.

Now, most doctors got into medicine out of a sincere desire to help and they are good people. But the huge companies and hospitals that they work for are not. They are typical of any huge bureaucracy in that they eventually grow to the point where the bottom line is all that matters, and they'll do anything to keep it healthy, even if that means keeping people sick.

It's become obvious that more drugs are not the answer; they're a major part of the problem. We have forgotten the basic live-giving ways to eat that our ancestors had.

What this means to you is that we are at a crossroad and a decision must be made: Continue to put our health in the hands of those that do not have our best interests in mind, or do we take the initiative and regain control of our health, becoming better and more self-reliant in the process?

I think you know the answer. What's more...what if we could go back into one of the most ancient and revered books of all time to find these answers? A book that I'm positive you already have in your home right now.

We already know how the Bible tells us to live. Now let's look at how it tells us to eat.

See, food is literally God's medicine for us. He created it to keep us from becoming sick in the first place. And I'm not talking about frozen pizza and junk from the frozen section. I'm talking about clean, whole foods, the way He intended them to be.

Food is literally God's first gift to us. In Genesis, the first thing God does after creating Adam and Eve is to supply them with a bountiful supply of food.

"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 the tree yielding seed; to you it shall be for meat." Genesis 1:29-30

Imagine a world free from pesticides and toxins, corruption of our food supply. Imagine a world where our food supply is not corrupted but instead a vibrant source of health.. What if it were possible to live to be 90-100 without the chronic pain and disease that

we have unfortunately come to accept as “part of the aging process” what if the “aging process” simply meant the gaining of wisdom rather than the loss of our health?

Can we even do that? Is that possible? We have been conditioned and told by big pharmaceutical companies that getting sick and falling apart is to be expected. After all, their livelihood depends on us needing their drugs. Their livelihood depends on us getting, and staying sick. We’ve been conditioned to believe that our food needs chemicals in it or it will “spoil”. We’ve accepted that it’s ok to poison our food supply because we need to keep the bugs off of our crops. Think about that for a moment. If we are spraying our crops with chemicals capable of killing insects (we’ve all heard stories about roaches being able to survive a nuclear blast) then what does that mean we are doing to our own bodies when we ingest it?

Did you know that the white bread that can be found in any grocery store isn’t even capable of supporting insect life? How recently did you eat this “food?” Today? Yesterday? Everyday?

What about our water supply? Many cities still have plumbing that predates the first world war. Studies have found heavy metals such as mercury in our oceans and industrial waste and agricultural runoff in our lakes and rivers.

Is this how we are supposed to be hydrating our body? What about soda? You will see later in this book how consumption of soft drinks is actually leaching calcium from our bodies. Is it any wonder that your joints ache? You may be thinking by this point that it is a miracle that any of us who partake of such stuff are even around to tell of it.

What did you have for breakfast today? Does this sound familiar? The alarm goes off, startling you awake. Maybe you had already woken up 10 minutes prior, after a fitful nights sleep. Are you able to stay asleep for more than 2 hours at a time? Do you never feel like you’re totally rested? Have you just chalked this up to an inevitable part of aging?

You get out of bed, and sit there for a minute, trying to wake up. You don't just feel tired...you feel drugged. Being tired and groggy would actually be a welcome relief. Do you ever think that? Does it concern you?

You drag down the hallway to the bathroom, listening to your knees creak. The face that stares back at you from the mirror is puffy and looks sick.

Breakfast. Did you eat it? Or did you rush around, slurping coffee while trying to get ready? If you did eat, what did you have? Orange juice from a bottle, or from a frozen can of "concentrate?" A donut or toaster pastry? Microwave sausage biscuit or drive through fare from the joint that recently spent 100 million on ads promoting their "new healthy breakfast menu?"

Did you know that today more children recognize Ronald McDonald than they do a picture of Jesus? That should concern you.

It's 11am. Are you tired, yet? Did you ever even really feel awake? Do you even notice anymore or has a state of constant fatigue become the new normal?

Do you feel not merely groggy....but *drugged*? Would feeling groggy actually be a welcome relief?

Did you know that the average American will consume 150 pounds of sugar this year?

How is your mental state? Happy? Depressed? Indifferent? Do you have mental as well as physical energy? Or are you just burned up at the end of the day, to where all you can do is sit and watch television?

What if there was an answer to all of this? And what is even better is that the answer can be found in a book that is already in your house – your own Bible!

This Book Is Divided Into Seven Sections

The first section details all of the various diseases and ailments that are so common that the medical community simply calls them “lifestyle diseases”. Sometimes they are called Metabolic Syndrome. I explain each one in detail, what causes it and how to reverse it through biblical food choices.

The second section expands on this, detailing the widespread problems with our modern day American food supply

The third, fourth and fifth sections deal with the bible, how to eat biblically as well as modern examples of societies that still practice this way of life and specific foods.

The sixth section will teach you exactly what happens when you eat a certain type of food. Here you will learn exactly what occurs when you eat a carb, protein or a fat. You will learn about both macro and micro nutrients and why they are important.

Finally, in the seventh section entitled The Psychology of Change, you will learn how to make a biblical way of eating a permanent part of your life, as well as the power of the proper mental state.

*For the drunkard and the glutton shall come to poverty:
and drowsiness shall clothe [a man] with rags. (Proverbs 23:21)*

Section One: Lifestyle Diseases

Did you know that today in America we have a category of disease that is so numerous and commonplace that the medical community simply refers to them as “lifestyle diseases?” The reason that they are called that is because they are directly caused by choices that we make in our diet and daily lives. In other words, they are a direct result of our lifestyle.

Let that sink in for a minute...these are potentially fatal conditions caused not by a virus, or a genetic predisposition, but rather by the poor food choices that we are making. Which means that they are entirely preventable. And in this book we are going to learn Biblical principles of eating that will not only prevent these, but will actually reverse them.

These lifestyle diseases that are so commonplace in America include:

- Chronic inflammation
- High blood pressure (hypertension)
- Atherosclerosis (hardening of the arteries)
- Blood clotting complications
- Heart disease
- Stroke
- Diabetes
- Obesity
- Arthritis
- Fatigue

Not a single one of these has to be a life sentence and every one of them is completely preventable.

The best way to prevent these (and reverse them, if need be) is to first understand what they are, and what causes them in the first place. So with that in mind, we are going to go back to school and learn about each of these in a little more detail.

Chronic Inflammation: What Is It?

I am going to begin with this one because it is by far the most important for you to understand. The reason? Chronic inflammation is present in literally *all* of the other lifestyle diseases, and in many cases (such as heart disease) is even the direct cause of them. It has even been linked to cancer. This is not the type of inflammation that you get from say, a sprained wrist (swelling, redness), but rather a systemic and ongoing inflammatory process that negatively affects every system in the body. Essentially, it is your own immune system turning on you.

Here Is How It Happens

There are two types of inflammation: Acute and chronic. Acute is the sprained wrist example. It is your body's normal healing response to injury. Chronic is basically acute gone wild and out of control, where it won't stop. I'm not talking about swelling that won't go away; chronic inflammation is different (and dangerous) because it is not visible, and cannot be felt.

To understand how this normal healing process can become chronic, it is important to first have a clear picture of what happens during the acute phase. Let's return to the sprained wrist scenario: When the body first feels the sprain, it immediately sends out chemicals called *cytokines*. Blood flow also dramatically increases, bringing in an abundant supply of oxygen and white blood cells to the injured area. This is what creates the redness. The swelling is called "splinting", and it causes the area to tighten up so the joint can't move as well, much like a splint would do, to prevent further damage. God designed us in a pretty amazing way!

The injured area is isolated by the body, and nutrients flow in, damaged cells are eliminated, and healing begins. In a few days or weeks, life returns to normal.

That is the acute inflammation healing process, and it is completely normal and healthy. It is when it becomes chronic that we encounter major, life-threatening problems.

Chronic inflammation happens for a different reason than acute. It occurs as a direct result of what we eat, and as mentioned above, is present in literally every single lifestyle disease that exists.

Chronic inflammation is when the body continually releases cytokines, trying to fix a problem that isn't really there. Like I mentioned, chronic inflammation is caused by what we eat, rather than by injury.

We see this phenomenon mostly in coronary arteries. Foods high in sugar, the wrong kinds of fat and especially processed, manufactured food – all of these cause the interior walls of the arteries to suffer. They actually become scored, as in little tiny cuts. The body sees this as an injury and releases cytokines to fix it, just like with the sprained wrist example.

The problem is that for many people, this is occurring on a daily basis – making the condition become chronic. As the poor food choices begin to affect other parts of the body, the condition becomes systemic.

Another major way that chronic inflammation spreads is that as cells age and die (a process that happens thousands of times a day) they become *senescent*, which basically means that they can't do their jobs anymore and begin throwing off their own inflammatory chemicals. This is actually a normal process that the body can quickly remedy – with one notable exception: The cells that do this the most and strongest happen to be fat cells, and some of them begin doing this even before becoming senescent. This is one way that chronic inflammation rages throughout the body – fat is present everywhere. So even carrying around a few extra pounds is going to accelerate this process – putting you on the path to obesity and type-2 diabetes.

The best way I know to show how chronic inflammation actually works is this example: Imagine if you took a wire brush and scrubbed your arm with it for a couple minutes.

The area would quickly turn red, the acute inflammation process would occur and healing would begin. No big deal.

Now imagine if you did this to your arm every day. Let's say you did this daily for a year. The inflammation process would definitely be chronic by this time, and can you imagine the condition of your arm?

Yet basically this is what is happening when we continually ingest foods that trigger the inflammation process. This is what we are doing to the insides of our arteries. This is the real cause of heart disease. Not saturated fat. Not cholesterol. Chronic inflammation is the culprit.

Eventually this leads to increased risk of stroke, arthritis (inflammation of the joints), and has been linked to Alzheimer's as well as many types of cancers, even depression and fatigue.

In this book, we are going to learn how to un-do this seemingly runaway problem, and reverse the associated conditions that come with it, using Biblical principles.

High Blood Pressure (Hypertension)

This is often referred to as the "silent killer", because like chronic inflammation, it can't be felt and has no outwardly detectable signs. You can actually have high blood pressure for years without any symptoms. Yet, even without any outward symptoms, the damage to your heart and arteries is still occurring.

Fortunately, it is easy to detect through a regular blood pressure test at your doctor's office, as well as being easy to fix with simple modifications to your eating habits.

Blood pressure is simply the amount of blood pumped by your heart, and the amount of resistance it faces as it flows through your arteries.

High blood pressure is mainly the result of the *narrowing* of the arteries. Here's how that works: Eating the wrong types of foods (particularly anything with trans-fat – more

on that later) will result in arterial plaque building up on the inside of your arteries, much like soap scum builds up inside your pipes at home. This makes the arterial pathways narrow and harden, yet to keep you alive your heart still must pump the same amount of blood through a pathway that is becoming increasingly smaller.

High blood pressure is the result, which eventually leads to increased risk of heart attack and stroke. Oh, and also one other thing. The continuing high pressure against the interior walls of your arteries begins to damage them, leading to...you guessed it! Chronic inflammation!

It is my desire that you will begin to see as you read how all of the systems of our bodies are related, and how nothing happens in a vacuum. Everything is connected.

Atherosclerosis (Hardening Of The Arteries)

Atherosclerosis is actually a disease, characterized by a buildup of arterial plaque along the inside walls of the arteries. This condition can affect any artery in your body, but the most dangerous are your coronary arteries, which could lead to a heart attack, and your carotid arteries that supply oxygen to the brain. Blockages in these could lead to a stroke.

In addition to that, the blood has a natural ability to form clots. As I am sure you know, this is to prevent uncontrolled bleeding in case of a cut or laceration. However, when the arterial pathway is restricted due to excessive plaque buildup, the chances of a clot forming inside an artery increases dramatically. A clot creates an immediate and usually total blockage. This almost always leads to either a heart attack or a stroke.

Also, as the arteries become more and more damaged by the excessive amount of blood pressure, they actually develop tiny tears and cracks, which the body has to heal. They develop scar tissue, just like any other part of your body would, and as I'm sure you know, scar tissue is considerably less supple than the tissue that it replaced.

Heart Disease

If we were to tie together everything that we have discussed up to this point, we would come up with our nation's number one killer - heart disease

Heart disease isn't simply *one* disease, but rather a set of conditions that contribute to an early and usually unnecessary death. It is preceded by atherosclerosis and chronic inflammation, after which other symptoms and conditions develop.

These include:

- Angina – chest pain
- Arrhythmia – heart rhythm problems – rapid heartbeat or one that is too slow
- Hypertension

Heart disease if left untreated, will almost always progress to an eventual heart attack. A heart attack is when one or more of the coronary arteries (the arteries that supply blood to the heart itself) are blocked. The part of the heart muscle that they serviced then begins to die, and the thing you need to understand is that once heart muscle dies, it does not regenerate. Ever.

Stroke

A stroke is much like a heart attack, only that it occurs in the brain instead of the heart muscle. They both occur for the same reason, though. And that is a partial or total blockage of one or more of the arteries that provide blood flow to the organ in question.

The scary thing about a stroke, however is that when one occurs, the brain cells supplied by that particular blood vessel begin to die off. And when they die, so does the memory and muscle control that was once governed by that part of the brain. This is

why stroke victims oftentimes have to re-learn how to do simple activities such as walking, eating, or speaking.

Diabetes

I want to spend a little bit of time on this one, because it is often misunderstood as to what it is, and what causes it.

Diabetes is a metabolic condition in which a person's body suffers from abnormal levels of blood sugar, because not enough insulin is being produced, or the body's cells no longer respond to insulin, or both.

Blood sugar and insulin are closely related, yet there is a lot of confusion that surrounds this. I also want to define for you what the metabolism actually is, and what insulin does.

What Is Your Metabolism?

Almost everyone would say that metabolism is the rate at which your body burns energy. That's not entirely correct. That's one of the things that your metabolism *does*, but that's not what it *is*. The rate at which your body burns energy is your metabolic rate. What your metabolism is though, is hormones. Yep. Those little chemical messengers that are released by various glands and rush through the bloodstream, instructing your body to get sleepy, wake up, to store fat or to burn it.

But what we need to know with regards to diabetes is that insulin is one of those hormones, and it is secreted by the pancreas, a little gland that lives behind the stomach.

We hear a lot about insulin these days. Most people don't really understand what it

does, just that too much of it is a bad thing, and can lead to all sorts of problems. Which is true. Having your insulin levels out of control is the leading cause of many health problems, as insulin plays a role with virtually every cell in the body.

Here's How It Works

When you eat a meal the food you've just ingested is broken down into a usable form by the body's digestive tract. Carbohydrates are broken down into simple sugars and released into the bloodstream. Your pancreas then releases insulin. Insulin takes these sugars and delivers them to your liver where they are converted to glycogen. Insulin then shunts the glycogen to your muscles, where it is stored as energy for use throughout the day.

Pretty simple, right?

The problems arise when you eat a food that is so rapidly digested by the body that it causes a dramatic and immediate surge in blood sugar levels.

Almost every processed food does this because food manufacturers purposely add additional sugar to their food to keep you returning for more.

Let's say you just ate a couple Twinkies on an empty stomach. Your blood sugar levels increase so rapidly that your pancreas essentially panics and over reacts, releasing a huge surge of insulin to clean all the sugar out of your bloodstream and get it into the proper cells. Insulin does such a good job of this that now there isn't enough sugar remaining in the bloodstream. Your energy levels crash and you begin to have intense cravings for the food that will elevate it the quickest. Unfortunately, what you crave is usually the same type of food that got you here in the first place. This is the very root cause of food addictions that you probably have started to hear about. Believe me when I say that they are very powerful.

So now by this time it's lunch and you're starving again so you get a burger and fries with a Coke. The process starts all over again. You are on a "sugar treadmill". This is what is going on when you hear the severely overweight say they can't stop overeating because they're "hungry all the time". Or you hear people say they're "addicted" to carbs. That's because they actually are! Excessive sugar consumption stimulates the exact same center of the brain that is stimulated when a heroin addict shoots up, an alcoholic takes a drink or a smoker has a cigarette.

*Again, it is for this very reason that the fast food industry adds excess sugar to items such as hamburger buns and pizza dough. They **want** you to be on this treadmill because it means repeat customers for them.*

Now remember, insulin is still trying to get all the sugar in your blood converted to glycogen and stored away in your muscles. But your muscle's ability to hold glycogen has its limits, though. They can only hold so much. You can't overfill them, just like you can't put 16 gallons of gasoline into a car with a 13 gallon tank.

So what happens when your muscles are full of glycogen but you still have all this sugar in your blood stream? What is insulin supposed to do with it? You guessed it. Right into fat cells to be stored for later use. Insulin will always store excess sugar in the blood as fat.

This is how sugar and processed foods make us fat.

If you do this enough times, eventually the cells start to ignore insulin when insulin shows up at their doorstep bearing his latest load of sugar. So the sugars are left to roam around the bloodstream, aimless and without direction. This is called insulin resistance and precedes full blown Type II Diabetes. Type II diabetes accounts for roughly 90% of all cases.

Again, after a long enough period of time passes, this condition will progress into full-blown diabetes.

Again, as everything is tied together, it is no coincidence that symptoms include weight gain, and diabetics also have a much higher risk of heart attack and stroke.

Obesity

America is literally the fattest nation on the planet. As mentioned at the beginning, over 65% of us are considered overweight.

