

Health The Pathway of God

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Introduction

Isaiah 55: 2 states, Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness.

The word soul in the above scripture in Hebrew also means heart and body.

When we quit spending our money and time on food and things that do not satisfy, and start spending our time and money on things that do satisfy, God will get involved with our finances and provide us the best of every good thing.

Isaiah 55:3, Incline your ear, and come unto me: hear, and your soul shall live; and I will make an everlasting covenant with you, even the sure mercies of David.

When we obey God in this area, we have an everlasting covenant after the sure mercies of David, that He will do it. He will answer and say, Here I AM. Health shall spring forth speedily and we shall be fed with the heritage of Jacob, because the mouth of the Lord has spoken it.

God is not going to bless with wealth so we can spend on things that are killing the body and making the soul sick. He desires greatly that our souls and bodies prosper. (3John 2) He will not help man bring harm to himself. When we get the health issue worked out, wealth will come.

Most Bible believing Christians have sown enough financial seed to reap a harvest of wealth, but until we line up with the word of God and use money and time on that which satisfies, the harvest will not be manifested. God will withhold no good thing from them that walk uprightly before Him.

What we spend our time and money on has a big part to play in the manifestation of wealth. Proverbs 23:21 states, *The glutton shall come to poverty and drowsiness shall clothe a man with rags.*

Today because of Babylon's lifestyles, people are too busy making a living for themselves and eating anything the flesh desires.

Spend money on good fresh food with plenty of nutrients and spend time cooking it properly. If you are too busy to cook, you are too busy for health. What happened to bread baking in the United States?

That which is compromised to keep will be lost in the end. The ways of good health cannot be compromised for time and convenience sake and expect to live a well and satisfied life.

This book is written to stir up minds to live in health and to give guidelines to follow. Many are seeking God for answers to health and wealth and are not seeing manifestations. God is answering some questions in this book.

Youth of the Eagles

Psalms 103:5 tells us plainly that our Father will renew our strength in the same way an eagle's strength is renewed. Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

When an eagle has grown old and has lost its strength, usually about 30 years old, it goes through a renewal process and finds youth again.

The eagle goes to a secret place high in the mountains and claws at its face and beats off its beak on the rocks. It plucks out the feathers that have been damaged over the years. This is a messy process and it bleeds badly, but is necessary for the eagle in order to cleanse the blood and renew its youth, so its number of years can be fulfilled.

There comes a time in ones live that this must be done in order to accomplish the number of years that God has ordained on the earth. According to Genesis 6:3, a man's days shall be an hundred and twenty years.

There is no reason that the body cannot live at least 120 years when following God's health laws. Moses was in ministry until he was 120 years old. He was still strong and had good eyesight when he departed this earth.

Isaiah 40:31, But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

In order to do this, man must allow God to satisfy his mouth with good. Not only in what he speaks, but also in what he eats. He will reveal His ways unto man that he may continue on in strength. Psalm 103:7 states that God revealed His ways to Moses and Moses lived 120 years.

It will be God that is renewing youth, so we must go into our secret place and allow Him to do it. We must be obedient to the voice of the Holy Spirit and use our faith in order to accomplish this renewing of youth.

The Holy Spirit may say, pull away and get before me 30 days. We might say, But Lord, my boss won't allow that, my business can't afford that. Lord, I would like to do this, but I can't afford it now. God says, You can't afford not to do it, if you want my will and number of days for your life.

So then, we are right back to faith. Without faith it is impossible to please Him. God is not going to ask us to do something that we can afford to do without Him. Where would the faith be in that?

Nothing is more important than obeying the voice of the Holy Spirit. When we see Him as our only provider and sustainer of life, we will obey Him in all things. Anything else is an evil heart of unbelief, departing from the living God. We are either moving towards God or away from Him. Our faith determines our direction.

He satisfies our mouth with good things. This means both words and food. We speak faith, we speak God's word out of our mouths and we put good food in our mouths. This is faith. Faith without natural

actions is dead. If confession is all we have, we lack. If good food is all we have, we lack.

But when we speak good over our bodies and eat good food that satisfies our bodies and we drink pure water and get proper rest, our faith works. Faith works by love. When we do these things, we love our bodies.

If we eat evil food or food that does not satisfy, we hate our bodies and faith will not work, because faith works by love. This is why many of God's people are sick in body, even with a good confession. Faith must have the right actions to bring the desired results.

The scripture states that no man hates his own flesh, but He nourishes it and cares for it (Ephesians 5:29). When the laws of God concerning health are not followed and a man eats the wrong things he is not caring for his body. He may think that he is, but he is destroying it. He would not knowingly eat poison according to the above scripture, but eating the foods that satisfy not is like eating poison and the results are the same. Nothing can come but sickness and death.

This book is not a book about right confessions. It is a book about right actions that are required to walk in divine health, so God's people can fulfill their number of days and his will on the earth.

Health The Pathway of God

There is a difference between health and healing. Health is a way of God. The word way means, path, road, journey, distance. Health means, completeness, soundness, well, peace, to be free of all disease.

Healing is an act of God. Healing means, to heal, to make healthful. Jesus went to the cross as an act of God, so that we can be healed and open up the way of health. I Peter 2:24, *Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.* Jesus in everyday life on earth did not need healing. He walked on the pathway of health. Satan had nothing in him.

Psalms 103: 7 He made known his ways unto Moses, his acts unto the children of Israel.

The nation of Israel did not know Gods ways. They were more interested in His acts than His ways. *Psalms 95:10, Forty years long was I grieved with this generation, and said, It is a people that do err in their heart, and they have not known my ways.* This same passage of scripture is referenced in Hebrews 3:10 when God was calling the church in to his rest of faith. *Hebrews 3;12, Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God.* Most sickness comes from an error in the heart. You can depart from health by being deceived concerning the things of health, which are stated in the word of God.

James 1:17 Every good gift and every perfect (means: lacking nothing, completion) gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

The Father's gift of good health is for everyone and it does not change. When we do the things that he requires to walk on the pathway of health and wealth, nothing can stop it from manifesting in our lives forever. He is the Father of Lights. The Holy Spirit must illuminate this pathway in the word of God. As you see it, walk in it.

Jeremiah 30: 17 states, I will restore health unto thee. Using healing for a crutch, living from one miracle to another miracle is not God's best. Healing is the first step to walking on the pathway of good health.

God desires greatly to take the church into good health, which is a part of wealth. *3John 2, Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*

Wisdom To Walk in Health

Proverbs 9:10A, The fear of the LORD is the beginning of wisdom.

Psalms 25:12, What man is he that feareth the LORD? him shall he teach in the way that he shall choose.

Wisdom is a gift that comes from above. *James 3:17, But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy.*

A man must walk in wisdom in order to walk on the pathway of good health. It is impossible to walk in divine health and evil ways with an evil tongue at the same time. A wise man shall live long on the earth and see good days. Wisdom knows that in the tongue lies the power of death and life. His tongue speaks only words of life and his mouth eats only foods that satisfy with good. He eats foods that the Lord has chosen for him to eat.

1Peter 3:10, For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile. This includes eating evil foods that poison the body.

Proverbs 3:7-8, Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.

Proverbs 4:20-22, My son, attend to my words; incline thine ear unto my sayings. Let them not depart from

thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh. The word of God has much to say about what to eat. Obey it and live healthy.

Proverbs 12:18, There is that speaketh like the piercings of a sword: but the tongue of the wise is health. You can talk yourself in to eating good food or evil food.

Proverbs 13:17, A wicked messenger falleth into mischief: but a faithful ambassador is health. We are the ambassadors of Christ and should be walking in good health all of our days. It is our responsibility to bring health to the nations.

Revelation 22:2 In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

The tree of Life is on the inside of every believer. It is our responsibility to minister out of our wellspring of health and wealth.

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

Isaiah 12:3, Therefore with joy shall ye draw water out of the wells of salvation.

Isaiah 55:1-3, Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy,

and eat; yea, come, buy wine and milk without money and without price.

Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness.

Incline your ear, and come unto me: hear, and your soul shall live; and I will make an everlasting covenant with you, even the sure mercies of David.

Every believer should be so full of life and health that every one that is thirsty can come and drink from our wells of God. Not only are we to minister the word of God to the spirit, but also we should be teaching people how to be satisfied with good foods for the body.

God has made an everlasting covenant that He will be our provider spirit, soul and body, as well as financially.

God asks the question in the above scriptures why do you spend money on that which is not food and that does not satisfy? Then he commands that we eat that which is good.

Jesus said that man cannot live by bread alone. He also must have God's word on every matter. Neither can the word of God alone keep the flesh alive. The body must have good natural food to live. Man must have both, the word of God and natural food from God to live in health. When we stand on our covenant rights, the Holy Spirit will show us everything we need to fulfill his will in the earth.

Isaiah 50:4, The Lord GOD hath given me the tongue of the learned, that I should know how to speak a word in season to him that is weary: he wakeneth morning by morning, he wakeneth mine ear to hear as the learned.

Jesus said that I only do what I see my Father do and I only speak what I hear my Father speak. Those that have found the pathway of health need to teach others how as well.

Proverbs 16:24, Pleasant words are as an honeycomb, sweet to the soul, and health to the bones. Here we see that pleasant words do have a part to play in the health of the body as long as it is being supplied proper nutrition based on our knowledgeable souls.