There is not one single aspect of our health that is not adversely affected by being overweight. Its effect on overall mortality (which is to say, everything) has prompted the AMA to actually classify obesity as a disease.

I continue to regard it as a lifestyle choice...but that's just me.

Being overweight is the *very root cause* of all the lifestyle diseases that plaque this great nation right now. Everything that we have talked about up to this point would either disappear entirely or become completely manageable if only our weight would somehow get under control. This book will show you how to do just that, but first we need to know what the problem is, and how it happened, before we can fix it.

Again, obesity affects literally *everything*:

- Overall mortality
- Heart disease
- Hypertension
- Diabetes
- Stroke
- Osteoarthritis
- Breathing problems
- Cancers
- High cholesterol
- Body pain and difficulty functioning
- Low overall quality of life

Remember, our body is a temple. This is how God made us. He did not create us to waste away in the sin of gluttony.

The really sad part? Our children are suffering, too. Children are dependent upon their parents and schools to feed and nourish them properly. And we are failing. For the first time in history, our current generation is predicted to have a shorter life span than their parents did.

The good thing is that by learning the health secrets contained in the Bible, you and your family will have the upper hand in the fight against obesity...in the fight against the food and pharma industry.

And again, if you are struggling with your weight, you can now lose your excess body fat - permanently – and without ever having to “diet” again. The key to your lifelong success lies in a tested and proven program called *Weight Loss God’s Way*, which has already brought lasting success to countless hundreds of Christians in more than 52 countries all over the world. (For full details about the life-changing *Weight Loss God’s Way* program, please [click here](#).)

Arthritis

Back to our old friend inflammation. For future reference, anytime you see the suffix ~*itis* on the back of any word, it means “inflammation”

Arthritis is an inflammatory disease of the joints. Conventional wisdom says that it is unavoidable, and we don’t know the causes. I find it odd then that the only societies that it occurs in with frequency are ones with an American-based diet as their eating plan. It is also less prevalent in those who exercise regularly.

It certainly didn’t happen in biblical times. Think about the three wise men. They traveled all the way from India (most likely) to the holy land. On foot. And by all

accounts, they were old. Really old. And while you hear of many different afflictions in the Bible, joint pain isn't mentioned once.

Arthritis is the leading cause of disability in America today, with an estimated \$50 Billion being lost in wages. That's pretty incredible.

Fatigue

While everyone suffers from overwork, or simply being tired at some point, chronic fatigue is a much different thing...with varying causes.

Chronic fatigue is much deeper and longer lasting than simply "feeling tired". Sometimes chronic fatigue can be traced to an underlying medical condition, but more often than not it can be tied to one of your routines or habits:

- Excessive alcohol use
- Obesity
- Poor eating habits
- Lack of sleep
- Being over medicated
- Excessive sugar consumption – processed foods

For our purposes here, we are going to focus on the types of choices we can make on a daily basis that are entirely within your control, to avoid or eliminate fatigue. Choices such as what we eat, as well as what we think.

The thoughts that we allow to enter our head are just as important as the food that we allow into our body

As an interesting aside, fatigue is what people say they noticed first about aging. They don't complain of aches and pains, but rather a feeling of being tired all the time. People have been taught to just accept this, as it is "part of the aging process". But it doesn't have to be this way.

Here's how this whole process works. Your basal metabolic rate is the rate at which your body burns calories (produces energy, in other words) while at rest. This process naturally slows down with aging, meaning that you begin burning less calories, resulting in less energy production.

So what exactly is *energy* with regards to our bodies? What does that mean? Remember in high school biology when you learned about the cell? Remember mitochondria? Those are little "engines" within each cell that take your carbohydrate and turns it into usable energy. Mitochondria also generate Adenosine Triphosphate (ATP), without which muscular contraction would be impossible. As we age, mitochondrial function declines, as do the actual number of mitochondria themselves. The result is a net energy loss.

But do we have to just accept this? No! There are many things that accelerate this process, the three main ones are diet, lack of exercise and general toxicity (excessive alcohol use, smoking, living in a highly polluted area), but the good news is like with anything else in our body, the more we use it the better it becomes. The same holds true for our mitochondria levels.

Mitochondria in athletes has been shown to be many times higher than that of the average person. The demands they place on their bodies forces it to adapt, just like a muscle that grows when subjected to a repeated load. So simply being physically active will stave off the reduction in mitochondria that otherwise would occur.

The other deciding factor is what we eat: our diet. You will find that your energy levels will naturally increase when you follow a bible-based diet, because the foods contained in it will create optimal cellular health.

If you are currently suffering from fatigue, you will find that by simply adopting the principles in this book, most if not all your symptoms will simply melt away.

Cancer

Cancer is the most feared disease of our time. And for good reason. Cancer is the leading cause of death worldwide. In 2012 there were over 8 million cancer related deaths worldwide. According to the World Health Organization, the number of new cancer cases will rise from 14 million in 2012 to 22 million in the next two decades.

Currently, the US has the 7th highest cancer rate in the world. And according to Alice Bender, MS,RD, a nutrition communications manager at the American Institute for Cancer Research, our lifestyles have much to do with our ranking. “Americans are more likely to be overweight, drink more alcohol, and don’t engage in as much physical activity as people in other parts of the world.” She says.

Keep in mind, though, that cancer is not a single, solitary disease. There are many different types with many different causes. Nor is there one, single “magic bullet” that is going to prevent all types. That is more wishful thinking than anything else.

However, the good news is that scientists agree that up to one third of the most common cancers can actually be prevented by simply adopting a healthier lifestyle. The kind of lifestyle that was enjoyed in Biblical times...one with plenty of whole, unadulterated foods, plenty of fresh air and lots of activity.

Interestingly, it has been shown that cancer cells cannot survive under certain conditions. There’s an entire section devoted to this on page 59, but for now, know that cancer cannot survive:

- An environment high in oxygen
- A very alkaline (low-acid) environment
- And unlike normal cells, cancer can only use glycogen as a food source, whereas normal cells can use a process known as ketosis in the absence of glycogen. This implies that there must be a way to literally starve a cancer cell to death. There is.

Alzheimer's And Dementia

Another unfortunate and feared condition is Alzheimer's. Alzheimer's is an irreversible and progressive disease of the mind that currently has no known cure. Some recent research has this condition as the sixth leading cause of death in the United States. Among older people, this moves into third place, behind heart disease and cancer.

Alzheimer's is characterized by a loss of brain neurons and synapses that, once gone, never return. The result is a brain that slowly atrophies over time. Alzheimer's is the most common form of dementia, ranging from mild memory loss in its early stages to a complete breakdown of cognitive function, to the point where family members are no longer recognized, and severe personality changes occur. Eventually the Alzheimer's sufferer becomes completely dependent upon others for the needs of basic daily living.

Little is known about the causes of Alzheimer's, although scientists believe that a genetic mutation is responsible for early-onset Alzheimer's. With late onset, the prevailing theory is that it is a possible combination of genetic and environmental (including lifestyle) elements. There is much interest in the possible link between Alzheimer's and metabolic conditions such as diabetes and obesity and vascular conditions such as hypertension, stroke and heart disease.

Alzheimer's is the most common form of dementia, ranging from mild memory loss in its early stages to a complete breakdown of cognitive function, to the point where family members are no longer recognized, and severe personality changes occur. The Alzheimer's sufferer becomes completely dependent upon others for the needs of basic daily living.

Problems With The Modern Diet

So what is it that is causing us to be so sick? How did we suddenly become so unhealthy. It's one thing to talk about "lifestyle diseases", but how did this happen?

It's simple, really. We eat too much. And we eat too much of the wrong stuff.

In the last 35 years or so, our food supply has gone from mostly natural to almost entirely artificial. Think about it...walk around your grocery store and look at how many foods are in boxes. How many foods are frozen now instead of fresh? The ingredient list on most of these reads like an 8th grade science experiment, rather than something that you would want to feed to your family.

And don't be fooled by the deceptions of the food industry. They have 7 and 8 figure annual marketing budgets to convince you that their food is good for you. Here is a quick rule of thumb: the more health claims that is on a packaged food item, the worse it is going to be for you. Think about it...go down the chip aisle and the cereal aisles in your store (arguably the 2 most unhealthy aisles) and look at all the health claims on the packaging. Fruit Loops claim to be a whole grain. A can of Pringles pretends to be a real potato. And I don't even pretend to know what goes into a cheese curl.

Then look at the perimeter of the store where all the fresh, natural unmodified foods are. You will find a distinct lack of any nutritional claims. This is where you want to do most, if not all of your shopping. Avoid the center aisles as much as possible.

Section Two: Our Deadly Food Supply

Our modern day diet is slowly and surely killing us. We are literally eating ourselves to death. We spend more money on gym memberships and weight loss products than any other industrialized nation. We make more trips to the hospital and visits to the doctor's office than any country on the planet.

So then why are we the sickest and fattest nation in the world?

Why is 65% of our population either overweight or obese?

We as a nation have some pretty serious food problems. We have become virtually addicted to cheap, fast processed food. On a daily basis, we mindlessly dump nutritionally corrupt, calorie-dense foods into the bodies that God gave us:

- Sugar, in all its forms
- Man-made, hydrogenated fats
- Refined and overly processed wheat products that bear zero resemblance to the wheat of Biblical times.

Too much of the wrong stuff

Sugar consumption is a huge problem. Unbelievably, sugar consumption has reached 150lbs per person, per year, according to the American Journal of Clinical Nutrition.

The problem here is that people don't really see the sugar they are consuming. Right now you may be sitting reading this and thinking "I only put a teaspoon or two into my coffee in the morning...no way am I taking in 150 lbs per year!"

But you would be wrong, and here is why: High Fructose Corn Syrup. This is something that used to be corn and has been so refined that it no longer resembles

anything plant-like and has instead become a sickeningly sweet syrup. And it gets added to *everything*. Some is obvious, such as pancake syrup. But most of it is very insidious. Read the labels on a can of tomato soup, or ketchup. Pasta sauce and breads. It's unbelievable, and sad. It is literally killing us. Slowly but surely. Unless you're buying most of your food in it's whole, unadulterated form, most likely you are getting added sugar in just about everything that you are eating.

The bottom line is that we are consuming way more sugar than our bodies were ever designed to handle, and it is causing severe metabolic problems. Especially diabetes and insulin resistance.

Soybean oil is another one. Again, you will find this in most, if not all processed foods. Unbelievably, in 1999 soybean oil accounted for 7% of our total calories, according to the American Journal of Clinical Nutrition. I imagine it has only increased since then.

Soybean oil is what is used to produce the trans-fats that you have most likely heard of. Trans fats are so deadly that some countries have even outlawed their use. It reacts in the body in such a way as to rapidly raise the levels of bad cholesterol in the bloodstream, faster than any other substance. The way to recognize it on a food label is if you see the words "partially-hydrogenated". Avoid it at all costs.

Begin to notice a trend, here. In almost every processed food, there is an abundance of two things at the exclusion of almost any other grain: Corn and soybean. The reason for this is that corn and soybean growers get huge subsidies from the United States government, ostensibly to keep the farmers in business. What this translates out to is that food manufacturers can buy these products for far less money than they can other grains. Then they modify it to sweeten our food, or in the case of trans fats, to give it a longer shelf life.

This equals better profits for them. Make no mistake, they literally do not care that these substances are killing us. They are entirely profit-driven.

In fact, if you were to do nothing other than remove the above products from your diet, you would all but eliminate your chances of any of the lifestyle diseases.

Another grain that we are eating too much of the wrong kind is wheat. The variety of wheat that was eaten in Biblical times is far different than what you'll find in most grocery stores. Most wheat grown today is a watered-down, mutated version of the actual ancient grain.

Surely by now you have heard of the "gluten-free" dietary fad. This actually isn't necessary. People have been eating wheat for thousands of years, and it certainly was a staple in Biblical times. So what has changed? Well, several things, actually:

- Modern wheat can no longer survive in the wild
- Modern wheat has much more gluten proteins
- Changes in how wheat is milled

The kind of wheat you are eating when you eat regular, brand-name bread wasn't even around in Biblical times. It is a mutant variety called High Yield Dwarf wheat, and it was created around 1960 because it produces a much higher yield. It was developed through cross-breeding, and genetic manipulation. In fact, modern wheat has been altered from its ancient form so much that it is to the point that it cannot survive on its own in the wild, because modern strains are so weak that they require copious amounts of fertilizers and pesticides just to survive.

Modern wheat has many more gluten proteins than ancient varieties, precisely because of excessive hybridization. This is the source of the recent uptick in "gluten sensitivity" that you hear so much about.

And finally, it is milled entirely different. This would seem like a minor distinction, but it is actually very significant. You see, in Biblical times the wheat was simply ground by millstone. This allowed the wheat to retain its nutritional value, because it kept the bran

and the germ together. The bran and the germ is where all of wheat's nutritive value resides. In modern day milling, the process is done with steel rollers and the bran and the germ are separated from the endosperm, which leaves only starchy carbohydrate and an over-abundance of gluten. This is true even in bread labeled "whole-wheat"

So when you combine the fact that we have an entirely different breed of wheat that is so weak that it can't even survive on its own, added to that the fact that we're milling in the most unhealthy way possible, then on top of that we're using poisons, *literal poisons* to grow it...is it any wonder that we are becoming sicker and sicker?

However, not all is lost! You can still procure ancient grains, if you know where to look. Any good whole foods store will have varieties of Biblical style grains that you can grind yourself (if that appeals to you), if not, there is one bread that is my absolute favorite, and the cool thing is that it is made exactly to the Biblical recipe found in Ezekiel 4:9. It is called Ezekiel Bread and is always in the freezer section.

Food Dyes, Additives And Preservatives

We don't hear too much about these yet. I say "yet" because I believe that very soon we are going to be presented with a veritable mountain of evidence that these food colorings and other chemicals have long been responsible for a whole host of health problems, especially in children.

Some of these are worse than others; believe it or not, some of them are actually known carcinogens. Amazing they are being added to our food supply, and is it just me or does no one in any position of authority seem to really care?

This is why we must educate ourselves, because we are being forced to take matters into our own hands if we want to live healthy lives and protect the ones we love. The food industry sure isn't going to do that for us.

A good rule of thumb is that if you see an ingredient on a label that you can't pronounce, or that is obviously a chemical...just avoid it. Another rule of thumb is literally just that: If the ingredient list is longer than your thumb is wide, that is a sign that the food is too processed and must not go into your cart.

Here is a short list of some of the most common additives that you need to avoid:

Common Food Dyes and Additives

Blue #1 and Blue #2 – May cause chromosomal damage; banned in Norway, Finland and France. Found in cereal, candy and soft drinks

Red #3 (aka Red #40) – Banned in 1990 but is allowed on the market until supplies run out. Blows my mind. And oh, yeah. Supplies are still going strong. Found in canned fruit and bakery items such as cupcakes (Red Velvet, anyone?)

Yellow #6 – Linked to chromosomal damage. Also caused kidney and adrenal tumors in animal test studies.

Sodium nitrate/nitrite – This is what actually prompted the World Health Organization to recently classify bacon as a carcinogen...not the bacon itself. There are other, more biblically valid reasons not to eat bacon. Nitrites turn highly carcinogenic once inside our bodies, and are widely regarded as toxic. The USDA actually tried to ban this in the 1970's, but was overturned by the food manufacturers who claimed they had no other way to preserve meats. The real reason? This additive is a color preserver. It will make old dead meat appear fresh again. Gross.

Monosodium Glutamate – A flavor enhancer, it is actually a class of substance known as an excitotoxin – a substance that will over-stimulate cells to the point of damage or death. Found in many foods, mainly Chinese, surprisingly, most flavors of Campbell's

soup also include it. Also has been known to carry such side effects such as depression, eye damage, fatigue and obesity, as MSG has the unique ability to override the hormone Leptin, the hormone that tells you “Hey! Stop eating, you’re full!”

High Fructose Corn Syrup – We already talked about how dangerous this particular sugar is, but did I mention that all by itself, it is the largest single source of calories in America?? And it’s not even a food!!

Sodium Sulfite – A preservative used in making (what else?) processed foods. Also used extensively in wine-making. (The water that Jesus turned into wine was undoubtedly much more pure) The FDA says that approximately “only” 1% of people are allergic to this particular substance. But then they go on to say that most of these people are also asthmatic. This suggests a link between the two. I understand that correlation doesn’t equal causation (to those of you that want to sound all smart) But just the same I would avoid it. Severe allergies have actually been recorded, where anaphylactic shock occurred and the airways completely closed up.

BHA and BHT – Butylated hydroxyanisole and Butylated Hydroxytoluene. These are some unbelievable words to find on a food label. Yet there they are. Sounds like something that I would use to fire my blowtorch with. They appear in cereals, gums, chips, and in most vegetable oils. Also in candy, shortening, frozen sausage (This is cool because the Bible tells us not to eat of the swine....) Here is what they do: They prevent food from changing color. They also prevent you from staying alive, as this is one of the known carcinogens that we are still adding to our food supply. Unbelievable.

Potassium Bromate – I’m sure that if you read labels, you have seen this on your bread products. All really does is increase volume in those products, in other words it just makes them fluffier. But...it also has been shown to cause cancer in small animals. It can cause problems in humans, too. Remember what I said about the difference between wheat from ancient times and what we are currently eating? Are

you seeing the connection, now? There is a huge difference between the way we are eating now, and the way that the followers of Christ ate.

Food Allergies On The Rise

With problems ranging from headaches, mild cold-like symptoms, sleep disturbances and fatigue, food allergies and sensitivities are on the rise in our country. Scientists are still unsure why there has been a sudden increase, especially in children, but there is no doubt that they are becoming increasingly common. Corn, wheat, and soybean derivatives have become so common in our food supply that we have developed a problem with them due to an overabundance of them in our diet.

In Naturopathic medicine, a common practice is to eliminate all known food allergens from the diet, then slowly begin adding them back, one by one, until the allergen is identified.

If you believe you have a food allergy, this may be a good way to begin to identify it. However; by following Biblical eating principles, most of the common allergens will have automatically have already been eliminated for you.

An allergy can simply be defined as an abnormal response to a substance entering your body. For example, most people can tolerate a small amount of gluten in their diet. But if you eat gluten and then feel like you have the flu for the next 24 hours, this is obviously an abnormal response and therefore a food allergy.

Food allergies are a bit easier to trace than food sensitivities because the symptoms are immediate and sometimes severe. Swelling of the tongue, narrowing of the airways, vomiting and flu-like symptoms – sometimes even life-threatening anaphylactic shock. Food allergies affect the immune system.

Food sensitivities are harder to trace because sometimes it is days or weeks before any symptoms show up. Sensitivities vary in severity but occur when your body lacks an enzyme needed to properly break down the food, yet the immune system is not affected as in an allergy. In these cases the strategy of eliminating foods is useful in identifying the offending food.

Many times, what people describe as “hay fever” or exposure to pollen is actually a food sensitivity. If you believe that this may be the case, try removing the common allergens from your diet for 2 weeks and see if your condition changes. These include the items listed below. Also be aware that like I mentioned earlier, at least one or more of these is present in every manufactured food that I have ever come across. So if you are eating overly processed or fast food at every meal, you are consuming these several times a day.

Of course, eating the Biblical way will ensure that you will not over-consume any of these.

Common Food Sensitivities

- **Corn:** Believe it or not, corn in its present-day state is not a naturally occurring food. The inhabitants of Central America cross-bred various grasses to produce a crop that would have a higher yield (the same way we did with our unnatural wheat variety here in the states) and would better be able to feed them. Maize was the result, but since it is a relative newcomer to the human diet, and not really natural to our species anyway, it produces a sensitivity or even allergy in some people. Also, remember that high fructose corn syrup comes from corn. Again, this is one of the most health-damaging additives we have, and it is in nearly every processed food, as well as most salad dressings and condiments. Another corn derivative to be aware of is maltodextrin. This is also a cheap, corn-derived sweetener found in many sports drinks.

- **Modern wheat and gluten:** Gluten is the protein found in wheat, and is very hard for some people to digest. The amount of gluten in our modern day wheat is not natural to our diet. Nor is the wheat itself. It is a modern creation designed to produce a higher yielding crop at the expense of our health. Believe me, you aren't doing yourself any favors by opting for a "whole grain" sandwich bread, unless it is sourced Biblically, such as the aforementioned Ezekiel bread. Also, ancient grains such as spelt and barley, while containing a small amount of gluten, are easily tolerated by almost everyone. Interestingly, it is only when we over-consume these common allergens that we develop sensitivities to them. In Biblical times the food supply was much more natural and healthy.
- **Soy:** Soybean oil is also present in almost every manufactured food and along with high fructose corn syrup, is one of the more dangerous food additives around. Despite what you may have been told, soybean oil is NOT a healthy oil. The majority of soybeans grown in the US are genetically engineered. And when the oil is partially-hydrogenated (blasted with hydrogen molecules to remain solid at room temperature and to have an unnaturally long shelf life) it changes into a trans-fat, a literal poison to the human body. As I mentioned before, it's use is actually being outlawed in more and more countries, as the toll it takes on human health continues to climb. Fortunately, it is easy to avoid. If you see the words "partially hydrogenated" anywhere on the label, throw it out. Also, by following a Biblically based eating plan, you will never have to worry about consuming this. One or more of these common food allergens are present in almost every single manufactured food that we consume. Is it any wonder that we as a people are becoming so sick? We're making our food with toxic, known allergens. How insane is that?

There is one more item that I want to talk about that will help tie this all together, and that is *energy debt*.

How This Works

When most of us get up in the morning we immediately consume caffeine in the form of coffee. We reach for a sugary snack in the afternoon when we're feeling tired. What this does is create *stimulation* to our bodies, which temporarily raises our energy levels. But it is energy that we are borrowing from our future. It eventually puts into a state of fatigue and must be paid back. That is why it is called debt. It is also a state that most people live in all day long.

There is a huge difference between energy from stimulation and energy from healthy foods. Generally, unhealthy manufactured factory food over-stimulates the body, resulting in a debt that must be repaid later in the day. We see the prevalence of this in the sheer number of fast-food restaurants, donut shops and junk food aisles in our grocery stores. There is only so long that a person can go on this type of fare before the inevitable "crash" occurs. Excessive consumption of these types of foods also results in inflammation, with all of its attendant health problems, including premature aging.

And we are seeing this not just in adults, but we are seeing the effects that our lifestyles are having on our children. Childhood obesity is at an all-time high, and although the verdict is still out on what is causing it, we are seeing a dramatic increase in children with Autism and ADHD.

Television And Health

Video games and television viewing habits have been garnering a lot of attention over the last several years. According to a study done by Nielsen, the average child spends between 28-32 hours per week watching TV. This includes time spent playing video games. Obviously, if a child is watching that much television, they are not outside being active, nor are they having significant interaction with other children or their parents (who may not even be home, anyway). The lack of physical activity is most damaging,

as this leads to habits that may persist later in life. To make matters worse, most kids like to snack while they watch TV.

But most of the time, this is where the conversation stops. TV watching is sedentary, and our kids are getting fat. While true, I believe it is only part of a much larger picture. I think that video games and the television itself are more to blame.

See, stress (real or imagined) is a form of stimulation, and stimulation creates an immediate increase of adrenaline and cortisol, resulting in energy. But it is the same “energy debt” that results in a crash. And when children become fatigued, they usually do the same thing most adults do, and that is reach for a snack full of sugar, fat and refined carbohydrate.

Also, violent video games rank among the most popular, especially among teens. Is it that our youth has suddenly become more violent? Or are they simply craving the stimulation (and energy) that such games provide? Our children are over-stimulated and under-nourished. I can't help but notice a correlation between the prevalence of extremely real, graphic video games and the sudden increase in hyperactivity and attention-deficit disorders.

A Quick Recap

We are facing some pretty serious problems. We have become over-stimulated and undernourished by consistently eating what is being widely regarded as the worst diet on the planet:

- A diet of manufactured food, made in a lab or factory and oftentimes genetically engineered
- Rising food allergies because we're using unnatural products to create our food

- The prevalence of chemicals in our food supply, including *known* cancer-causing agents
- The modification of basic grains to the point where they literally become poisonous to us, once they are in our body
- A pharmaceutical industry with a vested interest in keeping us drugged and sick
- A whole litany of entirely preventable “lifestyle diseases”
- Forcing our bodies to operate at a continued energy debt – then medicating to fix it.

Section Three: The Solution To All Of This Is Found In Mankind's Most Ancient And Revered Book

Ancient Vs. Modern Life

Although the history of the Hebrew people is a long and fascinating story, it is one that is beyond the scope of this book.

My purposes here are to show you the way the Bible instructs us to eat and care for ourselves; God's instruction manual, if you will.

So that being said, there are some major differences between ancient and modern life.

Keep in mind as you read this, the lifestyle diseases that we have discussed, and the role of overly refined food combined with a sedentary lifestyle.

There are two very important things to contrast (as it pertains to human health) when comparing the way a Biblical Hebrew would have lived and the way we live now:

They were outdoors. A lot. Almost exclusively. In addition to that, they were very physically active and the food they ate was obviously grown without the use of pesticides and chemicals that plaques our food supply today. And also, the food manufacturing industry was still a few thousand years into the future.

Farmers and Nomads

The ancient Hebrews were both farmers and nomadic herders, with farmers being the more numerous of the two groups. Roughly 90% of people then lived by farming and working the land. Israel is a dry and rocky country, and farming was very hard work.

Being a nomadic herder would have meant all-day-long walking and physical activity. Herding and breeding goats and sheep was the best way to make use of the dry, arid country around Jerusalem and to the south, described as “A land of drought that none shall pass through” Jeremiah 2:6

Whether farmer or nomad, a person living in ancient Israel would have enjoyed plenty of fresh air and lots of physical activity. There was simply no time to be sedentary.

The Food Supply

What we today refer to as “grass-fed and organic” would have been the absolute norm back then. Everything would have been considered organic and unadulterated by today’s standards. The goats and sheep that made up the bulk of the meat portion of their diet would have been fed naturally on the various local grasses, not fattened up on corn and grain products like our modern day meat is. This would have resulted in a meat much higher in the desirable Omega-3 fatty acids that are lacking in our present day food supply, in addition to being leaner and healthier overall.

The farming crops would have been remarkably different, as well. Earlier, we talked about how the variety of wheat in our modern world is so weak and cross-bred that it literally cannot even survive on its own in the wild. The wheat in Biblical times was a nutritional powerhouse, and remember the levels of gluten were much lower, too. The wheat in the time of Jesus would have been limited to three varieties: Einkorn, Emmer and later Triticum Aestivum. Interestingly, those with gluten intolerance have no problem eating these types of wheat, which are still available in health food stores and online.

In addition to wheat, other ancient grains such as Millet, Barley and Rye were used in bread-making.

So the ancient Hebrews had a much healthier (albeit much more labor-intensive) food source than we do.

So how do we tie all of this together? We know there are massive and widespread problems with our food supply and we know that as a population, we are becoming incredibly sick with easily preventable lifestyle diseases.

But what are we to do different? How do we create and implement a change of this magnitude into our daily lives? Will we still be able to enjoy family gatherings such as Christmas dinner? Or are we going to be on some crazy eating plan that has us herding goats and grinding our own ancient grains to make bread? Will the weekly trip to the grocery store now take up an entire weekend and involve 5 different stores and three websites?

The good news is that this is an extremely easy plan to follow. There are just a few basic rules laid out in the Bible...a few easily made adjustments.

In the next section we are going to drill down even deeper. We'll be learning *exactly why* certain foods are better than others. And it's not what you've been taught.

Section Four: How to Eat Biblically

Although we will mostly be focusing on “what” we should eat, we must also keep in mind “how” we should eat. As the Bible makes clear, our attitude is everything!”

If ye be willing and obedient, ye shall eat the good of the land: (Isaiah 1:19)

Go thy way, eat thy bread with joy, and drink thy wine with a merry heart; for God now accepteth thy works. (Ecclesiastes 9:7)

Better [is] a dinner of herbs where love is, than a stalled ox and hatred therewith. (Proverbs 15:17)

Now let's get start to specific about “what” we eat:

Acidic and Alkaline Foods

Remember in school when you learned about pH levels in science class? Well, whether or not you are aware of it, your body (in particular your blood) has an optimal pH level that it must maintain to stay healthy.

PH simply refers to the combination of acidity and alkalinity within the body. PH is measured on a scale from 1 (highly acidic) to pH 14 (highly alkaline). The body MUST maintain a blood pH of 7.35. If this number drops (becoming more acidic), the likelihood of sickness rises tremendously. We're talking about affecting health at a microscopic level; inside the cells themselves. It is literally impossible to maintain both an acidic environment and true health. The two simply cannot exist at the same time.

If your body is in a constant state of acidosis (constantly high acid levels) you will be prone to excessive fatigue and excessive weight gain in addition to other health problems, including cancer. In fact, cancer cells thrive in an acidic environment. And

since your body perceives acidosis as a major form of oxidative stress, you will also find yourself in a chronic state of inflammation. Remember that?

Of course, if you haven't already guessed, eating overly-acidic foods is the root cause of excessive acid in the body.

Now the interesting thing is that since it is so vital for our blood pH to remain at 7.35, our body has different buffering capabilities to ensure that this is always the case, despite what we may eat. The blood pH will only vary to a small degree; the body will always correct it back to the level it is supposed to be at. The fact that it can do this is an amazing testimonial as to the resourcefulness that God built into us. Yet, if we continue to make poor food choices, asking our body to continually fix our mistakes, we are putting a never-ending strain on the systems required to do so. Eventually, our resources are weakened to the point where our immune system becomes compromised. Then the door is open to a whole host of diseases.

Metabolic acidosis is what this is called. When this state is combined with a high-stress lifestyle, the result is exceptionally poor health. This is a very dangerous situation to be in, yet unbelievably it is becoming the norm in modern day America. This includes but is definitely not limited to the development of kidney stones (have you ever known anyone who could no longer drink soda because when they did, they got kidney stones? This is because soda is one of the most acidic "foods" that you can put in your body!) Also, acidic foods contribute to a reduction of human growth hormone (which already decreases as we age; why speed up the process?) which will lead to a reduction in lean muscle mass and weigh gains. And like I mentioned before, metabolic acidosis affects your body at the cellular level, resulting in a decrease in cellular energy (fatigue) and an increase in free radicals.

Again, as I cannot emphasize this enough: Viruses and bacteria love an acidic environment, as do cancer cells. It is interesting to note here that the opposite is also true: Cancer cells cannot survive or even develop in an alkaline environment. Alkalinity is of vital importance in disease prevention. You will find that when you eat Biblically,

your body will be exclusively alkaline, free of the problems that plague modern day society.

Foods That Produce Alkalinity in The Body

One substance that you have probably not heard very much about, yet raises the body's pH the most, is a food chlorophyll content. Most people only know this as the substance that gives plants their green color. But it is so much more than just that. The best way to think of chlorophyll is as the botanical equivalent of human blood. Like the hemoglobin in our blood, chlorophyll creates energy. In a process called *photosynthesis*, chlorophyll converts the very energy of the sun into carbohydrate. This process is literally what makes life on earth possible and sustainable. By eating plants, we are also receiving our energy directly from the sun.

Chlorophyll also has the amazing ability to cleanse our blood of dietary and environmental toxins. Chlorophyll also energizes our body's production of red blood cells. These are the cells responsible for carrying oxygen throughout our body. This in turn, creates a rise in energy levels. Real energy, too. Not the artificial short term type created by sugar or caffeine, which only leaves us groggy and tired later, but a true lasting energy source that never goes away.

Interestingly, while some foods test as acidic, once they enter our body they have an alkalizing effect. Citrus fruits and vinegar, especially the apple cider and balsamic varieties are such examples.

Here is a list of highly alkaline-forming foods:

Vegetables

- Asparagus
- All leafy greens (spinach, spring mix, romaine lettuce, etc)
- Beets
- Broccoli

- Carrots
- Cauliflower
- Celery
- Cucumber
- Dill weed
- Eggplant
- Green beans
- Leeks
- Onions
- Parsley
- Peas
- Sea vegetables (Kelp, Dulse)
- Sprouts
- Squash
- Zucchini

Fruits

- Apples
- Avocados
- Bananas
- Berries (strawberries, blueberries, etc)
- Cantaloupe
- Dates
- Figs
- Grapes
- Grapefruit
- Lemons/limes
- Mangos
- Papaya
- Nectarines

- Oranges
- Peaches
- Pears
- Persimmons
- Pineapple
- Pomegranates

In addition to this, keep in mind also that most biblical grains are slightly less alkaline, tending toward neutral, as are nuts and seeds. Modern grains are highly acidic, especially if they are refined. Olive oil is slightly alkaline, and was used exclusively in biblical times. Beans are slightly acid forming. Animal protein is highly acid forming.

Remember, the goal here isn't to eat nothing but alkaline foods...but rather to give your body a balance tending toward alkaline, which is easy if you are eating a biblical diet. We'll get more into the nuts and bolts of what a typical day might look like if you were to eat a bible-based diet in the next section.

So what foods are highly acid forming? By now, based on what you've learned you should have a pretty good idea the answer to that question.

Foods That Produce a Net Acid Load on the Body

- Commercial breakfast cereals
- Pancake mixes
- Refined white flour
- White sugar (Agave nectar is a good replacement. It sweetens food just fine but is not as acid-forming as table sugar)
- High fructose corn syrup
- Pork
- Shellfish

- Processed cheese
- Pasta
- Refined bakery products
- Candy
- Chips, “junk food”
- Fast food
- Margarine
- Prescription drugs
- Soft drinks
- Protein isolates (whey protein, soy protein)

Add to this list anything that claims to be food yet comes in a box. Think Mac and Cheese (what is that orange powder, anyway?), Hamburger Helper, etc.

The above list includes the worst offenders. Remember again that the goal on a bible-based diet isn't 100% alkaline. There are many super-healthy foods, such as cold water fish like sardines, that have a slightly acidic effect on the body, yet are absolutely part of a healthy, bible-based diet and high in beneficial fats.

I realize that even those on the most acidic north American diet will eat some alkalizing foods on occasion, these are rarely consumed in sufficient quantity to offset the acid-forming base of the diet, which is high in processed foods and refined grains.

Also, be aware that many popular diets today that advocate low fat and high carb are still based heavily on cooked grains and legumes. These diets will keep the body in an acidic state, slowing cellular regeneration and opening the door for disease.

Again, not everything eaten on the biblical diet will be alkalizing, yet the combination provided by the biblical diet will result in an alkaline body. You will enjoy optimal health and an unprecedented level of energy when you eat the way God designed you to.