Take the time to learn what to feed the body that it may live in health. This scripture tells us that honey is good for our health, assuming the body has not been forced into a diabetic state because of abuse of sugar.

Proverbs 9:11, For by me (wisdom) thy days shall be multiplied, and the years of thy life shall be increased.

The Trail Head to Good Health

We find the trailhead to good health in Isaiah Chapter 58. The wonderful thing about the pathway to health, it also leads to the wealth as stated in 3John 2. God desires wealth and health for his people. What good is wealth without good health. A man in good health without wealth is limited as to what he can do to help others.

Notice Isaiah Chapter 58. Let's divide this chapter in to two parts. But first we need to define the objective, which is found in verses 1- 2. *Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins.*
2 Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God.

These people were seeking to know God's ways, yet got no answers from Him, because they were going about it all wrong. Their motives were right to have God show them their sins and reveal His ways, but they were not getting answers. He told them where they were missing it and told them what He would do for them when they get it right.

Part I: What Man Must Do

- Loose the bands of wickedness
- Undo heavy burdens
- Let the oppressed go free
- Break every yoke
- Deal your bread to the hungry

- Bring those that are cast out (rejected) into your house
- Cover the naked that you see
- Hide not from your own flesh
- Take away the pointing of the finger
- Take away the speaking of vanity
- Satisfy the afflicted (suffering) soul
- Turn away your foot from the Sabbath from doing your own pleasure
- Call the Sabbath a delight. We are now living in the Sabbath. It is not a day of the week to the Church.
- Honor the Lord in the Sabbath (Eat what he provides)
- Do not your own way in the Sabbath
- Do not find your own pleasure in the Sabbath (This includes not eating what you want to eat Find out what God would have you to eat continually.)
- Do not speak your own words in the Sabbath

Part II: What God will do for us

- Your light shall break forth as the morning
- Your health shall spring forth speedily
- Your righteousness shall go before you
- The glory of the Lord shall be your protection
- You shall call and He will answer
- You shall cry and He shall say, HERE I AM
- Your light shall rise in obscurity
- You darkness shall be as the noon day
- The Lord shall guide thee continually
- The Lord shall satisfy your soul in drought

- The Lord shall make fat your bones
- You shall be like a watered garden (Your body)
- You shall be like a spring whose waters fail not
- You shall build the old waste places (Assignment)
- You shall raise up the foundations of many generations (Assignment)
- You shall be called, The repairer of the breach
- You shall be called the restorer of paths to dwell in
- You shall delight yourself in the Lord
- The Lord will cause you to ride on the high places of the earth
- The Lord shall feed you with the heritage of Jacob

Why all of this? The mouth of the Lord has spoken it, in whom is no variableness nor shadow of turning.

It is plain to see that this is the pathway to health and wealth. We also see that there is assignment involved to those who keep these words of God.

The Body of Christ is at a crossroads where two ways cross. The ways of the world and the way of God, which is Christ. The world's way cannot provide health and wealth in the days in which we now live. Only the way of God can provide these things. God's number one desire for his children accord to 3John2 is that they walk in divine health and wealth.

Again every perfect gift is from above and comes down from the Father of Lights. The word perfect means complete lacking nothing. We are to possess God's perfect gifts in our lives through patience. Healing can come instantly, but perfect gifts must be possessed through patience. Jesus said to possess ye your souls through patience. James 12-3 sates,

My brethren, count it all joy when ye fall into divers temptations;

3 Knowing this, that the trying of your faith worketh patience.

4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

The word count in the above scripture means to have rule over, to be governor, to command. The word worketh means, to render one fit for a thing, to work out, to accomplish.

We are to have command over our bodies, just like a commander has over his marching troops. We tell our bodies what to eat, what to drink, what to do and where to go. If one part gets out of line with the word of God, command it to get back in line with the word of our chief commander, Jesus Christ, who gave the original marching orders, until the whole body arrives at its destination of perfect health. Our patience is very important in reaching our destination of perfect health. It is a journey in which we will arrive, if we stay on the path and march to the cadence of our Chief Commander.

The cadence is the scriptures of health and healing in the word of God. They must be continually in our mouths and in our hearts. We will eventually march our bodies into perfect health. When we arrive, don't stop marching, keep on marching with not one weak body part. This is God's army well fed, well read, and well in our bodies on His pathway of health and wealth. 3 John 2 is now a reality and not a desire. *Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*

The word prosper in the above scripture refers to a prosperous journey.

God does not offer the gift so we can sit at home and do nothing. It is offered so we can run on, so we can march on and complete our journey that he as planned for us.

He giveth power to the faint; and to them that have no might he increaseth strength.

30 Even the youths shall faint and be weary, and the young men shall utterly fall:

31 But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Even the youth and young men are not exempt from weakness and sickness. It is important to get children on God's pathway of health at a very young age to prevent them from being weak and sick in their bodies. They do not have to be weak and sick. God has provided a way of health.

Again it takes time and patience to walk in any perfect gift from above, but it is well worth the effort.

Now we must talk about other characteristics of a victorious army. A victorious army is well rested, well fed and well fit.

We have discussed about resting in the Lord, which is the Sabbath, but equally important is getting proper physical rest.

In the law God commanded His people to rest and do nothing 52 days in every year. Jesus said there are 12 hours in a day in which a man can work.

Psalms 104:23, Man goeth forth unto his work and to his labour until the evening.

This generation has strayed far from this commandant. Everything is around the clock. This is Babylon and Babylon is falling.

The pathway of God is health and wealth. You cannot have one without the other. If you stay on the path, both will come. If you refuse wealth, then you are refusing health.

If you eat Babylon's meats, drink their drinks and are under their straw bosses, your health will wither away like a branch disconnected from the vine. Babylon's lifestyle will destroy your temple before its time.

There is too much wrong eating and drinking, too much work, too much stress, too much darkness to see how to walk in the pathway of health and wealth, when living in Babylon.

We are commanded by Jesus in Matthew Chapter 6 to spend our time seeking the kingdom of God and His righteousness and everything that we must work for in Babylon to obtain shall be provided for us by our heavenly Father. Jesus never spent one second of His time toiling in Babylon's ways for anything.

Babylon's lifestyle is Satan's number one way of keeping God's people off the path of health and wealth. In most cases it is not Satan that makes sick.

Jesus broke his power at the cross. If Satan is directly involved in sickness, you have every right to resist him and he must flee.

But if sickness is self-inflicted by lack of knowledge and disobedience or comes from Babylon ways, you can resist the devil from now on and the sickness will not leave, because he had nothing directly to do with it.

But if you choose the pathway of God, you will find rest, health and wealth in due season. The Holy Spirit will satisfy your mouth with good gifts. He shall renew your strength like the eagle's strength. You shall be fat and flourishing in old age. You shall be like a tree planted by the rivers of waters. He shall feed you with the heritage of Jacob, because the mouth of the Lord has spoken it.

He will be your physician, your chiropractor, your dentist, your eye doctor, your ear doctor. He will bring you into perfect health, nothing missing and nothing lacking. He will take you as far as you will allow him. It is in His timing, because it is His way. You will have all teeth perfect, perfect hearing, perfect eyesight, every bone in perfect place, and every cell will be healthy.

It will only happen as you follow closely on His pathway of health and wealth. You will forget how to be sick. Sickness will have been put far from you. Poverty will have been put far from you. You will find rest to your soul. *Psalms 66:12, Thou hast caused men to ride over our heads; we went through fire and through water: but thou broughtest us out into a wealthy place.*

Deceitful Foods

Proverbs 23:1-3, When thou sittest to eat with a ruler, consider diligently what is before thee:

2 And put a knife to thy throat, if thou be a man given to appetite.

3 Be not desirous of his dainties: for they are deceitful meat. The word deceitful means lying meat. They look good for food, but they will be poison in the body.

Why in the above scripture are we told to consider diligently what is before us? Some foods will make the body sick. Put a knife to thy neck and do not eat them. Over eating dainty foods is like cutting your own throat. The end result is death.

*Proverbs 23:6, Eat thou not the bread of him that hath an evil eye, neither desire thou his dainty meats: Dainty meats are foods very pleasant to the taste. These are the foods that are easy to lust after. Lusting after food tempts God. *Psalms 78:18 And they tempted God in their heart by asking meat for their lust.**

Eat not after him with an evil eye. Satan is out to kill the body by deceiving man into eating deceitful foods. Seventy-five percent of the people in America are sick. Sick does not mean to have symptoms in the body. The body is sick long before symptoms appear. When the symptoms show up is when one finds out about it.

Job 6:7, The things that my soul refused to touch are as my sorrowful meat. The word sorrowful means

illness. There is food that will make the body sick. So do not lust after it! Refuse it.

Job 20:13-14 Though he spare it, and forsake it not; but keep it still within his mouth: Yet his meat in his bowels is turned, it is the gall of asps within him.

There is food that will not digest properly in the body. Usually it is the very pleasant foods. They are deceptive foods. They look good and they taste good, but in the belly they turn on you. They are venomous (snake poison) in the stomach. Over time they have the same effect on the body as being bitten by an adder. They kill the body.

Americans eat an average of 160 pounds of sugar each year. Sugar has been shown to compromise the immune system for several hours after ingesting. Sugar feeds cancer like gasoline feeds a fire. One study showed that as the consumption of high fructose corn syrup increased in the American diet, the average weight of Americans increased in direct proportion. Put a knife to the neck and do not eat sugar. Sugar is a potential killer. Would you invite a convicted murderer into your home? That is what you are doing to the temple of God if you love sugar.