Proteins and How to Easily Select The Most Alkaline Foods

I want to educate you so that when you are shopping, choosing the right foods will become second nature. So in the preceding section, you probably noticed that protein-rich foods could also be among some of the most acid-forming. So then how do we select a good protein source that has the lowest net acid load?

Notice that the foods in their most natural state are also the most alkaline. This holds true for proteins, as well. You want to avoid processed or altered food. Again, in biblical times this wouldn't even have been an option. The most processing they did then was grinding grain to make bread, or pressing olives to extract the oils. By today's standards, this doesn't even count!

Contrast this with the list of acidic foods. All of those are manufactured and heavily processed.

So there are several questions that you can get in the habit of asking yourself when selecting a food, particularly a protein.

First, has the food been processed? Getting altered by the food industry is the number one way a food can go from healthy and good for you to acidic and dangerous. For example, has the food had its fiber removed? See, an orange is a very alkaline food. But remove its fiber by juicing it, and you are left with little more than a high glycemic sugar water, which not surprisingly is more acid-forming.

With regards to protein, the best source is cold water fish such as sardines, or salmon and tuna. And not out of a can. Canning involves heat processing, which makes it more acid forming. We'll get into the very specific accepted and forbidden foods of the bible in the next section; for now I just want to lay the groundwork so you'll have a better frame of reference as to the "why" behind this way of eating, rather than a "eat this but don't eat that" approach.

My goal is to have you really and truly understand the right way to feed yourself and your family. See, this way of eating is according to God's design. It's part of His design for us, and works according to His laws. God's laws for how to best fuel our bodies cannot be altered any more than you could alter the law of gravity.

Another thing to be aware of involving protein is this: A very common way of processing a protein is to isolate it. You may have noticed the whey and soy protein isolates on the list of very acidic foods. Ironically, you will find these protein isolates in health food stores, of all places. They are used by athletes, especially bodybuilders, as a source of pure protein, using the "more is better" philosophy.

Here is how they really work: Isolating a protein is processing it to the point that all fat and carbohydrate are removed, leaving just the protein. Hence the term "isolate" But the problem is that this process involves chemicals and high heat. The resulting product is then reduced to powder form. This entire process significantly lowers the overall pH, making it more acid forming.

It is best to get protein the way God intended. From a whole food, not a powder. Also, keep in mind that when we talk about protein, this definitely includes dairy. When you say "protein" to most people, they immediately think of a big ole slab of steak. Not necessarily so.

So the second thing to ask yourself now is, is the food raw? Is it as close to its natural state as possible? This is important because anytime a food is altered out of its natural form, it loses certain benefits.

Cooking a protein will make it more acid-forming, but we obviously can't eat raw or undercooked meats. But there is a type of heat that gets applied to foods, including proteins, especially dairy, and that is pasteurization. If the protein must be pasteurized to kill bacteria, try to get the type that is "flash pasteurized". This is when the protein is

heated just long enough to kill bacteria, but won't significantly alter the quality of the food.

A third question to always be thinking about is this: Does the protein contain chlorophyll? Chlorophyll probably wasn't even on your radar before today; the reason I am harping on it so much is that I am operating under the (probably correct) assumption that you have this book because you are concerned about your health and want to make some fairly serious changes. If that is the case, then you most likely have been eating a standard American diet for years, possibly all your life. Eating foods rich in life-giving chlorophyll is the quickest way I know of to undo chronic inflammation and oxidative stress brought on by a poor diet and sedentary lifestyle.

An easy way to tell if a protein contains chlorophyll is by its color. Is it green? Think not just of meats when considering protein sources (you wouldn't want green meat, anyway!) but of plant-based proteins such as peas and lentils.

The reason I bring up plant based proteins is this: As a nation, in large part because of the marketing efforts of the powerful food lobbies and organizations such as the National Cattlemen's Beef Association, we have gotten it in our heads that we have to have meat at every meal. The more the better. This just simply is not the case. Remember that while our bodies do derive benefit from it, animal protein is still produces a very high net acid load.

In addition to that, ALL foods contain protein. In fact, pound for pound, most vegetables have more protein than beef, believe it or not. Obviously, it's quicker and easier to just eat meat. But not at every single meal. In fact, in biblical times meat was only consumed maybe a couple times a month at the most (I am not including fish in this). In the next section as we get into what the ancient people of the Bible actually did eat, you will see that for most of their daily calories, the people of the bible enjoyed a remarkably tasty variety full of alkaline-producing foods, and suffered very little in the way on the chronic illnesses that plague us today.

So remember what I said about not every food needing to be alkaline. On the biblical eating plan, the protein you get will be of the highest pH possible. A diet rich in fruits and leafy greens will ensure the body remains alkaline.

How Acid-Forming Foods Will Make You Fat

When an acid forming food is ingested, they produce a certain amount of toxins that the body must then break down and eliminate.

Manufactured and refined foods are, as you now know, very acid forming, yet they *still retain their caloric value*. To illustrate this, have you ever over-eaten pizza? Eaten junk food to the point that you feel sick? The reason is simple. Let's continue with the pizza example. Pizza is basically white flour, low quality cheese and meat that is then cooked at a very high temperature. When it enters your digestive system, it is providing virtually zero useable nutrients, yet contains a boatload of calories. Since your body is craving actual nutrition and isn't getting any, it still sends out the signal that you're still hungry and need to keep eating. So you have a few more slices. This process continues until your stomach is physically unable to hold any more, at which point you probably don't feel that great.

All processed food has this effect. Consuming a low quality food means that more calories need to be consumed just to meet the most basic nutritional needs. This obviously leads to overeating on a massive scale, and a body that has become quite acidic.

This is how high acidic, low quality foods cause weight gain. Simply put, you keep feeling the urge to eat because your body isn't getting what it needs.

Contrast this with a biblical, whole-foods based eating plan and what you will find is that you actually become full rather quickly. The simple reason why is that once your body

has had its nutritional needs met (which happens quickly on this plan) it *turns off the hunger sensation*, causing you to feel full and stop eating.

Weight loss becomes simple when you eat this way. No counting calories or measuring food. Just eat the way God intended and you will begin to enjoy complete, optimal levels of health.

So If I Eat Acidic Foods, How Is It That My Blood pH Remains Nearly Constant?

This is a fair question, and one that I asked when I first learned about the acid/alkaline relationship. It's actually pretty simple.

The blood has to always remain at a neutral pH of 7.35. This is critical for survival. So if the body is continuously fed highly acid-producing food and is under other types of oxidative stress, it must pull from other sources to keep the blood neutral. Keep reading, because you're about to learn the real cause of osteoporosis.

Think back again to science class. What one type of substance provided the quickest way to neutralize an acid? A base, right? We always used baking soda. But in regards to your body, what one mineral does your body have in abundance that is also a very alkaline base? Calcium. Your bones.

So if you spend a lifetime consuming soft drinks and other highly acidic foods, your body is drawing calcium out of your bones on a daily basis to ensure its own survival. Doing this in your twenties is one thing...but keep it up and you'll not only keep the doors wide open to all the various lifestyle diseases, but will also with certainty suffer weakening bones as you age. Osteoporosis. And although this has yet to be proven, I am positive that this is also what contributes to arthritis.

Get Your Calcium From What You Eat....And Don't Eat

Dark, leafy greens are an excellent source of calcium. So are beans. Ironically, milk is not your best source, because it is a medium level acid producing food, so any calcium gains will be neutralized.

Calcium is best maintained in the body by what you *don't* eat, more than by what you do eat. Also, exercise is one of the best ways to maintain bone health. Just like your muscles, bones grow, too. The, along with your joints, become stronger with use.

The conventional way to treat bone loss of low calcium levels that most people (including many doctors) choose is to “take” more calcium in the form of a supplement. While on the surface this may seem like a good idea, it actually is very bad. The reason is that calcium supplements are usually made from coral, bovine bone meal or oyster shells. Sometime they will include Dolomite (a rock). Obviously, these are extremely hard for the body to even digest (they are most certainly *not* food!) much less assimilate. Calcium supplements are worse than useless.

Again, eating the way God intended will ensure this never becomes a problem for you. Which brings us to:

Healing Herbs of the Bible

Berberine – Naturally lowers blood sugar. Is effective at treating Type II diabetes. Researchers found that Berberine is as effective as the drug metformin at regulating glucose metabolism.

Bergamot – This astringent Mediterranean herb acts as an antiseptic and has strong antibacterial properties.

Cardamom – Native to India, Cardamom aids in digestion, alleviates halitosis (bad breath), and has antiseptic properties.

Chamomile – This herb is native to Iran and other parts of the middle east. It promotes relaxation as well as easing tension and dissipating anger. Chamomile also helps as a sleep aid.

Cinnamon – Used in the book of Exodus as a key ingredient in holy anointing oil, cinnamon is known for lowering cholesterol and blood glucose levels. Cinnamon is also high in antioxidants and stimulates the circulatory and immune systems.

Frankincense – One of the three gifts to Jesus from the wise men, Frankincense is a powerful anti-inflammatory, and is one of the most powerful herbal arthritis cures available. [more about frankincense in a moment]

Galbanum – Also mentioned in the book of Exodus, galbanum is frequently used as an essential oil, and is effective in treating cuts and minor wounds. It is also an effective pain reliever and improves circulation.

Huperzia – Also known as Chinese club moss, this herb is garnering a lot of attention as a memory enhancer. Studies have shown it to be even more effective than Ginkgo. It has also been shown to slow age-related decline in Alzheimer's patients.

Hawthorne Extract – Widely believed to be the plant that was used to make the Crown of Thorns, this spiny bush is native to all parts of the middle east. Hawthorne extract is a powerful dilator of blood vessels, even lowering systolic and diastolic blood pressure by ten points. It is used in Europe to treat high blood pressure and heart disease.

Holy Basil – Originally native to India, this herb also is sometimes called Tulsi. It is known for supporting respiratory and digestive health, as well as being an effective stress reliever.

Jasmine – Native to Egypt and India, this herb promotes hormonal balance, eases anxiety and improves overall mood.

Myrrh – Along with Frankincense, this is actually not an herb but a gum resin. It's included here because of its powerful properties as well as its role in the Bible. Myrrh is one of the most medicinal natural substances around. It is an antifungal, effective at

treating athlete's foot and ringworm, as well as easing bronchitis and eliminating coughs. It is even effective at erasing signs of aging such as wrinkles and varicose veins.

Sage – Another powerful memory enhancer, sage affects enzymes in the brain, and there is evidence that suggests that this herb is as effective in treating Alzheimer's as many leading drugs, all without any harmful side effects.

Stinging Nettle – Found throughout northern Africa and parts of Europe, this herb is used to relieve allergies and hay fever. It also has a gentle, stimulating effect on the lymphatic system, and aids in ridding the body of metabolic waste. Nettle leaves are a good source of vitamin C, as well.

Turmeric – Part of the ginger family, Turmeric is what gives curry its yellow/orange. This root has been used for centuries to relieve inflammation (the root cause of arthritis) and is a powerful antioxidant. So powerful, in fact, that it actually increases the body's own antioxidant enzymes. Early studies have shown turmeric to be able to slow the growth of cancer, and has proven beneficial to those suffering from Alzheimer's. [more about turmeric in a moment]

White Willow Bark – Known as "nature's aspirin," white willow bark is useful in treating all types of pain, including low back pain. It has even been shown to help alleviate the symptoms of acne. However, just like its synthetic cousin aspirin, it is easy to overdo it. Too much can cause an upset stomach and even gastric ulcers.

Scientific Studies Verify The Healing Power Of Two Herbs

To expand a bit of the effectiveness of healthful herbs, let's look at two scientific studies – one about frankincense (*boswellia serrata*) and one about turmeric (curcumin).

The frankincense study (from Orthopedics, Indira Gandhi Medical College, Nagpur, India.)

Efficacy And Tolerability Of Boswellia Serrata (Frankincense) Extract In Treatment Of Osteoarthritis Of Knee--A Randomized Double Blind Placebo Controlled Trial

Abstract:

Osteoarthritis is a common, chronic, progressive, skeletal, degenerative disorder, which commonly affects the knee joint. Boswellia serrata tree is commonly found in India. The therapeutic value of its gum (guggulu) has been known. It posses good anti-inflammatory, anti-arthritic and analgesic activity.

A randomized double blind placebo controlled crossover study was conducted to assess the efficacy, safety and tolerability of Boswellia serrata Extract (BSE) in 30 patients of osteoarthritis of knee, 15 each receiving active drug or placebo for eight weeks.

After the first intervention, washout was given and then the groups were crossed over to receive the opposite intervention for eight weeks. All patients receiving drug treatment reported decrease in knee pain, increased knee flexion and increased walking distance.

The frequency of swelling in the knee joint was decreased. Radiologically there was no change. The observed differences between drug treated and placebo being statistically significant, are clinically relevant. BSE was well tolerated by the subjects except for minor gastrointestinal ADRs.

BSE is recommended in the patients of osteoarthritis of the knee with possible therapeutic use in other arthritis.

And the second scientific study we'll look at is...

The Effect Of Curcumin (Turmeric) On Alzheimer's Disease: An Overview

Most of the information in this study is very technical, but we can “get the message” just by reading the abstract:

This paper discusses the effects of curcumin on patients with Alzheimer's disease (AD). Curcumin (Turmeric), an ancient Indian herb used in curry powder, has been extensively studied in modern medicine and Indian systems of medicine for the treatment of various medical conditions, including cystic fibrosis, haemorrhoids, gastric ulcer, colon cancer, breast cancer, atherosclerosis, liver diseases and arthritis. It has been used in various types of treatments for dementia and traumatic brain injury.

Curcumin also has a potential role in the prevention and treatment of AD. Curcumin as an antioxidant, anti-inflammatory and lipophilic action improves the cognitive functions in patients with AD.

A growing body of evidence indicates that oxidative stress, free radicals, beta amyloid, cerebral deregulation caused by bio-metal toxicity and abnormal inflammatory reactions contribute to the key event in Alzheimer's disease pathology.

Due to various effects of curcumin, such as decreased Beta-amyloid plaques, delayed degradation of neurons, metal-chelation, anti-inflammatory, antioxidant and decreased microglia formation, the overall memory in patients with AD has improved. This paper reviews the various mechanisms of actions of curcumin in AD and pathology.

When both the Bible and science are telling us that certain healing herbs can benefit us, how foolish would we be not to listen?

Section Five: The Specific Foods of the Bible

How to Use This Book: The Easy Way to Follow God's Eating Plan

The Bible is pretty clear on what foods we are allowed to eat; it is even more clear on what foods are specifically *forbidden* and what exactly makes them that way. There are five foods that are considered unclean and forbidden, but before we drill down into biblical specifics, there are a couple points that I would like to mention and have you keep in mind.

- **We are not ancient Hebrews** – What I mean by this is that we are going to have foods and technologies at our disposal that the people of the bible simply did not possess. Does this mean that we must eat only as the ancient Hebrews did? Of course not. Hebrews of the bible squatted on the ground and ate without utensils. They had no electricity. That doesn't mean for you to disconnect your utilities and throw your appliances away. I say this in jest, but I've seen people adopt some pretty odd practices. Eating biblically does not require us to take any extreme measures. Rather, it is a remarkably adaptable way of eating that can accommodate anyone. It is incredibly versatile.
- **Maintain the spirit of the eating plan, avoid biblical literalism** – Avoid getting bogged down in endless details about what you can and can't have. This isn't a diet of Levitical legalism. Rather, it is a way to prolong and improve your life the way God intended. So when I say the "spirit" of the diet, I mean that it is ok if you want to eat a pineapple. The bible allows fruit in abundance. Just because pineapples and other tropical fruits weren't available in biblical Israel doesn't mean you can't have them now, either.
- **Have fun with it** – God wants you to be healthy. Enjoy this new learning process and have fun coming up with new ways of cooking and eating. Maybe you DO want to take the religious anthropology route and try some

foods and cooking methods that actually were used in biblical times. That's fine! One of my areas of study in college was history and anthropology, so I get it. The desire to do that.

The Five Forbidden Foods of the Bible

I'm going to begin here with the types of meats that the bible expressly forbids. You will see that there is actually very good, biologically and scientifically sounds reasons for not eating these foods. Many of these you have probably been eating for years.

- **Swine**

*Now the Lord spoke to Moses and Aaron, saying to them "speak to the children of Israel saying to them, 'These are the animals which you may eat among all the animals that are on the earth: Among the animals, whatever divides the hoof, having cloven hoofs and chewing the cud – that you may eat.'" **Leviticus 11:1-3***

So this is any animal that has both a cloven hoof and chews cud, which is a plant-centric diet. It includes goats and cows. If an animal has only a cloven hoof yet doesn't chew cud, it is considered unclean – for good reason, as you shall see.

Swine in all its forms is absolutely forbidden. A pig is considered unclean for two reasons: First, they will eat literally anything, including fecal matter and other pigs that have died, including their own young. They will eat rotting meat and spoiled vegetation. The second reason is that they have a very simple digestive tract, meaning that the material that they ingest literally becomes their flesh very rapidly. Meaning that if you eat this, you are just one step and several hours removed from whatever filth the pig consumed.

Having cloven hoofs and chewing the cud for today's intents and purposes, would just mean cows and goats. There are two main reasons that these animals are considered clean by the bible. One is that they eat only a clean food source. Grass and vegetation. They eat no animals, and certainly not dead ones. Even though a goat will chew on about anything, as far as diet is concerned, both of these animals can be considered extremely clean, as they consume only plants. The second reason is that unlike a swine, cows and goats have 4 stomachs, meaning that the cud is thoroughly ground and digested before becoming their flesh.

- **Fish without scales**

*'These you may eat of all that is in the water: Whatever is in the water that has fins and scales, whether in the seas or in the rivers – that you may eat. But in all the seas or in the rivers that do not have fins or scales, all that move in the water or any living thing which is in the water – they are an abomination to you. **Leviticus 11:9-10***

At first, this may sound strange. But it stops sounding strange when you stop to consider what kinds of fish do not have scales. Scavengers. In fact, you will see this as a common theme here. The forbidden animal flesh is the flesh of a scavenger. In the case of fish without scales, in America that would be primarily catfish. They're called bottom feeders for a reason! They consume the waste of other creatures, as well as that which has already died. It is for these reasons that they are considered unclean. Remember, when you eat an animals flesh, you are basically eating what it eats. The same way that animals treated with antibiotics or hormones are bad for us. Decaying animals and waste products are toxic to humans, and so is the flesh of animals that thrive on such things. This leads me to the third food...

- **Shellfish**

Again, the same principles apply here. Shellfish are to the seas and oceans what catfish are to lakes and rivers. Scavengers. In fact, when scientists are determining the level of pollutants in our oceans, one of the first places they look is shellfish. Shrimp are sometimes jokingly referred to as “cockroaches of the sea”. How accurate that actually is, though! And when you consider that shellfish allergies are among the most common and potentially deadly food allergies that we as humans have, it should be obvious that this was never meant to be a food source for us.

- **Undercooked meats**

The logic behind this forbidden food is twofold. The first is that consuming undercooked meat is the #1 cause of food poisoning. The people in biblical times were incredibly clean and acutely conscious of sanitization. They were quick to see the connection between undercooked meat and sickness. The second reason is more spiritual. The ancient Hebrews believed that the blood carries the soul of an animal, and to consume it (as you would if you ate raw or undercooked meat, or from an animal that was improperly slaughtered) was a grave offense.

- **The flesh of an animal that died of natural causes or was diseased**

You might believe that eating the flesh of an animal that has died of disease or even natural causes might be something that wouldn't apply to us in the modern world. But would that really be true? You have only to do a quick search on Youtube to find videos of the appalling conditions in modern slaughterhouses. Many of these animals are indeed diseased (otherwise, why are they pumped full of antibiotics?) and many of them die prior to slaughter, yet are used anyway.

There are many reasons why eating locally raised grass-fed beef is a better choice, and this is a big one. The animals are not part of a huge factory operation, and are typically slaughtered in a very humane and safe fashion.

Biblical guidelines for the kosher slaughter of animals included cutting the throat with a very sharp knife to a depth that would sever both carotid arteries, both jugular veins and both vagus nerves and the esophagus and trachea. The animal died instantly and without suffering and this method also allowed it to be completely bled out.

Modern day methods in slaughterhouses include electrical current, chambers filled with CO2 gas, stunning the animal into unconsciousness before killing it, or simply shooting it.

Something else to keep in mind with regards to slaughterhouses is the stress that an animal most certainly feels in the moments leading up to slaughter. An animal releases the same stress hormones that we do (cortisol, adrenaline, norepinephrine) when subjected to extreme stress and this affects the quality (and potential toxicity) of the meat. The meat industry has a term for this meat of poor quality: Pale, soft, exudative (PSE). Likewise, Dry, Firm, Dark (DFD) is another indicator of poor animal treatment and is caused by an animal that was already sick or malnourished yet was slaughtered anyway. It's not as if when they come across a sick animal they decide they can't use it and turn it out to pasture! Isn't that appalling to learn?

A Recap of the Forbidden Foods

You'll notice that three out of the five forbidden foods belong to scavenger animals. God did not put these on the planet to be used as food, He created them to help keep

the planet clean. Can you imagine a world without scavengers? It would be like a suburban neighborhood without a trash service! Scavengers are definitely here for a reason, but a food source is not one of them.

The last two forbidden foods have to do with the sacredness of the blood (spirit) and the proper treatment of the animal being used for food. The people of the bible had a very healthy and connected relationship with their food. They respected that it came from God and honored it accordingly.

Important Question: Do These Old Testament Restrictions Necessarily Apply To Christians As Well?

A great question – and the simple answer is “no.” The following two paragraphs are quoted from www.ucg.org:

“What is the point of Paul's instruction in Romans 14? Depending upon their consciences, early believers had several choices they could make while traveling or living in their communities. If they did not want to eat meat that had been sacrificed to idols, they could choose to fast or eat only vegetables to make sure they did not consume any meat of suspicious background that might offend their conscience. If their consciences were not bothered by eating meat sacrificed to idols, they could choose any of the options. Within this context, Paul said, “Let each be fully convinced in his own mind” (verse 5) because “whatever is not from faith is sin” (verse 23).

“Paul admonished the church at Colosse not to listen to the ascetics. Rather than abrogating God's laws concerning unclean meats-which some people read into this passage-Paul is instructing the Colossian members not to be concerned with ascetic teachers who criticized the manner in which the Colossians enjoyed God's festivals and Sabbaths. Such enjoyment, although condemned by these false teachers, is perfectly acceptable to God.

The bottom line? Meat is fine! And these three Scripture make that perfectly clear:

Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. (Genesis 9:3)

(As we saw before:) And God said, Behold, I have given you every herb bearing seed, which [is] upon the face of all the earth, and every tree, in the which [is] the fruit of a tree yielding seed; to you it shall be for meat. (Genesis 1:29)

But meat commendeth us not to God: for neither, if we eat, are we the better; neither, if we eat not, are we the worse. (1 Corinthians 8:8)

As we saw earlier, all of God's "edibles" are now OK for man's consumption. The truth is, we humans are omnivores. We can eat just about anything, be it plant or animal. What we "should" eat may be another matter. But what we "may" eat is made clear by these scriptures:

But What About Wine?

And wine [that] maketh glad the heart of man, [and] oil to make [his] face to shine, and bread [which] strengtheneth man's heart. Psalms 104:15

In short, wine is fine! In fact, transforming water into wine was Jesus' very first miracle! Plus, it is widely known that red wine (in moderation) brings health benefits of its own. What is the definition of "moderation? About 10 oz. a day for men and 5-7 for women.

Why This Way (God's Way) Works Better than Anything Else

By now you are probably getting a fairly good idea of how the people in the bible actually ate. Their food was more limited than ours simply because we have a superior distribution system, yet the principles are what I want you to take hold of and run with.

There are still parts of the world that naturally follow these principles still, and not always because of a biblical belief (with one notable exception) but because this is the cultural way they have always eaten. And it follows almost to the letter the same eating plan that you are seeing in these pages.

These parts of the world have been termed “Blue Zones”. They are parts of the world where people routinely live to be up to (or over) 100 years of age, and are free of afflictions such as heart disease, cancer, obesity and diabetes.

The term was coined when National Geographic author and explorer Dan Buettner and a team of anthropologists and researchers committed to traveling the world and visiting places with an unusual number of Centenarians. They conducted interviews, studied the diets of these people, and then compiled their research over the course of a year.

They found that the populations of the Blue Zones have much in common, even though they are spaced all over the world (Europe, Latin America, Asia and the United States). They are active – they move. A lot. And they are an active part of a larger community, often a religious one. They take time to control stress levels and relax, and they have very close family connections. Many things that we are becoming in short supply of here in the States (with one notable exception). And of course, their diets.

The 5 Blue Zones Where People Live Longer than Anywhere Else in the World

- Ikaria, Greece
- Sardinia, Italy
- Okinawa, Japan
- Nicoya Peninsula, Costa Rica
- Loma Linda, California

For the purposes of this book, I am going to talk about Ikaria and Sardinia, because they are going to retain the diet closest to biblical times, due to the fact that they are located in the Mediterranean. And of course, Loma Linda, California.

Ikaria, Greece

There was an article about Ikaria in New York Times Magazine called “The Island Where People Forget To Die”. Scientists have long known that there is a direct link between a Mediterranean type diet and a drastic reduction in the types of diseases common in America.

Where it differs from other areas of Greece is an emphasis on honey and goats milk (land of milk and honey?). Also, an abundance of wild greens and fruit, legumes, (especially lentils, black-eyed peas and garbanzo beans), as well as potatoes. Olive oil is used, too.

As far as animal meats go, small amounts of locally caught fish. They don't eat nearly the amount of goat and lamb that are common in other parts of Greece, having it only on rare occasions.

They also eat feta cheese (made from goat milk), and drink teas made from herbs such as Sage and Marjoram with lemons.

Sardinia, Italy

The ratio of Centenarian women to men on this island is exactly 1:1. That's interesting because the world over, the ratio is 5:1. Five women to every one man.

Interestingly, with regards to a Biblical lifestyle, Buettner and his researchers found that the shepherding of livestock from the Sardinian mountains to the plains had the highest correlation of reaching 100 years old.

So what are they eating? Lots of goat's milk and cheese made from goat milk (their primary livestock). They balance it with a small amount of sourdough flatbread and barley, with an abundance of greens, fennel and chickpeas and tomatoes. They include almonds and olive oil as a source of fat. This, plus a very active lifestyle can account for their long life spans.

Loma Linda, California

I was extremely surprised to see a Blue Zone in the United States. Aren't we all supposed to be dropping like flies because of our diet?

Until I learned that Loma Linda has a population made up almost exclusively of 7th Day Adventists. A 7th Day Adventist follows a Biblical diet exclusively. Specifically, a vegetarian version of one, or a close to it as they can get (some residents of Loma Linda include a small amount of fish). They shun sugar in any form not found in natural sources such as dates or figs. They also shun smoking and drinking.

Studies have actually shown that Adventists who ate fish every day rather than a strict Vegan diet (a practice called Pescatarian-ism) had even longer lifespans than the strict vegans.

The Take-Away from This

The trend that I want you to take note of here is the similarities that all these ways of eating share. They all have several things in common with each other, and with the biblical way of eating:

- Most of their food comes from leafy greens, fruits and beans.
- Their main sources of fat were nuts and olive oils, and naturally made cheeses from goat's milk.
- Very small amounts of meat, definitely not at every meal.
- Most sources of animal protein was from cold-water fish such as salmon.
- Bread is not off limits at all, like you see in so many diets today.
- Most of their food is local and organic

Organic Vs. Non-Organic Food

Before we move on, there is one thing I want to touch on and that is organic vs non organic food, especially with regards to animal protein.

Most everyone would agree that food grown without the use of poisons is not only going to taste better, but be better for you. But the one objection I always hear is the price of organic food. And I get that. I really do. For example, I rarely eat red meat. The reason isn't because I think it's unhealthy or anything like that; it's because I refuse to eat factory farmed meat. So that leaves me with the option of locally raised, grass-fed organic beef. Believe me when I say the taste difference is amazing. And the nutritional profile is completely different, being much higher in the heart-healthy Omega-3 fats. It is also very expensive *when compared to* regular grocery store meat. So I just don't eat a lot of it. So I understand why people say organic food is "too expensive". But is that really true?

Stop and think about the economics of this for a moment. Rather than ask "why is organic food so expensive?" wouldn't a better question be "Why is our regular food so cheap?" In my local grocery store, you can go to the frozen section and buy a TV dinner for *less than a dollar*. How can a food manufacturer sell an entire meal for less than a buck? What is going on here?

The True Cost of Food

The state of many of our current food problems can actually be blamed on us, the end consumer. By continually demanding lower prices, we are forcing food companies to find ways to cut costs in order to continue to get our business. The quickest way for a food manufacturer to cut costs is to find a way to either increase the yield of a particular food (Remember the Dwarf Wheat?) or to find ways to cheapen the production process, or both.

This eventually leads to literal toxins that did not exist in biblical times being placed in our food supply. As Jane Goodall famously said “Could we have ever believed that it was a good idea to grow our food with poisons?”

Yet here we are.

The best example of all of this that I can think of is the use of nitrates to cure bacon. Remember recently that bacon and other processed meats were recently classified as class one carcinogens, right up there with tobacco? Nitrates were the reason why, rather than the meat itself.

In the 1970's, there was an attempt to ban nitrates when it was discovered that they became wildly carcinogenic when introduced into the human body. There was a huge uproar from the producers of packaged meat that they no longer would have anything with which to cure their bacon and sausages with. They'd go out of business, they said. With enough lobbying, the FDA eventually backed off, and nitrates remain in our food supply to this day.

But why? Is it true that it isn't possible to cure food without nitrates? Of course not! People have been using smoke and salt to cure meats for thousands of years! The Viking used to smoke fish to last through the harsh winter months; they certainly didn't use nitrates. The real reason such an uproar was made was that nitrates are what

enable a company to sell bacon for \$4.99/pound. Traditional curing methods would slow the process so much that the price would rise to more in the neighborhood of \$12-14/ pound. (which is what traditionally cured, local bacon costs at my health food store where I live).

So nitrates and other poisons continue to be used, and probably always will, so long as people demand “cheaper, cheaper!!” instead of focusing on their health and that of their environment. So in a way, we’ve done this to ourselves.

Another thing to understand is that when you look at an organic piece of produce, or a fresh cut of local, grass fed beef and note its high price tag, what you are actually seeing is the *true cost* of that food. Not an inflated price set by greed, but reality. This is what our food should *actually cost*. But it doesn’t. So again, a better question is “Why is our food so cheap?” It’s cheap because we do things to it to expedite the growing season/increase yield. We put chemicals in it to give it a lifespan that is unnatural.

Another thing is to know the difference between price and cost. Price is what you pay in the checkout line. Cost is more long term. Let me explain...

I am a big fan of saving money. It’s almost always a good idea. But not so much when it comes to what you eat. I understand that most everyone is on a budget, yet excessive corner-cutting at the expense of your own and your families health is what they call “penny-wise and pound-foolish.” I’m not saying that you need to buy only 100% organic foods. It’s not necessary to go to that measure, but take into account that eating poorly now WILL have a future *cost* associated with it.

How much money do you think the average American spends on prescription medications? Over \$9,200 annually, according to the Center for Disease Control. 60% of adults over the age of 65 are on some type of drug to control cholesterol, or blood pressure. Usually both, as those two conditions go hand-in-hand.

The take-away here is that it is foolish to try and save money by eating inferior, even dangerous foods in order to save what actually amounts to very little, when 20 years down the road you'll be spending almost ten grand annually on drugs, most if not all of which are being taken because of very poor food and lifestyle choices. But this is what most of us are doing.

But even if you don't buy *any* organic food, simply by learning to eat biblically, you still will avoid all of the lifestyle diseases (and low quality of life in general) that plague so many Americans.

Fasting: 'The Matthew 4 Cancer Treatment'

Back on page 19 I mentioned that there are three things that a cancer cell cannot survive, and promised a section devoted to explaining this in further detail. The three things cancer cannot survive are:

- An oxygen-rich environment
- A very alkaline environment
- A lack of glucose

Let's examine each of these individually:

An Oxygen-Rich Environment

So how do we create an oxygen rich environment inside of our own bodies?

Oxygenation is said to occur when oxygen molecules enter the tissues of the body. The way the body uses oxygen is a complex process beyond the scope of this book – suffice it to say that oxygen is present in every chemical reaction in the body, and it has been proven that cancer cannot survive an oxygen rich environment.

There are several things we can do to create an oxygen rich body. One is to eat fresh, (hopefully organic) plants. In fact, making these a huge part of your diet (like in the bible and the Blue Zones) will go a long way in keeping your body oxygenated.

Remember, red blood cells are how your body transports oxygen through your body. So an abundance of healthy red blood cells would be ideal. Fruit and vegetables support the elimination of the free radicals that cause so much cellular damage. And remember our friend chlorophyll, present in all green plants? Recall from page 37 that among its many other amazing properties, chlorophyll also supports healthy red blood cells.

There are other foods that support blood-cleansing. Garlic and onion are the two easiest to find and incorporate into your food. They belong to the Allium family and have potent medicinal properties, including cleansing the blood of cholesterol and excess triglycerides (fat), both of which contribute overall acidity in the body. And as we learned previously, cancer loves an acidic environment but can't tolerate an alkaline, oxygen rich one.

Exercise and deep breathing also will help oxygenate the body. Any kind of exercise is better than being sedentary, but the kind that leaves you gasping for air will flood your body with oxygen the quickest. If you haven't been active in some time, definitely get a physical before beginning a serious routine. Also, remember that exercise also helps maintain or even increase your bodies mitochondria, which results in increased energy, which results in the ability to better utilize oxygen, which results in the ability to exercise more, which leads to an increase in mitochondria, which results in....well, you get the picture.

A less strenuous way to increase oxygen is to practice deep breathing. This involves breathing long, slow deep breaths from the belly instead of the short, high-in-the-chest

breaths that most people take. This also has the added benefit of reducing stress and calming the mind.

Also, since you are breathing anyway, think about the quality of the air your taking in. Most indoor air is of worse quality than outdoor. So spend time out side, preferably in a forest, as trees put off oxygen as their waste product.

Another trend that I have seen (but have yet to try) is an oxygen bar. Like a bar that serves alcohol, except these bars hook you up to pure oxygen. I've heard that it's a pretty heady feeling, as our regular air supply is only about 20% oxygen! Not necessarily biblical, but I thought it an interesting idea...and in my opinion, nothing is too extreme if you're talking about cancer.