There are double references in the word of God. When the Bible talks about the tongue and evil words destroying the inner man, so do evil foods (foods that are not of God) destroy the body. God's principles work on spirit, soul and body. Words are nourishment for the spirit just like food is nourishment for the body. God is not mocked. Whatsoever a man sows, exactly that shall he also reap.

The word says that the Holy Spirit will show you things to come. He knows what is going on in the body before the first symptom appears. Jesus said that the Holy Spirit will guide you into all truth. Concerning health, He will show you things that need to be corrected in the body before calamity comes.

Recently, in the middle of the night, the Holy Spirit spoke four words to me. Recover, Restore, Replenish and Illuminate. He instructed me to stand in faith on these words and build them into my heart.

Little did I know that He was about to reveal to me some things that were going on in my body that needed to be addressed, even though no symptoms were present. I immediately became obedient to what he instructed me to do and in due season by body will be in perfect health.

Why do I know this? Because of the four words that He spoke to me. Recover, Restore, Replenish, and Illuminate. These are prophetic words to me. There are many scriptures to back up each of them.

These four words can be prophetic to you, if you receive them by faith and follow the instructions of the Holy Spirit.

Food From God

Psalms 34:10 The young lions do suffer hunger and lack...

Psalms 104:21, The young lions roar after their prey, and seek their meat from God.

First, God must get people's attention through His word and Holy Spirit, that what they are eating is killing them.

Then He will provide the right food in due season. He will provide fresh foods that still have nutrients alive in them. Most foods are dead when we eat them. It is important to eat as much fresh foods as possible.

God provided fresh manna daily for his people in the wilderness and told them not to store it, with the exception of the Sabbath day, else it would spoil. Manna was perfect nutrition.

In the Garden of Eden God instructed man to eat from the trees, providing for them fresh fruits. The fruit was continually present. There were no seasons until after the flood.

Some foods can be stored, such as grains, without losing the nutrients, but need to be stored in whole form for best results. In days past, people would use fresh ground grains for baking. Today, buy organic whole grains from health food stores for best results.

Man must seek his food from God like the young lions. When we seek Him with the whole heart we will find his provision. The young lions would rather suffer

hunger than to eat something that God did not provide. Once he finds his prey from God, he roars over it, giving thanks to His provider.

Unlike other of God's creatures, man eats things that God did not provide. *Psalms 104:27, These wait all upon thee; that thou mayest give them their meat in due season.* These in the above is talking about all of God's creation.

Psalms 104: 14, He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth.

God has provided man his food, but many have turned from it, lusting after dainty meats (foods) that he did not provide or intend for man to eat, thus tempting God.

Ecclesiastes 5:19, Every man also to whom God hath given riches and wealth, and hath given him power to eat thereof, and to take his portion,

Portion size is important. Portion means part. God gives man a portion daily. Many people are still eating like there is no tomorrow. Portion sizes have gone out the window. They are eating the whole and not the portion. They have stretched their stomachs, thus enlarging their bodies. They look at a normal portion of food and say in their heart, God is this all. Their god is their belly. Their bellies tell them what to eat and how much to eat, not God.

In the animal kingdom this is not so. They daily receive their portion from God and walk away. When the belly becomes god the word states that man shall not prolong his days.

The Belly as God

In Deuteronomy 30:17-20 God says, *But if thine heart turn away, so that thou wilt not hear, but shalt be drawn away, and worship other gods, and serve them; I denounce (means to declare) unto you this day, that ye shall surely perish (means to destroy), and that ye shall not prolong your days upon the land, whither thou passest over Jordan to go to possess it. I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live: That thou mayest love the LORD thy God, and that thou mayest obey his voice, and that thou mayest cleave unto him: for he is thy life, and the length of thy days: that thou mayest dwell in the land which the LORD sware unto thy fathers, to Abraham, to Isaac, and to Jacob, to give them.*

When the belly becomes god, eventually the temple of God will be destroyed and life shall be cut short. God is not mocked, whatsoever a man sows that shall he also reap. If the flesh is in control of the appetite death will surely come, but if God through the spirit is in control of the appetite life and peace in the body will surely come.

Philippians 3:19, Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.

The word belly means the entire stomach, palate, gullet, to be given up to the pleasures of the palate, to gluttony. This is sure destruction to the temple of God.

God wants our seed to live as well, so we must teach His ways of eating to our children, that they too, may dwell in the land and prolong their days.

Childhood obesity is at an epidemic state today in America, which leads to childhood diabetes and heart disease.

Over eating is very harmful to the body. Even over eating good healthy food puts stress on the entire system, including all of the vital organs. The heart is over worked, the liver is over worked and the kidneys are over worked.

Over eating effects the entire body. The body was made for small regular portions, not all you can eat buffets, where refilling large plates 2 and 3 times is not uncommon. People want to get their money's worth, so they keep eating until they cannot eat any more food.

Here's a thought, go buy a casket. It is a get your money's worth purchase. People that abuse over eating will need one and their dead body will be there until Jesus returns.

On the other hand not eating enough foods that satisfy is just as harmful to the body. The body will begin eating itself, if it is not supplied enough food. This too leads to the same place as over eating.

The word of God tells us to do all things in moderation.

If over eating is an addiction, God has the answer.

First, separate yourself and take communion, making quality decisions that only good foods in right portions will pass the lips from this day forward. Receive God's strength inwardly to accomplish your journey into divine health.

Second, go on a food fast, drinking pure water, until the body quiets down. While on the fast, study the word of God about health and food laws. Read books written by God inspired authors about food and nutrition, etc.

Third, during your fast get all bad foods out of the home and go and purchase healthy foods. Seek advice on what to buy, how to eat and on fasting if needed.

Fourth, after the fast has been ended properly, introduce only good healthy foods that satisfy into the diet and eat only those foods.

Fifth, remember that what you feed will grow and what you starve will die. This is a spiritual law.

Sixth, give God praise and thanksgiving for what He is doing in your life. Thank Him for taking you off the paths of death and setting your feet on the path of life.

Seventh, testify to what God is doing and has done in your life concerning your new and living way. Help others to do the same.

The Way Out and The Way IN

Four words -- **Air, Water, Food and Rest!** Deprive or misuse any of these words and the body dies. But if the body is supplied all of these, Air, Water, Food and Rest in good quality and proper amounts the body shall live in health.

The fifth word is **Shelter**. Man's home must be cleansed.

Here are some suggestions to make the most out of these five words. Some of these may be repeats, but they are worth reading again.

- Remove all evil foods from your house and replace them with foods that are chosen by God.
- Clean the poison out of the body and blood through a fast and taking natural supplements.
- Take communion and make quality decisions that from this time forward only good foods that produce life will pass your lips.
- At the end of the fast introduce good life supplying foods into the body. Buy and eat only foods that God provides.
- While fasting meditate on Isaiah Chapter 58. The word food is not mentioned in the entire chapter. Isaiah 58 is a chapter about fasting evil words, thoughts and actions. By doing so we are promised great rewards.

- Remove all evil out of your home, which includes anything that causes the lust of the eyes, the lusts of the flesh and the pride of life.
- Clean your home from all manmade materials, such as chemicals, cleaners and carpet.
- Replace them with materials that God has provided, such as essential oils for cleaning and fragrance, and wood floors.
- Get the cheap fixtures out of your bathroom and kitchens. Use God's best.
- Get florescent lighting out of your home. Use soft lighting. In winter months, place a few grow lights around the home.
- Clean your home from all dust, mold, yeast, pet dander, mildew, clean your heating ducts, etc.
- You must breathe clean air and drink pure water. Install purification systems to supply clean air to breathe and water to drink. Never drink tap water. Spend some time outdoors on sunny days.
- Do deep breathing exercises daily and thank God for life. Thank God for every drink of pure water. Exercise regularly with weights and cardiovascular routines.
- Do not put synthetic materials on the body. Buy clothes that are made from materials which God made, such as wool, cotton, silk, linen, and leather.

- Do not wear shoes with manmade materials. They do not breathe properly. Buy leather shoes with no man made materials.
- Sleep on sheets made from materials God provides and change them regularly.
- Buy curtains and draperies made with materials from God.
- Do not put manmade things on you skin. God has provided everything you need for healthy skin.

In the year 2000 more than 125 million Americans had at least one chronic condition and 60 million had more than one condition. Examples of chronic conditions are diabetes, cancer, glaucoma and heart disease. A chronic condition is one lasting a year or longer, limiting what one can do and may require ongoing care. The number of people with chronic conditions is projected to increase from 125 million from 2000 to 171 million in the year 2030, costing over 1 trillion dollars.

Americans have been making themselves sick for decades, not understanding the cause, thinking they caught some germ and have not made the connection that the food which they are eating is making them sick. It does not have enough nutrients to keep the immune system strong to fight off attacks on the body, and is full of toxins placed there by man such as, pesticides, hormones, antibiotics and many others. The body must be cleansed of these toxins and supplied with sufficient nutrients for health to come.

Cleansing the Blood

Just like the eagle must cleanse his blood to renew his youth, so must we.

Chlorophyll is the green pigment of plants which is responsible for photosynthesis. It absorbs energy from sun light then transfers it to other molecules. It contains enzymes, superoxide dismutase (SOD). Chlorophyll is said to have the same fast blood building effect as iron.

Chlorophyll has shown in studies to be non toxic even in high amounts. Chlorophyll, which comes from plants, is a blood cleanser and blood builder. (The sun is a cleanser as well. Early morning sun is best.) Chlorophyll and the sun work together in producing physical life. This life is in the blood through nutrition.

The structure of blood and chlorophyll is very similar. The only difference, at the center of blood is iron and at the center of chlorophyll is magnesium.

Chlorophyll has the ability to cleanse the blood from bacteria, chemicals, food additives, etc. It can lighten the load on the liver.

Chlorophyll is also an internal deodorizer, supports strong immune response and hemoglobin production. Eat lots of green raw vegetables and grasses such as, barley and alfalfa. Chlorophyll can be purchased in health food stores, as well as barley grass and alfalfa. Nettle is also a good source of chlorophyll.

Astragalus is another of God's gifts to man to increase white blood cells, which strengthens

immunity. White blood cells or T cells fight off bacteria, germs, viruses and foreign matter in the blood and protect red blood cells, which carry life to the body. The blood must be clean and strong for the body to be healthy. Always pay close attention to the health of blood.

Some other herbs that have been used to strengthen and build blood are: nettle, echinacea, elderberry, eleuthero and andrographis, yellow dock, burdock root, red clover tops, dandelion root and the best according to some studies is Indian gooseberry, also know as Amla. There are many more. God has provided plenty natural things to keep the blood healthy.

God has provided everything under the sun, so man can live in health and wealth. His trees are full of sap, his bread strengthens the heart, and his herbs are given for the service of man. He wants man to have the best of everything. This is why He desires to prosper you. It costs more to live the way God created you to live, so He will provide for it, when spending priorities are in order.

God asks the question in Isaiah 55:2, *Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness.*

Again, if you choose to spend money on things that God desires for you to have, He will foot the bill. Much money is spent on things that do not satisfy and food that is not good. God wants you to live a healthy

fat life, not in body, but in good. This is his greatest desire for His children.

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

Some Foods That Help Build Strong Blood

Blood is alive. The body builds new blood cells every three months. It is our responsibility to give the body the nutrients it needs to build healthy cells.

Both white and red blood cells are important. The white blood cells are martyr cells, sacrificing themselves to protect the oxygen carrying red blood cells, so the body may live.

Eat fruits and vegetables that contain Omega 3's, folate and good bacteria, such as, blueberries, strawberries, grapes, flaxseed, walnuts, salmon, grass fed beef, yogurt, kifer, spinach and kale. Eat a variety of mushrooms, high quality pure proteins and beans.

Eating the wrong foods causes the blood to become thick and sticky, due to the mucus and pus buildup. Eating too much dairy that is not raw, refined grains, refined starches, refined sugar and other sweeteners, and too much meat that is not grass feed or range meat, is the cause.

When cleansing with food, think in terms of red and green foods, which are alive. Processed and overcooked foods are dead. When eating fruits and vegetables, eat 75 percent raw and 25 percent cooked. Cook food 10 to 15 minutes at the most.

Drinking fresh organic vegetable juices daily is an excellent way to build strong blood. Canned and frozen juices are better than nothing, but do have additives and are not alive. Fresh juices are alive. Other beverages that will help build strong blood are

wheat grass and barley grass, which can be purchased at health food stores. Always buy the best.

Be sure to drink plenty of pure water daily. Water transports nutrients into the cells and carries away wastes. Alkaline water is best. Most water has an acid pH, especially in the southern part of the United States. Distilled water is a good choice when fasting. Avoid tap water.

A good rule of thumb to follow when eating and drinking is, if it is not alive and pure, do not eat or drink it. The more you avoid dead foods the more alive your blood will be. The blood is the life of the body.

Protecting Your Immune System

The immune system includes the thymus gland, the spleen, bone marrow and lymph nodes. The skin is also very important to the immune system. In fact every body system and function aids in supporting the immune system. The body is one with many small parts that all work together for a common cause, which is good health. Christians understand the importance of the body. It is the temple of God and the temple of the human spirit. In order for the perfect will of God to be done in the earth, the body must be in a healthy state.

The immune system is working constantly. It never has a day off or even a second off. Therefore, we need to do everything that we can to protect the immune system.

Here are a few tips to protect the immune system.

- Commune with the Holy Spirit and study the word of God continually.
- Eat the right foods. (Bible based foods)
- Exercise daily. (Moderate)
- Get ample rest.
- Reduce stress.
- Take natural supplements.
- Avoid toxins both internal and external.
- Breathe clean air. (Deep breathing daily)
- Drink pure water.
- Meditate on the word of God daily.
- Eliminate manmade materials from the home.
- Commune with God through nature. (Daily sunshine. Take a walk. etc)

Bible Foods at a Glance

Many foods are mentioned in the Bible. We will discuss a few from the major food groups with scripture references.

Beans

Ezekiel 4:9, Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof, according to the number of the days that thou shalt lie upon thy side, three hundred and ninety days shalt thou eat thereof.

Beans were also mentioned as food brought to strengthen David's army.

2Samual 17:27-29, So Israel and Absalom pitched in the land of Gilead.

27 And it came to pass, when David was come to Mahanaim, that Shobi the son of Nahash of Rabbah of the children of Ammon, and Machir the son of Ammiel of Lodebar, and Barzillai the Gileadite of Rogelim,

*28 Brought beds, and basons, and earthen vessels, and wheat, and barley, and flour, and parched corn, and **beans**, and lentiles, and parched pulse,*

29 And honey, and butter, and sheep, and cheese of kine, for David, and for the people that were with him, to eat: for they said, The people is hungry, and weary, and thirsty, in the wilderness.

Why eat beans today? Beans have been shown as an excellent food for colon health. In fact, they work as cancer destroying agents in the colon. Being an

excellent source of soluble fiber, they also help prevent constipation and help to lower LDL, blood pressure, and help regulate blood sugar. Beans are an excellent source of non-meat protein, which helps with heart health. Unlike in biblical times, beans are plentiful today. Beans are packed with vitamin C and iron.

Beans are inexpensive, so there is no reason that they cannot be added to everyone's diet. With beans in the diet, it is easy to get the daily requirement of 35 grams of fiber.

Grains

Corn is mentioned 94 times in the Bible. It is described as a source of food in Genesis 41:35, *And let them gather all the food of those good years that come, and lay up corn under the hand of Pharaoh, and let them keep food in the cities.*

Sixty percent of the corn supply in the United States comes from genetically modified seed. Eat organic corn when possible, which is neither GM or sprayed with pesticides. Be aware of eating animals fed with GM corn as well.

Barley is one of the earliest known grains to be used for food. It is the very grain that Jesus used to feed the multitudes with two fish and five barley loaves in the sixth chapter of John. Although barley is not used much in the United States as a source of bread, it is however, used in soups and stews as a good source of starch.

In the Middle East barley is still used as an important food and may account for the lower rates of heart disease in the region.

Deuteronomy 8:7-9, 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;

8 A land of wheat, and barley, and vines, and fig trees, and pomegranates; a land of oil olive, and honey;

9 A land wherein thou shalt eat bread without scarceness, thou shalt not lack any thing in it; a land whose stones are iron, and out of whose hills thou mayest dig brass.

In the above scripture we see barley grain as a source of food, which the Lord provided His people, but we also see a good land producing:

- Pure water
- Wheat grain
- Grapes as antioxidants (Fruit)
- Fig trees as healing agents and strength (Fruit)
- Pomegranates as super fruits with powerful antioxidants (Fruit)
- Olive oil to cook with and apply to the skin (Fat)
- Honey as a divine sweet with healing properties and strength

Barley was also brought to David's army to strengthen them. (2Samual 17:28) Barley was also used as an offering unto the Lord.

Portion Sizes of Food

Another passage of scripture that mentions grains as food of the prophet and pure water to drink is Ezekiel 4:9-11. The prophet lived 390 days on these nutrients.

Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof, according to the number of the days that thou shalt lie upon thy side, three hundred and ninety days shalt thou eat thereof.

10 And thy meat which thou shalt eat shall be by weight, twenty shekels a day: from time to time shalt thou eat it.

11 Thou shalt drink also water by measure, the sixth part of an hin: from time to time shalt thou drink.

A key phrase that stands out in this scripture is eating time to time. One needs to eat on schedule. It has been shown that eating about every three hours is best. This way hunger does not set in. You eat because it is time to eat. Another important fact in the above scripture is portion size. God instructed the prophet to eat exact amounts. Eat small portion sizes in exact amounts. God has given a measure at the end of the arm. It is called the hand. Eat nothing larger than a clenched fist or the open palm of the hand in size of portions.

The prophet was also instructed to drink water. Water helps to transport nutrients into the cells by the blood. If people understood how important it is to drink an ample supply of water daily they would drink more of it and leave off all other beverages, especially when cleansing or trying to improve the over all health of the body.

In the above reference scripture, water was to be consumed by measure from time to time. Drink about 4 ounces of pure water every 20 minutes during the day. The kidneys will not be over worked at this rate. Drinking huge gulps of water is not best. The body does not use it all and the kidneys must eliminate it from the body to protect it.

Not drinking enough water causes the body to become weak and also promotes water retention. Any needful thing that the body is deprived or given in lesser amounts than needed, the body will begin to ration to protect itself.