A Very Alkaline Environment

Alkalinity and high oxygen levels are very interrelated. You really can't have one at the exclusion of the other. Even if we eat foods highly alkalizing, the functions of the body at the cellular level still produce metabolic waste, which is acid-forming. If our bodies cannot get rid of this metabolic waste, the result will be a certain level of toxicity. Being active and sweating is the best way to get rid of metabolic waste.

Sweat is 99% water and salt, with the remainder consisting of metabolic waste such as uric acid, ammonia and urea. Because of this, sweat is highly acidic with a pH of 4-6. So it is obvious that sweating on a regular basis is extremely beneficial to keeping the body as alkalized as possible. Sitting in a sauna has had well documented health benefits, and while saunas do not make an appearance in the bible, the biblical climate was a hot arid desert, and intense physical activity was common. This, combined with their diet, would have meant that people of biblical times had extremely alkalized bodies.

Cancer Cells Are Not Normal and Can Only Use Glucose for Food

This is where it really gets interesting. So far we have learned how to alkalize and oxygenate our bodies, and why this is important. But the very nature of a cancer cell makes them very weak to one thing that the bible mentions many times: Fasting.

In Matthew chapter 4 Jesus fasts for 40 days and 40 nights after being baptized. At the end of this time he is tempted by Satan, who tried to coerce him into proving he was indeed the Son of God by turning stones into bread, so that he could eat. This is when Jesus said the well-known line “Man does not live by bread alone”

One meaning to take from this is that spiritual nourishment is as needed as physical nourishment is. Yet another meaning that can be derived from a health perspective is something that is actually being shown to kill most every type of cancer. That is fasting.

Fasting has long been a part of nearly every esoteric and spiritual tradition on the planet. Once regarded as an extreme practice only the most ardent devotees of any religion would practice, fasting has now been shown to have all kinds of amazing health benefits, including being jump-starting weight loss. But for our discussion about cancer prevention, fasting has two main ways that it prevents and even kills cancer cells.

Remember that most every function in the body produces some sort of waste, and that cells (and parts of cells) die off every day by the millions. What actually has been shown to occur in a person when they fast for as little as 12-14 hours (a practice called intermittent fasting) is that the body, when presented with a distinct lack of any type of food (energy) will turn to metabolizing the cells in the process of dying off and use them for energy, instead. This has two huge effects. One, it keeps our bodies in a nice state of alkalinity, because the dead and dying cells are now being metabolized to provide energy rather than being allowed to turn into metabolic waste and cell damaging free radicals. And the second reason this is good: Remember way back in the section on chronic inflammation? We learned that a dying cell throws off different chemicals which

causes an inflammation response in the body. Fasting halts this process. These are the ways that fasting can help prevent cancer from forming. It promotes an oxygen rich alkaline environment that cancer cannot survive in.

Occasional fasting is how we are designed. The idea of three to five meals a day is only a recent one. For most of humanity's existence, we would only get to eat once or twice a day. Sometimes three...sometimes not at all. Our bodies have learned to use this "downtime" as a time to "clean house"

The other amazing thing with regard to cancer cells is that a cancer cell has no "brakes" like a regular cell. When a regular cell is experiencing a lack of food, it slows down a bit to conserve energy. Not so a cancer cell. They keep going full speed ahead.

So let's put this all together and see how fasting cannot only prevent cancer, but has been shown to reverse it.

Remember, cancer cells can't use glycogen for food. So there they are, burning glycogen that they are stealing from other cells, metastasizing as only cancer can, when suddenly *boom!* Their food supply suddenly is shut off. Yet insanely, they try to keep multiplying.

Then something incredible happens. Tumors stop growing. Then cancer cells begin dying. The absence of glucose in the body is literally starving them to death, while normal cells have simply switched over to fat-burning mode, called ketosis.

There was a test done in 1998 where scientists injected mice with enough active cancer cells to make them terminal. Then half the mice were fed normal mice diets, eating their fill every day. The other half ate only every other day. In other words, they fasted 50% of the time.

Four times the number of fasted mice survived the cancer as mice fed regular diets. And remember, this wasn't early stage cancer, either. This was terminal cancer.

Amazing. Also, because of something called *differential stress response*, fasting when combined with chemotherapy actually makes the chemo even more effective. The chemo doesn't affect the normal cells as much as would normally be the case because they are in the energy conserving mode that I mentioned earlier.

How to Fast

I know. Seems silly. Just don't eat, right? Actually there are many different types of fasting, depending on what you are wanting to get out of it. Here are a few...

Water-Only Fast

This is the most aggressive type and should be done for shorter periods of time. Basically, you drink just water (or lemon water for an additional alkalizing effect). Don't go for 40 days. You are not Jesus. I would not recommend any more than one-three days at the most. This is a really good way to cleanse your body of metabolic waste, and is an awesome way to start a new eating plan, as your body will be perfectly clean of sugar and any other garbage that may have been in there.

Another added benefit for those seeking to lose weight is that your stomach will actually shrink during this time, and you will become full extremely fast when you resume eating. Also, any food cravings will have been eliminated. Fasting forces you to step off the sugar treadmill that so many of us are on.

Juice Fast

This is the same as a water fast, but only juice is consumed. Be careful with this if you are battling a sugar addiction. Conventional, store bought fruit juice is essentially just sugar water with a little vitamin C thrown in. You'd get about as much benefit as going on a Dr Pepper fast. So don't go that direction. Instead, use smoothies.

The difference is that a smoothie is the whole fruit or vegetable that has been blended until it liquefies, where a juice is minus all the plant fiber. The ideal way to do a juice fast is to use either a Vitamix or a Ninja blender, and throw in whole vegetables (spinach, kale, avocado with apple and pineapple for sweetness and a cup of water to bring it to the right consistency is a good recipe) and drink this several times per day.

Another great energy producing and inflammation fighting juice is to combine carrots, a peeled orange or two, and some fresh ginger root (ginger is an extremely powerful anti-inflammatory, rivaling the most powerful drugs, without side effects) blend this up and drink it. Be prepared for some serious energy!

If you don't want to invest in a blender of that magnitude quite yet, there are smoothies that you can get at health food stores. Just make sure to read the label. The cheaper varieties use apple or pear juice as the first ingredient, so avoid those.

Or, if you live in a metropolitan area, chances are good that there will be a juice/smoothie bar in your town where you can have them custom make whatever you want. A good juice fast is a wonderful way to detoxify and alkalize the body.

Intermittent Fasting

This is an easy way to introduce fasting into your life without having to commit to entire days without food. The two most popular ways to do this is to either severely limit caloric intake on alternating days or to go for long stretches between meals. For

example, only eat 500 calories of fruit every other day, eating normally on the other days. Alternately, you could fast for 16-18 hours a day – just eat only lunch and dinner then nothing more until the lunchtime the next day.

Biblical Sanitary Practices

The Hebrews of the bible also had a very early understanding that a lack of cleanliness led to disease. We have seen how this belief manifested in the biblical injunction of clean and unclean foods, but as you will find, the ancient Hebrews applied stringent sanitary practices to everyday life.

For centuries western medical doctors denied the existence of invisible agents that caused sickness and disease, until Louis Pasteur proved them wrong in the late 19th century.

The Hebrews of the bible were instructed to wash anything that came into contact with a animal carcass or a dead human under running water. The same held true for any type of discharge, such as blood or mucus. In Deuteronomy 23:12 there is a specific instruction to have an area for human waste well outside of camp.

Compare this with medieval Europe, where the streets themselves were open sewers, and human excrement was simply collected in a bucket (chamber pot) and tossed out the window when it became full.

It is in the bible that we can find the first antiseptic in Hyssop oil.

A clean person shall take hyssop and dip it in the water, sprinkle it on the tent, on all the vessels, on the persons who were there, or on the one who touched a bone, the slain, the dead, or a grave. Numbers 19:18

Later studies have indeed confirmed that Hyssop oil contains 50% antifungal and antibacterial agents.

Biblical Sanitary Practices and the Black Plague

In the fall of 1347, a ship sailed from the Crimea and docked in Sicily. Aboard this ship were not only men and goods, but also rats carrying the Bubonic plague. The Fourth Horseman had arrived.

Over the next several years, an estimated 60 million people died of the Black Death

However, it was during this time that a Jewish doctor named Balavignus saw what was happening, and knew that the horribly unsanitary practices of medieval Europe were to blame. Raw sewage and human waste running down the middle of the street, and the gentile tradition of only bathing twice a year quickened the spread of any disease.

He orchestrated a clean-up of the city of Strassburg, where he lived, ordering the burning of all refuse. As a result, by practicing the cleanliness and sanitization principles given to Moses by God, the Jewish population suffered only 5% the mortality as their non-Jewish neighbors.

In fact, in Europe overall the Jewish population died at less than half the rate of the rest of the population, simply because of the biblical laws that compel a follower to wash their hands many times throughout the day, especially after coming into contact with something considered unclean.

A Quick Recap

So far in this section we have learned what would constitute a biblical eating plan – and the reasons why such foods are so good for us. We've learned what makes those that

follow such a plan so healthy and long lived, and then went even deeper into very specific reasons that the people of biblical times ate and practiced as they did, showing how virtually all disease (even cancer) can be prevented or even eliminated by eating and living the way God intended.

In the next section we're going to go further with what to eat by adding to what we've learned. I want to show you how specific foods react once they are consumed. I want you to have more than just a passing familiarity with food; to truly be successful long term, you need to understand what each food type does once it is in your body.

Section Six: What Happens When You Eat

The Macronutrients

Macro (large) nutrients are the very basic, broad food sources. There are only three of them, but we need to eat from them daily. They are as follows

- **Fats**
- **Proteins**
- **Carbohydrates**

All foods, biblical or otherwise, fall into one of these three categories. Each one of the macronutrients serves a specific function, and the good news is that they always act in measurable and predictable ways once in the body. So once you understand what they do as well as good sources for them, (many of which have already been listed in the section about alkaline/acidic foods) shopping will be a breeze.

There are really only two reasons people fail when trying a new way of eating. They either go on an unsustainable “fad” diet that has them eliminating entire food groups or severely restricting calories, or (and this is more common) they simply become so overwhelmed with all there is that they want to know that they suffer “analysis paralysis” and become confused. And what does a confused person do? Nothing. They quit.

So my goal here is to get you to a level of knowledge where you can go into any grocery store, not even armed with a shopping list, and still make good choices that line up with the way God designed your body to function. Knowing *why* you are making a certain choice carries far more power than simply doing it “because it’s good for you”.

We already know about the tremendous amount of disease caused by our food supply. We understand now (maybe hearing this information for the first time) why a food that promotes a healthy pH is so much better for us than an acid forming food. Now we’re

going to take a big step back and look at the larger picture – the role that the macronutrients play in our body.

Fats

Fat can be found in trace amounts in virtually every food. For so long, the popular thinking was that fat was what caused heart disease and high cholesterol. This is true, but only with regard to man-made trans-fats. But we won't be eating those on a bible based eating plan. The only fats you'll consume are natural, healthy ones found in nature.

We saw earlier that acid forming foods can make you fat by causing you to overeat empty calories. But fat by itself will not make you fat. In fact, your body isn't even able to store fat as fat. The biblical eating plan definitely includes some fats in the fish and nuts and seeds you'll eat, as well as foods such as avocados and the olive oil that was such a staple in biblical times. But you will see that these fats are good for you.

The function of fat in the body ranges from cushioning the joints to protecting the organs. Our central nervous system has a remarkably high level of fat. The marrow of our bones that produces our red blood cells would cease to function without a high percentage of fat. Fat is absolutely necessary to human health; we would die without it. Problems only arise when we eat too much of the wrong kind. Following a bible-based eating plan will result a complete return to health and a normalization of your body fat percentage, no matter where it may be right now.

Bad Fats

There is really only one fat that is truly deadly to a human, and that is a trans-fat. The thing about fat is that it makes food taste really good. This is a very desirable quality for a food to have, especially from a food manufacturers point of view. The problem is that

fat turn rancid very quickly, especially at room temperature, and this shorter shelf life was a problem for the profit-driven food industry. So they came up with a way to further stabilize it by basically forcing hydrogen molecules through soybean oil until it became a solid. So now we have a product that makes food taste good, yet won't turn rancid.

Yet this laboratory-created substance is so toxic to the human body that its use is actually outlawed in many countries. In fact, it is so toxic that in a study published by the New England Journal of Medicine found that as little as 20-60 calories per day would begin to damage your health.

The scary thing is that food manufacturers are actually allowed to put a "zero trans-fat" claim on their product so long as it has less than 500 milligrams per serving. When it only takes 20 calories to begin to make you sick, it is best to avoid this disgusting substance altogether. If you follow the biblical eating plan, the only fats you'll encounter are natural one that your body actually benefits from. But since my goal is to give you as much knowledge as I can, it is to your advantage to know how to identify trans-fat. It's easy. If you see the words "partially-hydrogenated" on the ingredient label, it contains trans-fats. Trans-fats do not exist in nature.

Good Fats

Not surprisingly, all of the good fats are found in fish and plant sources, as well as grass-fed beef. The Omega-3 fatty acids are dominate in these sources. But what is it that makes the Omega-3's so good for us? What do they do?

Essentially, they do the opposite of what trans-fat does. Where trans-fat rapidly raises the levels of bad cholesterol in the bloodstream, a good fat will lower it. Omega-3's are of particular benefit because they have a lubricating quality to them that helps prevent blood clots from forming in your bloodstream. They also prevent cholesterol from building up along the interior walls of your arteries for the same reason. They lubricate them and make them less sticky.

Another really good benefit of fat is that it acts as a buffer between sugars and how quickly your body absorbs them. What this means is that it aids in normalizing your blood sugar levels. None of the foods that you'll eat will cause a rapid rise in blood sugar, but if you do happen to be very sensitive to sugar, the presence of fat in your diet will help that situation to normalize.

Some Sources of Good Fats

- Cold water oily fish such as salmon and tuna
- Canned smoked Sardines (get the ones that are packed in olive oil)
- Canned smoked Herring (also called kippered snacks.)
- Avocados
- Nuts such as almonds, cashews and macadamias.
- Flax seeds

When the only fats you are getting are coming from these sources, you have come a long way ahead of the average American in terms of nutrition, because in addition to healthy fats, all of these foods also contain numerous vitamins and minerals.

Now let's look at the next macronutrient

Protein

Without a doubt, you have probably received some confusing information surrounding this particular macronutrient. How much is enough? Is there such a thing as too much? (there is) Won't it make me fat? Bodybuilders eat tons of it and I see canisters of protein powder in health food stores. Doesn't that make it good for me? It used to be at the base of the food pyramid...along with eggs and dairy.

It's enough to make a person crazy. But let's keep it simple. Remember the biblical diet and the way people in the Blue Zones eat. Fish can be eaten daily. Beef and other types of animal protein are eaten more rarely. Remember, animal protein is an acid forming food. Beef highly so.

So how much do we need? Not as much as we have been led to believe. Remember that the Cattlemen's Association and other food groups, not to mention corporations like McDonald's have seven and eight figure annual marketing budgets to work with. That's a whole lot of influence. And they teach us that it only comes from animals (usually beef and pork) and that we must have it at every meal. That's simply not true.

We are so over-proteined that I don't think that a doctor would even recognize a protein deficiency if he saw one. That level of malnutrition simply doesn't exist in this part of the world. Our problem isn't one of under-nourishment, but rather over-nourishment. Except that it's to the point where it isn't nourishing us anymore; it's killing us.

Here is the thing you must understand: Protein is everywhere. Not just in animals. Protein is literally a primary building block for any form of life, and so is in every solid food that exists in nature, including plants. There is no reason to eat meat at every meal because you think you need protein at every meal. *You're already getting protein at every meal.* Eating that much meat only creates a net acid load on your body, and we've learned what happens when you do that repeatedly over time. You get sick. Sometimes very sick, even terminally sick.

Stick to what the biblical eating plan says and you will not go wrong. Ever.

Now, all that being said, we still need protein and need to understand it's role in our bodies.

Like I mentioned, protein is a primary building block of life. It is simply a connected string of amino acids. And it is responsible for ALL tissue repair and cellular growth and

regeneration. Regular exercise will further increase the bodies use of and need for protein, as regular exercise breaks down muscle tissue that must then be built back up.

So how much protein do we actually need? Most of us already get way too much and again I say that because most Americans are sedentary yet continue to eat copious amounts of meat at every meal. So here's how much we should be getting which is largely dependent upon activity levels.

A sedentary person really only needs 0.5 grams per pound of lean body weight. This is an amount that is very easy to hit. For a person whose lean body weight is 175 pounds, this would only be around 88 grams of protein a day.

With a person who is very active and is trying to build up lean muscle mass, the needs are higher, even up to doubling the previous example for those who are avid weight lifters or athletes. It is only in this case that you may want to monitor your protein consumption. If you do increase it, just remember to balance it out with an alkalizing food if you're choosing an animal source of protein.

Now, take notice of the fact that I said *lean* body weight in these examples. If you have weight to lose, rest assured that eating a bible based diet will melt if off quick. But when deciding on protein needs, you want to base protein consumption on your goal weight, not the weight you may actually be at.

Remember, since protein is a primary building block, it is used in everything and this includes hormone and enzyme production. A healthy amount of hormones is critical to virtually every function in the body. From falling asleep to waking up, storing fat or burning it, hormones convey a constant stream of messages from the brain to the body. And enzymes help extract nutrients from food so that the body can use them. Enzymes are also a catalyst in nearly every chemical reaction that occurs in the body. So it's important that they be kept in a healthy and constant supply; protein is the way this is accomplished.