For each non-water beverage in the diet, there needs to be that much more pure water added to flush out the toxins. We are not talking about herbal teas, but junk beverages such as, coke, regular tea loaded with sugar or artificial sweeteners, coffee, etc.

Fruits

One of the Hebrew meanings of fruit is reward. The reward of eating plenty of fruit daily is health.

There are many different types of fruits that are good for food. In Genesis 3:2 we read, *And the woman said unto the serpent, We may eat of the fruit of the trees of the garden.*

Apples

One of the best choices from the fruit of the trees is the apple. God used the words, The Apple of My Eye, in his expression of His thoughts for David.

Proverbs 25:11 uses the term, Apples of gold. Apples have golden health benefits.

Some reasons to eat apples include:

- Lower cholesterol and blood pressure
- Virus fighters
- Stabilize blood sugar
- Dietary fiber
- Anti-cancerous
- Strong bones and teeth
- Heart health
- Healthy skin

Pomegranates

Deuteronomy 8:7-9, 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;

8 A land of wheat, and barley, and vines, and fig trees, and pomegranates; a land of oil olive, and honey;

9 A land wherein thou shalt eat bread without scarceness, thou shalt not lack any thing in it.

The pomegranate has been cultivated and prized for thousands of years in the Mediterranean and Africa, but it is actually native to the East, where it originally grew between Iran and the Himalaya Mountains in India.

Pomegranates have three to seven times as much powerful antioxidant value as green tea. Antioxidants are important because of their ability to reduce the

harmful effects of oxidants, or “free radicals,” and can help repair damage already done to cells.

Pomegranates are also high in Vitamin C, a powerful antioxidant, fiber, and contain the minerals, iron, potassium and calcium, Vitamin A, Vitamin E and folic acid.

Pomegranates also contain the powerful antioxidants polyphenols, tannins and anthocyanins. They are higher than most other fruit juices, red wine and green tea in these antioxidants.

Clinical research shows that pomegranates, when part of a healthy diet, might help prevent heart disease, heart attacks and strokes, because of their ability to thin the blood, increase blood flow to the heart, reduce blood pressure, reduce plaque in the arteries, and reduce bad cholesterol while increasing good cholesterol. Sugars in the juice did not worsen diabetes blood sugar levels. Eat with fiber to prevent blood sugar spikes.

Modern research suggests that pomegranates might be useful in treating such serious conditions as prostate cancer, skin cancer, osteoarthritis, and diabetes. Studies also show that pomegranate seeds might help rid the digestive system of fats.

Pomegranate juice was found to have the highest polyphenol content of any beverage, even out competing recent "superfoods" such as acai berry or green and white tea.

The pomegranate has been used in natural and holistic medicine to treat sore throats, coughs, urinary

infections, digestive disorders, skin disorders, arthritis, and to expel tapeworms.

Pomegranate antioxidants are higher than those of other fruits known to have high levels of antioxidants, such as blueberries, cranberries and oranges, due to the very high polyphenol content in the fruit.

Figs

Figs have been on earth from the beginning. In the Garden of Eden, it was the fig leaf that provided the first covering of man.

Genesis 3:7 And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons.

In the parable of the trees in Judges 9:8-13, Jotham spoke concerning who had been chosen king.

The trees went forth on a time to anoint a king over them; and they said unto the olive tree, Reign thou over us.

9 But the olive tree said unto them, Should I leave my fatness, wherewith by me they honour God and man, and go to be promoted over the trees?

10 And the trees said to the fig tree, Come thou, and reign over us.

11 But the fig tree said unto them, Should I forsake my sweetness, and my good fruit, and go to be promoted over the trees?

12 Then said the trees unto the vine, Come thou, and reign over us.

13 And the vine said unto them, Should I leave my wine, which cheereth God and man, and go to be promoted over the trees?

Notice what the trees and the vine said about themselves concerning their service to man and God.

The olive tree is food for fat in serving man and God. The fig tree is good for sweets and good fruit (healing fruit), according to Isaiah 38: 1-2. (Hezekiah was delivered from death's door by the use of figs and being obedient to the prophet.)

The grapevine is good for wine and gladness in heart of man and God.

When Jesus was hungry, where did He go for food? He went to the fig tree. The fig tree had no fruit, so he told it, if God your creator cannot eat from you, neither shall any man. He was not talking to all fig trees, just that one tree (Mark Chapter 11).

Figs have been used for sweets and strength for centuries. Figs are high in fiber, magnesium, potassium, vitamin C and B-6, as well as other nutrients. Figs are used for heart health and are considered by some researchers to be anti-cancerous food, unlike processed sugars, which feed cancer cells.

Another reference to health and safety concerning the fig trees is found in:

1Kings 4:25, And Judah and Israel dwelt safely, every man under his vine and under his fig tree, from Dan even to Beersheba, all the days of Solomon.

Figs are high in natural and simple sugars, minerals and fiber. Minerals contained in figs are; potassium, calcium, magnesium, iron, copper and manganese. Dried figs contain an impressive 250mg of calcium per 100g, compared to whole milk with only 118mg. Figs are among some of the most highly alkaline foods, making them useful in balancing the pH of the body.

Benefits of Eating Figs

- Maintain normal blood pressure
- Effective for weight management due to high fiber content
- Reduce the risk of breast cancer

- Tryptophan, present in figs helps with sleep
- Fatigue and memory
- Fig juice helps to soothe irritated bronchial passages
- Good skin cleanser
- Digestion and stomach and bowel-related problems
- Well-being
- Excellent aphrodisiacs

Figs and grapes work together protecting the body from invaders.

Grapes

From the scriptures above we see grapes working as protectors, because of their high ORAC value. They fight against death in the body, better known as the aging process.

Grapes are very high in antioxidants and were the first fruit Noah planted after the flood (Genesis 9:20). Grapes have been eaten the same way for thousands of years, whole, dried, juice, wine and vinegar. A serving of grapes is high in nutrients and low in calories.

Grapes are high in vitamins A, B and C, and minerals such as boron, which is brain food, calcium, potassium and zinc, therefore aiding in heart health. Grapes are also being studied as anti-cancerous foods, anti-virus foods, and anti-bacteria foods. Grapes are high in resveratrol. Grapes help provide strong teeth, due to their calcium content. According to the Apostle Paul, grapes aid in stomach health. According to the above scripture in Judges, grapes cheer the heart of God and man.

Many scriptures reference figs and grapes together. When one is mentioned so is the other. What better foods to eat as sweet treats than grapes and figs.

Oils

Haggai 2:19, Is the seed yet in the barn? yea, as yet the vine, and the fig tree, and the pomegranate, and the olive tree, hath not brought forth: from this day will I bless you.

Here we see the olive tree mentioned with other foods. What we can learn from this is how God provided food that all works together for the health of the body. Eat a large assortment of healthy foods for best results. Don't get stuck on your favorite foods. Never use the word love and food in the same sentence. God gave food to enjoy. Love God, not

food. Be a colorful shopper. He color-coded food, making it easy to follow a healthy diet. Each color works differently in the body, yet all working as one. Not only can olive oil be digested internally for an excellent source of dietary fat, it can also be applied to the skin to aid in skin health. (Psalms 104:15, to make man's face shine, Psalms 23:5, to anoint man's head)

Olive oil contains Mono-unsaturated fat. Mono-unsaturated fat is healthy fat. It also contains poly-unsaturated fat, which is also healthy fat.

The olive berry contains high amounts of iron, vitamin E, fiber and copper. They are also high in calories, so watch daily consumption to avoid gain of unwanted pounds.

Health benefits of olives are many. Here are few reasons to consider olives in the diet.

- Heart health
- Antioxidants
- Support Gastrointestinal Health
- Inflammatory Effects

Olives are fruits of the tree known as *Olea europaea*. "*Olea*" is the Latin word for "oil," reflecting the olives very high fat content, of which 75% is oleic acid, a monounsaturated fat that has been shown to lower blood cholesterol levels.

Olives have been consumed by man as food since 3000 BC, which makes them a durable food, good for health.

Olive leaves are also used for medicinal purposes. Olive leaf is known as oleuropein. Olive leaf extract has been shown to demonstrate antibiotic, antibacterial, antiviral and antifungal properties. It has been used to treat a number of infectious conditions, such as: strep throat, herpes and yeast infections, chronic fatigue syndrome and fibromyalgia.

Fish

According to the word of God, fish with fins and scales is best for health. Others are considered to be scavengers, eating dead matter. Omega 3 (good dietary fat) is a major health benefit in fish. Fish must come from pure cold waters for maximum health benefits. Fresh fish is best

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

Notice it did not mention small lakes and ponds for a supply of fish. Do not eat fish fed with grain, such as catfish. Mass produced fish from farms is not a healthy choice. Many times the meat has been dyed to make it look a healthy reddish color.

Why Eat Healthy Fish? Here are a few reasons.

- *Thins the blood and protect arteries*
- *Lowers cholesterol*
- *Lowers blood pressure*
- *Strengthens the heart*
- *Helps with arthritis*
- *Strengthens immune system*
- *Brain food*

- *Lowers risk of cancer*

Dairy

Many scriptures mention dairy products being used for food. Milk is mentioned 48 times, with 20 of those references also mentioning honey. Milk and honey according to the Bible are good to give strength to the body. Milk has protein, carbohydrates and fat. Cow's milk and goat's milk are mentioned in scripture. Butter is mentioned 10 times and cheese is mentioned only twice. Yogurt is also a food of the Bible.

Isaiah 7:15, Butter and honey shall he eat, that he may know to refuse the evil, and choose the good. This is referring to Jesus. He grew up with butter and honey in his diet. Jesus did not eat foods that did not satisfy. He left the evil foods alone and ate the good. Verse 14 proves without a doubt that this scripture is referring to Jesus. *Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel.*

Jesus is perfect in all of His ways, including His diet. The Bible says that he grew in stature and wisdom. Today's science has discovered that the brain in children will not develop properly without fat. The brain is made up mostly of fat and water.

Today people are destroying their bodies by eating butter substitutes and not real raw butter. The body must have good fat to live. Raw butter and pure fish oils are excellent choices of good dietary fat when eaten in moderation.

Verse 16 in the above scripture reference states that Jesus had to learn how to refuse evil and choose the good. *For before the child shall know to refuse the evil, and choose the good...*

It is the parent's responsibility to train up a child in the way he should go for when he is old he shall not depart from it. Childhood sickness is at alarming proportions in the United States today. Why?

Parents are not teaching their children how to eat the foods that satisfy. They are feeding them evil food that destroys the body, thus training them to be sick.

Notice the above scripture again, Jesus ate butter and honey until he could refuse evil and choose the good. When children are taught discipline concerning what they eat, it strengthens the character so they can refuse evil and choose good in other areas of life.

Children eat three or more times per day, every day, for their entire lives. Each time they refuse evil food and choose the good, they are being strengthened inwardly.

Food, because it is required for life can have a very powerful influence in a person's life. It is important to learn how to control that influence for good at an early age, so a child can live in the health that God has given all the days of life. Parents that love their children will teach them this at an early age. The first commandment with promise is, Children obey your parents.

In order for children to live long on earth, they must obey their parents in the laws of good health. People are not living out their years, because they either

were not taught in this area, or they refused to obey when they were children.

Do not be deceived in this matter, God is not mocked, for whatsoever a man sows, that shall he also reap. If he sows to his flesh he will reap of his flesh death and destruction, but if he sows to his spirit, he will reap of his spirit life everlasting.

Galatians 6:7-8, Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

8 For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

How can it not grieve the Holy Spirit when He sees young children sick because of what they are eating? Children should be full of health, yet many are sick, because they are being fed food that does not satisfy.

Their immune systems are weak when they should be strong. They are learning the ways of death at young ages. Their tastes have been perverted, their digestive systems do not function properly, their bodies learn to hate exercise and they learn to hate pure water. They learn to hate sleep and do not sleep properly, where as a healthy child should sleep like a rock.

The good news is that it can be turned around with the help of the Holy Spirit. He will show the ways of life to those that seek Him. He will guide into all the truth to those that seek his face. He has given His angels charge of us to keep us in all our ways. (Psalms 91:11)

Exodus 23:20, Behold, I send an Angel before thee, to keep thee in the way, and to bring thee into the place which I have prepared.

God will bring into a healthy wealthy place, if His voice is obeyed.

Now let's look at a longer portion of scripture mentioning butter, milk and other foods that were set before three men by our Father Abraham. These men were fed out of Abraham's food supply. There is no evidence that Abraham or his family were ever sick.

- Genesis 18:2-8, And he lift up his eyes and looked, and, lo, three men stood by him: and when he saw *them*, he ran to meet them from the tent door, and bowed himself toward the ground,
- 3 And said, My Lord, if now I have found favour in thy sight, pass not away, I pray thee, from thy servant:
 - 4 Let a little water, I pray you, be fetched, and wash your feet, and rest yourselves under the tree:
 - 5 And I will fetch a morsel of bread, and comfort ye your hearts; after that ye shall pass on: for therefore are ye come to your servant. And they said, So do, as thou hast said.
 - 6 And Abraham hastened into the tent unto Sarah, and said, Make ready quickly three measures of fine meal, knead *it*, and make cakes upon the hearth.
 - 7 And Abraham ran unto the herd, and fetched a calf tender and good, and gave *it* unto a young man; and he hasted to dress it.

8 And he took butter, and milk, and the calf which he had dressed, and set *it* before them; and he stood by them under the tree, and they did eat.

Here we see the four words mentioned earlier in this book; water, rest, shelter and food. No doubt, they were breathing pure air.

Abraham fed the men butter, milk, beef, and fine meal, all provided for by God.

There are books written today stating that dairy products are to be avoided in order to walk in health. One reason is because of what man has done to dairy products. Pasteurization is a major problem with dairy products.

When dairy products are left in their natural state, according to the Bible, they are good for food. The problem in the United States is finding them whole and raw.

Some states still allow consumption of raw milk. Some people raise their own milk cows in order to have raw milk and other dairy products for their families. Some people are now driving long distances to states that allow the sale of raw milk, just to have it in their diets.

Deuteronomy 32:14 Butter of kine, and milk of sheep, with fat of lambs, and rams of the breed of Bashan, and goats, with the fat of kidneys of wheat; and thou didst drink the pure blood of the grape.

Here we see dairy products coming from cows and sheep, as well as other good foods mentioned.

Proverbs 27:27, And thou shalt have goats' milk enough for thy food, for the food of thy household, and for the maintenance for thy maidens.

Here we see milk coming from goats. If you ever taste fresh raw goat's milk and do not know what you are drinking, you will think it is cow's milk.

In reading one book that says no dairy products for good health, I noticed that the book also talked about the evolving of man.

Yes, some people may not do well on all types of dairy, but I have read of a people that eat plenty of yogurt and live to ages well over 100 years old. They attribute yogurt to their long life. In fact some say that you cannot live to old ages without it.

Yogurt supplies the colon with good bacteria, which is essential to colon health, which is essential to the health of the body.

Sheep's milk offers distinct nutritional benefits. It contains at least 75 percent more protein than cow's milk and nearly twice as much calcium, along with plenty of zinc, vitamin E and C. The fat is more easily digested than the fat from cow's milk.

The bottom line is this, let God's word be final authority in your life in all areas. Release your faith for good Bible foods and God will provide you what you need. Let God be your nutritionist. Learn to hear his voice and the voice of your own body. God will talk to you through your body. You will know without a doubt, what to eat, when to eat and how much to eat. The Holy Spirit will guide you in all truth.

Vegetables

Daniel 1:12-17, Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

13 Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.

14 So he consented to them in this matter, and proved them ten days.

15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.

The word pulse in the above scripture means vegetables. We have already discussed the unhealthy results of eating dainty king's meat. Notice what happened in just 10 days of eating a cleansing diet. Their faces looked more healthy than all of those who ate the king's meat.

Daniel 1:17, As for these four children, God gave them knowledge and skill in all learning and wisdom.

James Chapter 1 tells us that if any man lacks wisdom, let him ask of God, who gives to all men liberally and does not hold back, and it shall be given when he asks in faith, not doubting.

God will give any person knowledge and wisdom on how to eat to walk in divine health when they become single minded about it. Eat organic vegetables as much as possible and eat a lot of them. You will see a change in your health quickly.

Beef, Lamb and Fowl

Beef

We have already mentioned scriptures where beef was eaten for special occasions. In Genesis 18:8, we see Abraham feeding three men travelers.

And he took butter, and milk, and the calf which he had dressed, and set it before them; and he stood by them under the tree, and they did eat.

In the new testament, when the prodigal son returned home, the father killed the fatted calf to celebrate the return of his lost son.

Luke 15:23, And bring hither the fatted calf, and kill it; and let us eat and be merry.

In I Samuel 28:24, we see the handmaiden of Saul, feed him beef for his strength.

*And the woman had a fat calf in the house; and she hasted, and killed it, and took flour, and kneaded it, and did bake unleavened bread thereof:
25 And she brought it before Saul, and before his servants; and they did eat.*

When eating beef today, always choose grass feed or range beef. Grass fed beef has as much or more Omega 3 fatty acids than fish for the same portion size. Studies show that pure beef is healthy for the heart. Most beef available in super markets today has been shot up with antibiotics to protect the animal

until it is slaughtered, unless it is grass fed or range beef.

Lean beef has less cholesterol per serving than chicken. Research shows that Americans can eat six ounces of lean red meat five or more days a week as part of a cholesterol-lowering diet.

Beef is the number one source of **zinc** in the American diet. A 3-ounce serving of beef provides 39% of the zinc most people need in a day.

Beef is the number three source of **iron** in the American diet following iron-enriched breads and cereals.

Proteins from animal sources, such as beef, are high-quality or complete proteins. Vegetables and grains also contain protein, but in lesser amounts. One 3-ounce serving of beef provides 50% of the protein recommended daily. All this high-quality protein comes in the same delicious package with zinc, iron and B-vitamins! That's a great fuel to help power you through the day.

You need **essential B-vitamins** to "unleash" the energy in food. Calorie for calorie, beef is one of the best sources of many essential B-vitamins.

When eating beef do not always eat the same cut of beef. Different parts of the cow have different amounts of fat. For instance, round stake is much leaner than T-bone steak.

When eating ground beef make sure it comes from the lean parts of the cow. You pay more, but there is much less fat. Cheap ground beef is 30 percent or

more fat. High quality cuts can be 7 percent or less fat. Keep portion sizes to six ounces or less. Six ounces of lean beef is 48 grams of protein, which is all the body can digest in a healthy manner per meal.