Another interesting fact about protein is its synergistic effect when combined with carbohydrate. Consuming a carbohydrate with a protein supplies a working muscle with much more energy than a carbohydrate by itself would. Plant sources of protein such as beans are great for this because they contain both carb and protein already.

Good Sources of Protein

- Cold water fish
- Minimally processed beef
- Beans
- Lentils
- Nuts (all types, but especially almonds)
- Spinach (believe it or not, pound-for-pound spinach has more protein than beef)
- Kale
- Yogurt
- Kefir
- Cheese

Again, remember that any animal-derived protein source will be more acidic than a plants based one, so plan accordingly. If you would rather not worry about this, then just use beans and fish.

Carbohydrates

So everyone can pretty much agree on fats. We can get together on protein. But bring up carbohydrates ('carbs') and you'll see all types of debate and disagreements and crazy food fads.

Like the other two macronutrients, carbohydrates are not complicated. It was only when we discovered that too much of the wrong kind can make us fat that everyone began “over-thinking” the simple carbohydrate.

Carbohydrate is simply the body’s preferred energy source. Carbohydrate breaks down into glycogen, which is literally the only fuel your brain can effectively run on. That’s why if you’ve ever tried a no-carb fad diet you felt light headed and couldn’t concentrate. Yes, your body can eventually switch over to fat for fuel if needed, but that’s a last resort rather than an optimal way to live. Think of carbohydrate like the utility company for your body, and fat is the back-up generator in case the power goes out.

Carbohydrates are present in all plant foods. For sedentary people, the needs for carbs are very low. The fact that too many of the wrong kind exist in every type of processed food, combined with a sedentary lifestyle is the main cause of obesity in this country.

For active people, like I hope you will become if you are not already, the needs for carbohydrate are much greater. It is essential in maintaining energy during exercise and replenishing muscles post-workout.

There are three types of carbohydrates:

- Sugars
- Starches
- Fibers

If you follow a bible-based eating plan, you will get the abundance of your carbohydrates from the last two and very little from the first.

It is when grains are refined and the fiber is removed that what was previously a good carb now becomes a bad one. Enriched breads, donuts, pasta and similar foods are what make up the bulk of carbohydrate for the typical American.

On pages 12-13 I explained in the section on diabetes how too much of the wrong kinds of carbs (sugars) lead to obesity, insulin resistance and eventually severe metabolic problems.

Keep with the principles laid out here in this book and none of these problems will ever trouble you.

Good sources of carbohydrates

- Beans
- Lentils
- Squash
- Sweet potatoes
- White potatoes
- All vegetables
- Bread – biblical bread like in Ezekiel 4:9.
- Flatbread
- Sourdough bread

Keep in mind that while bread is definitely a healthy food if made with the right types of biblical grains, if you have a lot of weight to lose and want to do it fast, limit bread consumption until you are where you want to be.

The Micronutrients

Micronutrients are the vitamins and minerals, phytochemicals and antioxidants found in fruits and vegetables, nuts, seeds and legumes, sometimes in trace amounts. Their functions are more specialized than that of the macronutrients. Each micronutrient serves a very specific role to play.

Vitamin A

Vitamin A helps stave off infections. It also supports muscle growth and repair and maintains healthy red and white blood cells. Best sources include orange and dark green vegetables such as sweet potatoes and Kale and spinach.

Vitamin B1

This vitamin helps the body use carbohydrate by turning into energy. B1 is very common in many foods; getting enough if it is not a problem for most people. Biblical sources include legumes, ancient grains such as amaranth and nuts.

Vitamin B2

Vitamin B2 helps the body utilize protein by assisting in the assimilation of amino acids. This is a critical function in tissue repair and the buildup of lean muscle. Like B1, B2 also assists in converting food to useable energy. Vitamin B2 also aids in the production of growth hormones, which naturally decrease with age. Regular exercise and a healthy eating plan slows this decrease. This vitamin also contributes to red blood cell production. Legumes, nuts and biblical grains are great sources for this. Also, nutritional yeast and blackstrap molasses are good sources for every B vitamin.

Vitamin B3

Also known as Niacin, B3 like the other B vitamins, is essential in the conversion of food to energy. B3 also plays a role in the health of the digestive system, aiding in efficient absorption of nutrients. Best sources include nutritional yeast, sunflower seeds and beets.

Vitamin B5

Helps convert food to energy (are you seeing a trend with the B vitamins yet?) and also aids in the production of natural steroids, which is very important for recovery after exercise. This is found in seeds, avocados, biblical grains.

Vitamin B6

Because it's a B vitamin it is going to play a role in energy conversion. It also helps in the production of antibodies. In this way it works with Vitamin A in warding against infection. Vitamin B6 also helps the heart circulate blood. Good sources are oats, avocados, bananas and walnuts

Vitamin B12

This vitamin is crucial for a healthy central nervous system. A lack of it results in poor coordination and shakiness. It is also critical in the production of red blood cells and energy production. It is not plentiful in plants at all, and if you choose to completely cut meat out of your diet (a practice I don't recommend) then much care must be taken to get enough of this vitamin. If you eat fish and occasionally meat, as the biblical diet would have you do, then getting enough B12 isn't usually a problem.

Non animal sources include Miso (fermented soybean paste used primarily as a soup base in Japan) and nutritional yeast. It is important to note that nutritional yeast is not an active yeast like the kind used in bread. It is a type of fungus grown on molasses. You can find it in health food stores and larger grocery stores. It melts when heated and has as cheesy flavor much like parmesan or cheddar.

Biotin

This simply works synergistically with the B vitamins to convert food into energy.

Vitamin C

This potent antioxidant plays a huge role in minimizing cellular damage caused by environmental pollution and intense physical exertion. It also aids in warding off infections. Vitamin C also works in conjunction with iron rich foods, aiding the absorption of iron. Best sources are citrus fruits. A great biblical source is lemons.

Vitamin D

Vitamin D helps the body absorb calcium more efficiently. Best sources are sunlight and nutritional yeast. Sardines have this vitamin, as well.

Vitamin E

This is a very powerful antioxidant, just like vitamin C. It also reduces the effects of stress on the body. It also aids in heart and cardiovascular health by helping to maintain an optimal ration of good to bad cholesterol. Like vitamin C, vitamin E also reduces the effects of free radicals. Good sources include flaxseed oil, almonds and avocados

Vitamin K

This vitamin aids in blood clotting and optimal heart function. Best sources are dark leafy greens.

Folate

This is a B vitamin that works alongside B12 to produce red blood cells. It also enables the heart to maintain a regular, rhythmic beat and plays a role in protein assimilation for muscle and tissue repair. Best sources are leafy green vegetables, oranges and legumes.

Calcium

Most people only know this mineral as a component of strong bones, and while this is true, another major role that calcium plays is that of ensuring a strong, regular heartbeat and muscular contractions. A deficiency in calcium will result in an irregular heartbeat and muscle cramps. Calcium works in a synergistic fashion with vitamin D. Best sources are leafy green vegetables.

Chromium

Works to turn carbohydrate into energy for the body. Best sources are thyme, black pepper, nutritional yeast and nuts.

Copper

Copper is needed in only trace amounts, yet is very important. It helps with iron absorption, like vitamin C does. It also plays a role in oxygen transport and in concert with antioxidants to reduce the amount of free radicals and oxidative stress. Good sources include raisins, nuts, legumes and seeds.

Iodine

Iodine is vital to thyroid hormone production. It assists in the metabolism of fats, the utilization of protein at the cellular level. The best source for this is sea vegetables, such as kelp or dulse.

Iron

The main job of iron in the body is to make hemoglobin to ensure the health of red blood cells. Iron also plays a role in metabolism, digestion and delivery of oxygen throughout the body. Best sources include spinach and legumes, especially split peas.

Magnesium

Similar to calcium with regards to cardiac and muscle function. Magnesium allows the heart to completely relax between beats. Also assists in bone production. Good sources include leafy greens, bananas, nuts and avocados.

Manganese

Manganese activates antioxidant enzymes. Essential to recovery. It also aids in metabolizing fats and proteins.

Molybdenum

Only needed in trace amounts, its main job is to move iron stored in the liver into the bloodstream so it can be used. Also aids in the detoxification process. Good sources are legumes and nuts.

Phosphorus

Works with the B vitamins to use food for fuel. Also works with calcium in the maintenance of bone health. Best sources are grains and tropical fruit.

Potassium

This is an electrolyte and so helps the body with hydration. Proper hydration helps the blood stay at the correct consistency. Potassium also is critical for nerve function and muscular contraction. Good sources include leafy greens and bananas.

Selenium

This mineral helps preserve muscular elasticity, helping to facilitate smooth movement and coordination. It also functions as an antioxidant, protecting from environmental stress. Best sources are brazil nuts and walnuts.

Zinc

This very important mineral's major role is to allow the body to use protein for the regeneration of muscle tissue. Also plays a role in healthy immune function.

Section Seven: The Psychology of Change

So based on what you've learned up to this point, I think that you can see how in the U.S we now have the perfect storm of bad health. This trifecta consists of

- Manufactured food that comes out of a plant, lab or factory farm
- Food colorings and additives, including genetically modified foods and known carcinogens and poisons being added to our food supply
- A sedentary, indoor based and stress filled lifestyle

So we know we need to change this; that it is killing us. The question still remains to be how? Is it enough to simply know that we should eat bible-based foods? Is it enough to know that you should start exercising?

I'm willing to bet that you already knew these things. So why haven't you started? Why do we still cling to habits that we *know* no longer serve us or God? Why do we resist change when we know that we would be so much happier and feel so much better if we simply did just a few things differently?

That's what this final section is going to focus on: The science of how to make effective, lasting changes in your life. The actions that you will learn to adopt on a daily basis, combined with a strong, spiritual way to help you make them. There's really only a few basic things to know, yet they are vitally important and fortunately, easy to learn. Yet, sadly many people go their entire lives never knowing that they exist or how to tap into them.

*For the Lord thy God bringeth thee into a good land, a land of brooks of water, of fountains and depths that spring out of valleys and hills. A land of wheat, and barley and vines, and pomegranates; a land of olive oil, and honey. **Deuteronomy 8:7-8***

This Is Not Your Typical Diet Book

You may have noticed by now that this book has been laid out just a little differently from most weight loss books. That's because it's not really a weight loss book. It's a book on how and why we became so sick in the first place. It's a book on how to eat biblically and enjoy optimal health. That's it! It's not complicated.

You'll notice that the only food lists I've included are simply specific examples of certain types of foods. There isn't a restrictive and boring eating plan nor is there one certain food group that is entirely off-limits (bread, anyone?) There isn't any measuring portion size, counting calories or assigning point values to different foods.

Those diets only work when you are "on" them, anyway. Once you stop, the weight immediately piles back on. They also focus on what you can't have, rather than what you can have. Focusing on what you can't have only ensures that sooner or later you'll end up with more of it. If they held the answer, we wouldn't have the problems that we are facing.

Most people only have a very vague idea of what a healthy diet actually is like. They associate it with restriction and feeling hungry all the time. And that is simply not a sustainable way to live. Nor does it have to be true.

My goal here has been to teach you the basic concepts of optimal, bible-based eating patterns so you can literally look at any food and immediately know whether it is a protein, fat or carbohydrate (or a combination) and then if it is good source or a not-so-good one. By now you know to stay out of the center aisle of the grocery store (with a few exceptions) as much as possible. You will never have to print out an exhaustive and tedious shopping list, or compare your food to the glycemic index and count how many grams of sugar it has. When you're eating biblically the way I've described, those lists have absolutely zero meaning. They simply do not matter. Eat when you're hungry and stop when you feel full. It becomes easy when you stop forcing it.

This section is going to show you how to do that and more importantly, *to keep doing it*. Because anyone can eat healthy for a day, or a week. Achieving *lasting* health is what we're after, though.

Making a Big Step by Making a Series of Very Small Steps

So you're armed with a whole bunch of newfound knowledge, and excited to get started. That's how you should be feeling right now. But another common feeling is a slight sense of overwhelm and being unsure of where to start.

Most diet books have a section that instructs you to throw out everything in your pantry that they consider to be off limits and then go shopping. I think that this is a really good way to quickly become frustrated and give up. I know that it's exciting to know how to eat the way God intended, but step back a bit at first. Small changes are easier and last longer.

A Word on Olive Oil and Coconut Oil

Use olive oil labeled "Cold-pressed Extra-virgin". Not only does it taste better, there is a health reason associated with this.

Heating any cooking oil to its smoking point causes it to quickly oxidize and lose any health benefits it once had. What many people don't realize is that unless the label says "cold pressed then most likely high temperatures were involved in the extraction process. Which creates a very unhealthy oil. Cold pressed extra virgin means that the olives are pressed in a screw-driving press until their oil is extracted without heat being involved. The next pressing creates "virgin" olive oil and the one after that, regular olive oil.

The cheaper oils use heat and it affects both the taste and the overall healthiness of the oil.

If you want to cook on higher temperatures, coconut oil is a better choice as it has a much higher smoking point. It also has virtually no flavor, so can be used in many applications.

Food Adding

To get started, rather than throw away your entire kitchen and head out to the store, we'll practice a simple idea called food adding, where you simply take one-two foods every week (or more if you are comfortable doing so) and replace them with a biblically-based food. Just that small step. The rest of the time, eat as you have been. Just make sure to keep adding the good and subtracting the bad on a weekly basis.

However, do begin with the items that you now know to be the most unhealthy. Processed food with trans-fat, for example. Just about anything that comes in a box. Sugar and white flour. Start by replacing those.

Some examples could be:

- Adding a salad of greens to lunch and dinner
- Rather than pork, eat fish instead. Sautéed and drizzled with olive oil and sea salt, it is pretty hard to beat, both in taste and in health. Experiment with different types of fish (just remember they must have scales – no scavengers) and different spices.
- Something really fun – if you like baking – is to grind your own grains and make bread from the flour. Remember that you can get the nutritious ancient varieties at most good health foods stores. Barring that, try the Ezekiel brand. They have bread made from the actual recipe in Ezekiel 4:9, plus several variations, including English muffins.

- An Ezekiel English muffin half topped with an egg cooked in olive oil for breakfast instead of a toaster pastry. Add a tomato slice and raw baby spinach for a Bible-based version of eggs Benedict.
- Commit to learning a few new meals per week. With a little thought, most of your favorites can be converted to Bible-based with little effort. And I promise they will not only taste better, but be infinitely better for you

Just take small steps, and before you know it you'll be eating a bible-based optimal eating plan, with little to no actual effort on your part. When you think about it, isn't this how all change naturally happens, anyway? Habits, both good and bad, always begin gradually. That's why the bad ones seem so insidious. They're literally on you before you know it. But the good news is that the same holds true for a good habit or any positive change.

Another reason this works so well is simple physiology. Your stomach can only hold so much. So if you start dinner by eating a large salad of spring mix, baby spinach, avocado and tomato...you're going to feel somewhat full before even beginning the main course. You'll end up eating less of the bad and more of the good without having to really expend any real effort.

Doesn't this sound better than the old "white-knuckle willpower" method that you may have tried in the past?

Once your eating habits are on an even keel, there is one more trick I want to show you. It's been used by professional body builders for years to help keep them on track with their incredibly strict diet.

The Free (or Cheat) Day

Yes, I want you to first adopt a near-perfect eating plan. Then once a week completely deviate from it in whatever manner you'd like. You may or may not be comfortable with

certain foods anymore, now that you have learned that the bible forbids them and why. That's ok, though. Whatever you want on your free day is fine.

The thinking behind this concept is simple yet really works. It works like this: If you tell someone that they can never again have pizza and beer with their friends, or can't enjoy fried chicken at a summer picnic, that all their favorite foods are now completely off limits...all you're really doing is setting them up for a ton of frustration, if not outright failure. The cheat day is only one day per week, not enough to cause any harm. This way you know that you still can have your favorite foods without "ruining" anything. If you choose to take a cheat day (not everyone will) you will avoid another very common cause of failure, and that is...

Having a Bad Day, Making a Mistake, Getting Mad at Yourself and Then Giving Up

I've always found it odd when I see people go from eating anything and everything and not even caring...to *completely obsessing* over their food inside of 3 days! These are the ones who usually have the biggest changes to make, also. They have serious trouble forgiving themselves if they slip up. If this is you, knowing that you have a built-in cheat day is a great pressure reliever. Remember, it's about progress, one day at a time...not perfection. No one does anything perfect.

Food and the Psychology of Addiction

Scientists and others have only recently come to realize what every chronic dieter could already tell them: Some types of food are extremely addictive, and once an addiction to food is formed, it can be as difficult to break as an addiction to alcohol or cocaine.

Our rational, conscious minds *know* that certain foods are bad for us...yet when we try to go without them, we become anxious and depressed. In most of us, this problem

isn't too severe and cravings go away after a few days without highly processed foods and candy. But for others, they seem to have no ability to control this whatsoever. So what, exactly is going on here?

The Brain's Reward Center

The brain has a system in it called the reward center. In its most simple terms, we get "rewarded" with feel good neurotransmitters when we do something that helps us to survive, or thrive. Like eating. These transmitters include Dopamine, serotonin and various endorphins. These are also released during exercise, hence the term "runners high" that I'm sure you've heard of. This is why regular exercise is so good at relieving stress, anxiety and even depression.

It's when the reward center gets over-stimulated that problems can occur. Healthy food like you've learned about in this book causes the release of neurotransmitters in small, manageable amounts. You'll experience a feeling of contentment after a meal, for example.