Small portions equal a small body. Healthy portions equal a healthy body. Jesus said that food is to be used by the body and the waste passed. Our bodies are not to store food or waste. By eating small portions of healthy food this can be accomplished by the body with no problems.

*1 Kings 4:22, And Solomon's provision for one day was thirty measures of fine flour, and threescore measures of meal,
23 Ten fat oxen, and twenty oxen out of the pastures, and an hundred sheep, beside harts, and roebucks, and fallowdeer, and fatted fowl.*

We also see in this scripture other meats good for food, the fatted calf, pasture beef or grass fed beef, lamb and venison.

(Please Remember, the fatted calf is for special occasions, but grass fed beef can be eaten several times per week in small portion sizes.)

Lamb

God's instructions to His people concerning the pass over meal in Exodus chapter 12 were to eat a male goat or lamb of the first year, roasted with fire and bitter herbs, not cooked in water. Every family member was to eat of it.

Benefits of Eating Lamb

- Lamb provides high levels of zinc and iron. Iron is vital for the formation of red blood cells. Zinc is essential for growth, healing and a healthy immune system. The zinc and iron found in lamb is more easily absorbed than from other sources.
- Lamb is a great source of high quality protein. A 3-ounce serving, about the size of a deck of cards, offers nearly half of the protein the average person needs in a day.
- Half the fat in lamb is unsaturated, which is good for you.
- Lamb is a good source of B Vitamins (B 12), essential for metabolic reactions in the body.
- Lamb contains trace elements such as, copper, manganese and selenium.

When eating lamb (yearlings) or mutton (two years and up), make sure it is grass fed. Grass fed meat is like a preventive and curative medicine in food form. Grass fed and pastured meat is tasty and very good for you. When animals are healthy and disease free, their meat is healthy and disease free. Grass fed meat is your safest meat choice, according to many experts.

Fowl

Deuteronomy 14:20 But of all clean fowls ye may eat.

Some clean fowls are chicken, turkey, dove, quail, and pheasant.

When eating chicken, it is very important to eat range or pastured chickens, not those raised in coops.

Chickens are scavengers and need protein in addition to plant foods. They get additional protein from bugs, and worms, which keep them in better health. Range or pastured chickens are free to spend most of their time scratching and scavenging over wide areas looking for food.

Domestic birds should be free to roam for healthy food, not cooped up with thousands of other birds, breeding disease, where antibiotics are used to keep them alive until they get to market.

As a result of a healthy diet, the meat from these birds is clean and healthier for you. The meat is higher in vitamins and minerals, and it is free of pesticide residues and antibiotics.

The eggs from range and pastured chickens are much healthier as well, having deep yellow yolks.

Understandably, in order to feed the world chicken meat there is going to be mass production of chickens, where thousands live cooped up in unhealthy conditions, but that does not mean that you must eat them. You will be eating much healthier meat if you buy range or organic chickens and fowl raised by natural means or taken from the wild.

Herbs and Spices

Both herbs and spices have great health benefits. They are much more concentrated than food in key nutrients for specific actions in the body. Some common spices found in health food stores are cinnamon, oregano, rosemary, turmeric, sage, peppers, parsley and garlic.

Seed Wars

Genesis 1:12 And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good.

God created seeds and food just the way He wanted them and said that it was good. When man tries to change anything that God has created, it turns to evil. Nothing good can come from it.

There is much concern in the United States and around the world by health conscience individuals over the quality of the food supply. Meat is being shot up with antibiotics and grain is being genetically modified, known as GMO foods and GM seeds, supposedly able to produce more food from less seeds. Studies show that the opposite is true. GM seeds produce 7-10 percent less food than regular seeds. Also some GM seed has the chemical, "Round Up", in the seed to save the farmers on pesticides. Studies show that five to ten times as much pesticide is used on GM seeds.

It has become a seed war in the United States among large seed companies, who want to control the world's seed supply, and small farmers who want to keep their own natural seeds for their next planting.

So far the major seed companies are winning. Their goal is to buy all small seed companies and produce only GM seeds, so the world must buy all seeds from them. They also have "Terminator Seed" technology, which means that they can cause the seeds not to reproduce usable seeds, requiring new seeds to be

purchased from them each growing season. It is unlawful to save their patented seeds.

They have actually won cases in court where their GM seeds were blown by the wind into the fields of organic farmers, stating that they were using their seeds illegally.

It is a serious matter and most people in the United States do not even know it is going on, but it is and it is not going away, unless we make it go away by uniting together, standing up and saying, NO MORE, NOT IN OUR COUNTRY.

There are many potential health risks from GMO foods. It is hard not to buy GMO foods in super markets, unless certified organic is the food choice of Americans.

Many countries of the world banned the use of GM seeds many years ago.

Death In The Pot

II Kings 4:38-40, And Elisha came again to Gilgal: and there was a dearth in the land; and the sons of the prophets were sitting before him: and he said unto his servant, Set on the great pot, and seethe pottage for the sons of the prophets.

39 And one went out into the field to gather herbs, and found a wild vine, and gathered thereof wild gourds his lap full, and came and shred them into the pot of pottage: for they knew them not.

40 So they poured out for the men to eat. And it came to pass, as they were eating of the pottage, that they cried out, and said, O thou man of God, there is death in the pot. And they could not eat thereof.

As we see in the above scripture, everything that grows in the ground is not good for food. It may look good, but if eaten it brings death. They knew not the food that had been gathered and set before them.

Jesus said in Matthew 7:17 *Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit.* Good seed and evil seed are also mentioned in the parable of the tares in Matthew Chapter 16. Tares are poison and cannot be detected from the good seed, until the gain appears. Then they are plucked out by hand.

As discussed earlier, much of the grain supply in the United States has been corrupted with GM seeds. Man has become his own worst enemy through deception.

The scripture states above that they went to gather herbs, but they gathered from a wild vine. It was not the herbs that were poison to them, but the wild vine. Everything that is pleasant to the eyes is not good for food. We are no longer living in the Garden of Eden.

Since the fall of man in the Garden of Eden there are two types of seeds, good seeds and evil seeds. It takes the wisdom of God from the word of God and the Holy Spirit to discern the difference.

Even in Adam's seed there was the good seed and evil seed. Abel and Seth were from good seed. Cain was from the seed of the evil one. *1John 3:12, Not as Cain, who was of that wicked one and slew his brother.*

Genesis 4:25, And Adam knew his wife again; and she bare a son, and called his name Seth: For God, said she, hath appointed me another seed instead of Abel, whom Cain slew Here we see that God provided the seed for Seth. Unlike the seed for Cain, which was provided from the wicked one.

Unlike many today the sons of the prophets above had the revelation that what they were eating would kill them. So they stopped, even in a famine. It looked good for food, but was deadly.

Because of the seed of the knowledge good and evil that was placed in man at the fall, the body is subject to both life and death. When God's ways of eating and caring for the body are rejected, the body begins to understand the ways of death more and more until death wins out before time.

Taste buds will be perverted from liking good food to liking foods that destroy the body. The body will get where it cannot digest good food properly.

The flesh will begin to hate exercise, it will come to a point that it cannot rest properly and think that it can live with less rest than is required. It will hate the ways of righteousness and love the ways of the world and pleasure. Deception will set in and what seems right are the ways of sickness and death.

On the other hand if the ways of God are followed, the body will forget all these things that destroy. They will become strange to the body. The body will enjoy eating right, exercising, drinking pure water and getting proper rest.

The body will become submitted to the spirit of man, which is the candle of the Lord. For out of the spirit of man flow all the forces of life. Again, all of this is because of the seed of the knowledge of good and evil that came from Adam. Disobedience brings the same results every time. Death! Adam could have eaten from the tree of life and lived forever.

Some one might say, Yes, but in the case of the sons of the prophets, Elisha commanded them to throw in some meal and eat what was before them. They did and the food did them no harm.

One must understand, that was in the time of great famine and that was all they had to eat. One should not be so foolish to try that today unless one is in the same situation.

2Kings 4:41 But he (Elisha) said, Then bring meal. And he cast it into the pot; and he said, Pour out for

the people, that they may eat. And there was no harm in the pot

Neither should one think that one can misuse the words of Jesus when He said, If you drink any deadly thing it will not harm you, unless in the same situation.

God did not say that He will turn poison food in to good food so we can eat it. He said that he would put his blessing on the food that he has ordained as good, which is food that comes from good seed. He expects us to leave the food alone that comes from evil seed. He will give man wisdom to know the difference. There are only two choices, good food from good seed and evil food from evil seed. Choose good food that you and your household may live.

Praying over evil food that is eaten by choice, asking God to remove sickness and put His blessing upon it is praying from a heart of deception. If God answered these prayers, there would already be no more sickness in the body of Christ. We would all be living in divine health.

Think about it, praying over cake and ice cream and all kinds of foods that make the body sick and asking God to bless it, how can he bless that which man has cursed?

The Bible says not to tempt God. Any person in their right mind would not drink a known poison and ask God to bless it that it not destroy the body.

This is what we are doing when we pray over foods that we eat by choice that destroy the body.

Satan tempted Jesus to turn stones in to food. He would not to it. Neither is He going to bless foods that are cursed such as; sugar, refined flours, processed oils, and foods sprayed with deadly chemicals, etc.

God did not curse them. Man cursed them by tampering with what God has made to be good, turning it into evil.