But there are substances that cause such a huge, tidal wave-like release of them that some people become addicted to the feeling. Alcohol, heroin, cocaine and other commonly abused drugs all do this. But highly processed, sugary foods do the exact same thing. And even though you could devour candy bars and donuts till the cows came home and never get drunk, like you would on alcohol, for some people the addiction is just as hard to break.

This addictive effect is one of the biggest dangers of our corrupted food supply, and we're starting to see that it comes with severe consequences. Once people experience this feeling from eating these types of foods, high in sugar and fat, they can quickly feel the urge to eat again. Couple this with the rise then crash in blood sugar that sugar

causes, and you're experiencing a double-whammy that can be almost impossible to control.

So How Do You Overcome This?

There are habits, and there are addictions. A habit can be broken; addictions are far more serious. Fortunately for most people, simply eliminating processed sugar from the diet will do the trick. A bible-based diet does this automatically. You'll definitely feel out-of-sorts for as long as 2-3 days if you're used to consuming lots of sugar, but it passes and you will recognize that the type of energy you get from fresh, whole foods is far superior to the "crash and burn", nervous energy you were receiving from sugar.

However, if think you may actually have a food addiction, and you can't stop, start by asking yourself these questions:

- Do you eat certain foods in such quantities or so frequently that you are avoiding spending time with family or going to work?
- Have you ever avoided a social situation or work event because you knew certain foods would be available and were worried about embarrassing yourself?
- Are you having trouble functioning effectively at work because of your eating?
- Do you feel intense feelings of guilt and anxiety after eating?
- Do you find yourself eating to relieve negative emotions?
- Does it require more and more to achieve the same effect?

If you answered "yes" to any of these, you could have a real addiction and not just a "bad habit" and it certainly has nothing to do with willpower.

Fortunately, there are many support groups out there that have a 12-step structure very similar to that of Alcoholics Anonymous. Also, a good psychologist experienced with food addiction can be a tremendous help. I strongly encourage you to reach out to

them if you feel the need. *Full of Faith* is an online food addiction 12 step recovery program started by a devout Christian who also found herself massively addicted to sugar and white flour.

“Gluttony denotes not any desire of eating and drinking, but an inordinate desire...leaving the order of reason, wherein the good of moral virtue exists.” **Thomas Aquinas**

The Ability to Apply Knowledge and Create Change

Why do some people fail where others succeed? This question has fascinated me for years. Why can some people set a goal and then work relentlessly toward it until they reach it, while others give up before they even reach the halfway point? Or worse, before they even begin?

What does the first group have that the second group does not?

Every one of us has access to the same books...the same types of churches...the same information and knowledge. If you are reading this then you have access to the internet, the largest pool of knowledge ever created.

So if we accept that the above is true...then what is the answer to the above question? What do the success stories of the world possess that others don't?

It is this: *The decision to create change combined with the ability to apply knowledge.* Knowledge without application isn't worth much.

Let's get started on this concept.

Have you ever seen a medical doctor who smokes? A fat heart surgeon? An out of shape track coach? If you're like me, you've seen these people and probably thought "What the heck? Surely of all people who should know better..."

They have the knowledge and maybe even the ability to apply it. But for whatever reason, they haven't found reason that (in their mind) is sufficient to make them change.

They have yet to actually make a decision and then do it. They are still working under an old belief system that they may not even know they have.

Most everyone already knows to eat right. People know they should become closer to God. They know to exercise to honor the body that God made for them. So what is keeping them from doing it?

This is what I was talking about at the very beginning of this section when I said that most people go their lives without ever really learning how to make a lasting change.

Making a Decision and Changing your Belief System

We've all heard the stories of a person who prayed for a certain change to happen in her life. She prayed harder than she ever had. And then some huge and (at the time, seemingly terrible) calamity happened that forced the desired change upon her. Yet, this miracle is usually only noticed in hindsight. Yet, for many this instant change in the face of catastrophe is the only change that ever happens. Yet, true lasting change need not come with a disaster attached. There is a way to consciously create this. But first we need a compelling reason why.

Sometimes it can be something as simple as stepping out of the shower and looking in the mirror and really seeing yourself for the first time. Or your Doctor tells you that unless you lose 75 pounds, you only have a few years left.

Whatever the catalyst is...discovering it is the first crucial step in this journey. You have it. I can't tell you what it is but I know beyond a doubt that you do have it. Everyone does. And until you find it, you will struggle. It is your belief system. The subconscious routine that is always running in your head.

Changing Your Belief Systems

Do this now:

Take out a sheet of paper and write down 3-5 (the more, the better...and be specific) things that you absolutely will not tolerate in your life anymore, that are holding you back and preventing growth or happiness. Be brutally honest with yourself. Your list is going to be unique to who you are at this point in your life. Because when it comes down to it, any discussion of change is really a discussion of how you have lived your life up to this point and how you wish to live it in the future.

Ask yourself how these things came to be in your life and if they are so intolerable, then why are they still there?

Make no mistake, this isn't an easy exercise to do...but it is a crucial first step. You have to have an idea of where you are in order to figure out where you want to go.

You may wish to do this with your spouse, or with a Priest or your Pastor. Many times if you really give some thought to this exercise, you will find that there are spiritual or emotional issues, as well. This exercise works best if you dig until you do find some of those.

What we are doing with this exercise is getting your limiting beliefs and self-defeating behaviors and unhealthy situations out of your head and down on paper. Examine them. Think about what they are. They probably include losing weight and getting fit...and that's good. They should. But as I said, if you really dug deep and put some thought

into it, you should find that the real issues are emotional or spiritual. These, along with our subconscious, are what form every action and make our every decision. They are what form our outward reality. So this section is going to be in two parts.

- The spiritual
- Daily actions – the nuts and bolts

The true solution is always spiritual

This part is the big one. The rest is just daily legwork. Putting this into practice is like opening a door that probably still looks locked. All we need are a few things – the key called willingness and the decision to do it. Then prayer. Turning your life and your will over to the care of God.

Give up on self-will. Because admit it: Your best thinking got you to where you are today and I doubt you'd have read this far if you weren't serious about making some changes. So let go of the will, the ego and let God. It's never a lack of willpower, as you will see in a few pages.

People balk at this point! It seems impossible! Oh sure, you hear the phrase "turn it over to God" said so much that you start to think (as I did) that there must be something wrong with me. Everyone talks like it is so easy and all you have to do is ask Him.

A small beginning is all that is necessary. No one is saying to transform into the Pope overnight. But you will see that once you are *willing* and have *made the decision to do so*, placing yourself and your desire to change in the hands of God the door to change begins to open. Once the door slightly opens, you'll find that it is easier to open it a little more. Self-will may slam it shut again, but then you just once again become willing to dissolve the ego, and you'll find that it opens again.

And as with anything, it gets easier with practice. But the foundation *has to* be a spiritual one. You have to have a reason bigger than yourself to get through the inevitable setbacks and hard days that *will* happen.

Laying this foundation is simple in its concept, yet requires a daily practice to maintain it. This practice is an extremely private one for most people and no two people will do it exactly the same. Its only requirement is a decision and willingness. A daily commitment, in other words.

Keep after it, asking only that the door remain open and His will be done.

In all your ways acknowledge Him and he will make your path straight – Proverbs 3:6

Daily Actions – The Nuts and Bolts

This part is a little more straight-forward. I am going to show you a simple way to rewire your brain in such a way that your belief patterns will begin to shift.

Whatever bad habits you have...your relationship to food, or alcohol...or even the wrong person in your life... These are caused by deep seated emotional or spiritual reasons that have profoundly affected not only how you view the world around you but also how you view yourself.

So until these reasons are out in the open and dealt with, true lasting change in any area of your life is going to be very difficult. And that includes changes in your eating and exercise habits. Because those emotions and traumas will keep bubbling back up to the top of your psyche until they do their job.

Oh, sure you can eat a bible based diet and start exercising. You'll look and feel better, and if you really keep at it, in several months you'll look like an entirely different person. For some people, that's all it takes to keep them on track. About 10% or less can

succeed in this manner. This is why 90% or more of people who attempt these types of things fail.

Because the bottom line is that they haven't really changed their belief systems.

They are just white knuckling their way through it and eventually they slip up. The reason for this is that same subconscious script that runs in your head. Your self-image is what you believe yourself to be, deep down inside. You may not even be aware of it, but it is there. Your self-image guides your every action and makes your every decision.

See, your mind is divided up into two parts. The conscious and the subconscious. The conscious mind is your everyday mind. It is what you use in everyday wakefulness. It guides your thoughts. It contains your will and reasoning, your imagination and logic. It is the part that you "hear" all day long, if that makes sense. It is powerful for sure, but even with all that it has at its disposal, it is still only capable of performing 2-4 tasks simultaneously.

The subconscious mind, on the other hand, makes the computers at NASA look like an abacus by comparison.

Think about it. The subconscious mind is responsible for EVERY function that occurs in the body simultaneously. It has the capacity to perform some 10 quadrillion calculations per second. The subconscious brain is also where all of our beliefs, habits and perceptions reside.

Most people do not realize this simply because we are so acutely aware of the conscious mind. But it is in the subconscious that our self-image lives. And self-image is what is guiding your actions and decisions.

So when you try to “willpower” your way through any type of lifestyle change, all you are doing is pitting the conscious mind against the nearly infinite power of the subconscious mind.

Guess who wins?

So look now at your list from page 92. It is in there that you will find your bigger reasons “why”. Why are you desiring change? What is holding you back in business or in church? This always looks different based on the person doing it, and I can’t tell you what your bigger reason is; only that you have one and it is crucial that you find it.

When you do, put it in sentence or paragraph form and write it down. And write it out in a positive way. Your first list is going to sound negative, because it’s all the stuff you no longer want. But you are going to want “Your Reason Why” to read very positively, for reasons you’ll see shortly. You want to feel excitement when you read it. It could be very long or it could be a series of bullet points, too. Write it out in the way that you best like to read it, because you’ll be spending a lot of time with it. Consider laminating it so it doesn’t become damaged. It’s ok to add to it, as well as subtract. That’s what’s supposed to happen.

Read it first thing in the morning and last thing at night, and as often as possible in between. It will keep you on track. Your “why” is bigger than you. It is bigger than “I want to see my abs.”

Ok at this point your exercise should be distilled into two parts:

- The first list with the things you are finding to be holding you back or keeping you stuck. Things you no longer wish to tolerate.
- Then your bigger reason why, written out based on the items on the first list

Now if you did this exercise all the way through and really put some thought into it, it could represent a fairly large time investment. But if you are anything like me, you were surprised and shocked by what you saw...and maybe sad. Maybe there was some stuff in the basement that you didn't know was there

Affirmations and Your Personal Mission Statement

The part you have written as Your Reason Why is basically now your personal mission statement.

Now, take the mission statement and break it up into 3-5 affirmations. Examples may be:

- I always experience feelings of happiness and peace
- I am creating the life of my dreams
- I love the feeling I get from eating good, natural foods

Anything like those above is fine, based on whatever your mission statement and list says. The only requirement is that they be firmly in present tense.

We want the powerful subconscious mind to hear these affirmations as an order to be followed immediately rather than something that is happening later. I will elaborate on this concept shortly.

For now just make sure that your statements are strongly rooted in the NOW.

These are going to be your daily affirmations. There will be more on this in a bit, but for now I want you to carry them with you and say them out to yourself at least three times per day. What we're beginning to do is to reset your self-image into something positive. The mission statement needs to be read daily as well. You've done the hard part! Now all that remains is daily prayer and saying your affirmations.

See, here's the really cool thing about the conscious and subconscious mind and how they relate to each other. The conscious mind is where all of our ideas and imagination reside. It also contains our morals, values and ideals. The subconscious mind on the other hand, is like an infinitely powerful computer that does whatever it is told to do, without question. Re-read that last sentence and really let it sink in.

So what's doing the programming of the subconscious mind? You guessed it! The conscious mind!

The average person says/thinks 5,000 words per day, and roughly 4,000 of them are said to ourselves. So what you have been telling yourself goes directly to the subconscious mind, which then carries it out flawlessly.

So what we're doing here by using our affirmations is purposely giving the subconscious a new set of instructions to carry out.

At this point you should now have three lists:

- The short list of what you no longer will tolerate
- Your Reason Why – personal mission statement.
- 3-5 affirmations that are going to directly attack and remove the beliefs that have been holding you back by utilizing the incredible power of the subconscious mind to literally re-create your self-image.

Doesn't that sound better than the old "white knuckle willpower" way? Believe me, it is. Do you see how powerful this is? Instead of merely being told to "think positive thoughts" (the shotgun approach) we are discovering the EXACT beliefs that are the source of virtually everything wrong right now and attacking them directly and specifically, one by one, several times a day, until they go away. (Sniper rifle approach).

Why This Works

By the time you're 17 years old, you've heard "No, you can't" an average of 150,000 times. You've heard "Yes, you can" about 5,000 times. That's 30 no's for every yes. That makes for a powerful belief of "I can't"

~John Assaraf

So is it any wonder that positive change can be so hard? Our amazingly powerful subconscious mind can't distinguish between good and bad. It simply does what it is told. And it gets to hear some pretty negative stuff, over and over...and over.

How Habits Are Formed

Remember that our habits reside in the powerful subconscious mind. The brain is an amazing superhighway of billions of neural connections called synapses. A series of synapses is called a neural pathway. They are literally the path along which thought travels and like a muscle they grow thicker and stronger the more they are used. In other words, the more times you think the same thought or perform the same action, the associated neural pathway gets stronger.

Think about the first time you ever tried to ride a bike. At that time the particular neural pathway required to balance on two wheels did not exist. Which is why your first attempt resulted in a crash. So you tried again, and again.

Soon, you could travel a few wobbly yards before falling over.

After several days passed, you could balance on two wheels just fine and had no more worries about crashing.

What you did was simply form a new neural pathway (connection of synapses) and then strengthened it through repetition. What didn't even exist a few days ago was now

a strong new part of your brain.

The Affirmation Process and How to Use It

What we are doing here is consciously and intentionally giving our subconscious a new set of instructions to follow.

When you are first starting this practice you will have to get out your list of affirmations and read it out loud. The reason for this is that it has not yet become habit for you to think like this, so you have to do it deliberately. What this is doing is creating a new neural pathway while shutting down the old, destructive one.

Say these affirmations to yourself at least three times per day. More is better because the quicker we get the new neural pathway built and strengthened, the sooner we will begin to see results. First thing in the morning and right before bed are particularly powerful times because the brain is in a more relaxed and receptive state at these times.

One word of caution. You will feel silly standing there talking to yourself. That is completely normal and actually can be used to gauge your progress with this process. Because what you are going to find is that at some point you will notice that saying your affirmations has become normal. It doesn't feel weird anymore. Congratulations, because that is a sure sign that they are now becoming beliefs.

That's really all there is to it. It is remarkably simple but when done consistently over time it has incredible results. At this point, create some new affirmations for yourself. Don't leave the previous ones. They are your core. But expand on them, make them larger. Eventually you'll find that you will be so good at this new skill that you'll be able to make changes to any area of your life. Changes in business, your career, your financial life. The sky is the limit, my friend. Great things are in store for you!

The Power of Persistence and Prayer

At this point the only thing left to say is this will only work for you if you do it consistently. Have no doubts about its effectiveness. But you have to persist at it. If you take positive forward steps on a daily basis you will reach your goals. And remember, this isn't a fad quick fix. This is a new way of thinking and believing. It will take some getting used to at first, because you are unmaking habits and beliefs that are in some cases many decades old. But it will work. Because remember, we're no longer pitting the conscious mind against the subconscious and hanging on and hoping for the best. Rather, we're using the conscious mind to purposely reprogram the subconscious. And we're surrendering to God, rather than our own self-will.

Affirmations are nothing new. Top performers in every field use them to achieve their goals. They are especially popular among elite athletes. Do you think Michael Jordan won all those basketball victories without first winning them in his head? Elite runner Kara Goucher has what she calls "power words" that she repeats to herself as she is racing. This stuff is powerful and for real. Just apply with persistence, my friend.

Conclusion: So What Now?

I appreciate you reading all the way to the end more than you will know. It is my prayer and hope that everyone who reads this will derive benefit from it. I hope it found you at a time you needed it.

Take what you have learned so far and expand on it. Re-read certain parts so you have a firm understanding of the core concepts of healthy, bible based eating. Go to the bookstore and expand your library with good cookbooks – there are so many great ones to choose from. The best ones (with regards to bible-based eating) will be focused on Mediterranean and middle eastern cuisines. But don't forget, eating biblically isn't a strict eating plan. As long as you follow the main ideas that it entails, you can enjoy learning about foods from all over the world. Okinawa and southeast Asia are particularly good choices.

Never stop being a student, no matter your age. Learning will help keep your mind young. Keep moving your body, too. Run, walk or buy a bike. Take dance classes or even yoga. Stay active, never stop learning and eat according to what that book on your nightstand says!

And last - but definitely not least....

Discover The Life-Changing Power Of *Weight Loss God's Way!*

If you are still struggling with your weight, you can now lose your excess body fat - permanently – and without ever having to “diet” again!

The key to your lifelong success lies in a tested and proven program called *Weight Loss God's Way*, which has already brought lasting success to countless hundreds of Christians in more than 52 countries all over the world. For full details about the life-changing *Weight Loss God's Way* program, please [click here](#).