I ask the question, is what you are eating killing you or do you just feel dead? Most people have no knowledge of what it feels like to be flowing with life and health. Those that do know there is no substitute for it. One cannot explain to another what it feels like to be alive. Every one must experience it personally.

This is what God desires for all of His children. That we all be prosperous and in health even as our souls prosper (3John2).

As we follow the leading of the Holy Spirit through the word of God and stay on His pathway of health, every person can experience His wonderful gift of health and prosperity.

James 1:17, Every good gift and every perfect gift is from above and comes down from the Father of Lights, in whom is on variableness nor shadow of turning.

God is constant in all things and all things are clear. He has hidden nothing in shadow. All things are open and ready to receive.

Some Foods to Avoid

- Sugar, including corn syrup
- White flour
- Processed oils
- Shell fish
- Scavenger fish
- MSG
- Processed dairy products, margarine, butter substitutes
- Foods with additives and dyes
- Salad dressings unless organic
- Soy
- All GMO foods-Genetically Modified Organisms
- Pork
- Foods with high amounts of saturated fat and cholesterol
- Foods with hydrogenated fats
- Aspartame, Splenda (Sucralose) Use Stevia
- Junk foods
- Soft drinks
- All meat with antibiotics (Eat organic meats)
- Fried foods
- Smoked foods
- Foods grown with pesticides (Eat organic foods)
- Table salt (Use sea salt)
- Chlorinated (Tap) Water, Drink Alkaline water
- Antibiotics
- Artificial sweeteners (Use Stevia)

There are over 3000 chemicals added to foods that are sold in super markets, as well as thousands of chemicals in cleaning and household product. So when possible, buy organic products.

Skin Health

You cannot have good skin without a good diet that promotes health. The skin is an outward measure of health. The term, An Apple A Day Keeps the Doctor Away, came many centuries ago. They determined that those who ate apples on a regular basis had healthy looking skin and good skin has always been associated with good health, thus the phrase was coined.

Essential oils are important to good skin health and overall health of the body. There are many references to essential oils in the Bible.

This book will not go into the uses of essential oils, but stir you up to get involved in these wonderful gifts from God. Take time and learn about how they can benefit your health. There are many other essential oils other than the ones listed below.

Cederwood is mentioned in Leviticus 14:4, as well as other places in the book.

Cinnamon is mentioned the Exodus 30:23 and Proverbs 7:17, as well as other places in the Bible.

Frankincense is mentioned several times through out the Bible such as, Exodus 30:24, Leviticus 2:1-2 as well as several places in the book. In Matthew 2:11 it was presented to Jesus as a gift when he was a young child.

Myrrh was also a gift that was presented to Jesus in Matthew 2:11. Myrrh is mentioned in Genesis 37:25 and 43:11.

Hyssop

Hyssop is mentioned in Exodus 12:22, Leviticus 14:4, Psalms 51:7, as a purging agent, John 19:29 and Hebrews 9:19, as well as other places in the Bible.

Juniper is mentioned in Job 30:4

Myrtle is mentioned in Nehemiah 8:15 and Isaiah 41:19.

Spikehard is mentioned in the Bible in Song of Solomon 1:12 and 4:13-14, as well as Mark 14:3 and John 12:3, where Mary anointed Jesus with this very expensive gift from her alabaster box.

The essential oils of the Bible have been used for thousands of years for medicinal purposes, as well as perfumes. Rose oil is one of the most used oils in perfumes.

It would behoove any person seeking good health as a gift from God to become familiar with Aromatherapy, which is the use of aromas (scents) from essential oils as therapy. Not only is the aroma beneficial, but they can also be applied directly to the skin when mixed in carrier oils, such as vegetable oils. Essential oils should not be used full strength on the skin in most cases. These oils penetrate the skin and are stored directly beneath the skin to be used in the body as needed. They work both internally and externally.

Essential oils are gifts from God, which should be used in their natural state. The problem with many products today containing essential oils is the other ingredients that are not natural.

Essential oils and books on how to use them can be purchased from your local health store. Many people today are making their own soaps, perfumes and cleaning supplies with essential oils, thus avoiding all of the manmade byproducts that are in many products on the shelves.

When mixing your own essential oil formulas, use small amounts to assure freshness.

A simple formula for healthy skin is 1 ounce of carrier oil such as, grape seed, apricot or avocado oil mixed with 4 drops of frankincense, 4 drops of myrrh, and 7 drops of lavender essential oils.

Lanolin is excellent for the healing of very dry skin. It is extracted from the wool sheared from sheep. When applied to the skin, it helps keep in the skin's natural moisture in so it can heal. Lanolin can absorb 50 of its weight in water, while providing rich sterols to the skin.

Use lanolin from organically raised sheep, due to the pesticides used on commercially grown sheep to prevent ticks.

When wearing wool garments next to the skin, try to find organic wool, grown without pesticides. The same is true for cotton garments. Chemicals can absorb into the skin from clothing. This is why it was stated earlier that it is best to wear clothing that is not made from synthetic materials.

Some Household Toxins to Avoid

Avoid household products with warnings on the labels. They are poison to the body.

- Avoid artificial air fresheners
- Ammonia
- Bleach
- Carpet cleaners, carpet fresheners
- Chlorine (which is in some dish washing detergents), metal cleaners
- Synthetic detergents and cleaners (Use natural cleaners)
- Products with pesticides
- Body soap, body washes, deodorants (Use natural soaps and cleansers)
- Nail polishes, mothballs
- Mouth washes unless from natural sources
- Most skin care products unless organic
- Most cologne and perfumes and deodorants unless from natural sources
- Hair spray (has toxic fumes)

When cleaning the home use essential oils that do not put off toxic fumes, but rather have an aromatherapy effect. There are nontoxic solutions.

Research reveals that toxic chemicals entering the body by inhalation, skin absorption and ingestion, stay in the body long after entering it and can be harmful to health.

Strength of the Hunzas

The Hunza nation, living at 9000 feet in the Himalayas, has been studied for many years to find out the secrets of their health and longevity. It is not uncommon for them to live well beyond 100 years up into the 120's. Some have lived pass 140 years old. Men have fathered children in their 90's. They have practically no disease among them. Their diets and water are pure.

Notice what the scripture says about this type of living.

Exodus 23:25, And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.

In 1921 a British physician presented a report after seven years of studying the Hunzas and determined that they were a simple people with pure nutrition, pure water, no toxins, daily exercise, fresh air, sunshine, rest and lived stress free lives.

Both men and women when in their 80's looked like and had the stamina of 40 year olds. They would walk sixty miles in a day through mountainous territory and look as if the just took a morning walk.

These people for centuries have been cut off from modern civilization due to their location. They get up and go to bed with the sun. They had no modern conveniences, such as electricity. They grew their own food with no chemicals, only natural compost. They live twice as long as people live in the modern world.

Let's take a look at the diet of the Hunzas and see what they eat and how they eat to stay so healthy and disease free.

Amazingly, they only eat two meals per day. The first meal is at noon, yet they arise at 5 a. m. What does this tell us? The food that they eat is so nutritious that they only need to eat twice daily. They do not eat for pleasure, but for health and strength.

Every thing they eat is natural. A large part of their diet is made up of grains such as; barley, millet, buckwheat and wheat.

They also eat fruits and vegetables on a regular basis, mostly fresh and raw. They do cook some vegetables for a short period of time. They eat a lot of nuts. Some times the entire meal consists of only nuts.

Apricots are a favorite in the Hunzas diet, eaten fresh in season and dried in the sun to be eaten year around. Three and one half ounces of apricots equals 11,000 units of vitamin A, more than twice the daily recommendation. Apricots also contain high amounts of iron, potassium and natural fiber.

Song of Solomon 6:11 I went down into the garden of nuts to see the fruits of the valley, and to see whether the vine flourished, and the pomegranates budded.

Nuts are very nutritious and provide lots of energy, containing fat, carbohydrates and protein. Nuts such as, almonds and walnuts are good for heart health. Nuts are also high in calories. Only eat a small handful as a serving. One bag of nuts, 16 ounces,

supplies about 2400 calories. Nuts also contain antioxidants, and are a good fiber source. They provide Omega 3 fatty acids, the good fats, which are also found in fish. Always eat nuts raw with no salt.

Milk and cheese are good sources of animal protein for the Hunzas. They do eat some meat, mostly chicken cooked in stews. They eat very little beef or mutton. They eat meat about once a week.

Yogurt is a very important part of their diets, providing good bacteria, which is essential for health and long life.

They bake their own breads from whole grains, leaving all the vitamins and minerals intact.

The Hunzas fast for several days every spring. Fasting is an excellent way for the body to rid itself of any toxins that have built up over the year.

Up until the 1970's the Hunzas were some of the most healthy people on earth, until an all weather road was built to the Hunza nation. In time modern unhealthy foods were introduced to them. Within six months of eating western foods the Hunzas began to be effected in their health and well being. They went from a disease free people, who did not know the common cold, to a people who now face the same sickness and disease as the modern world.

This is disheartening to see a people so healthy and strong be compromised because of poison food, the same food that is poisoning people in the body of Christ today. God's people are destroyed for a lack of knowledge.

Like any thing else there are two sides to every story. There are those who try to disprove the health and longevity of the Hunzas. They are those who are looking for a way to stay as is without guilt.

But as for me, I choose to believe the best. I am looking for ways and examples to always improve. I would rather believe that God used the Hunzas as examples today to show us a better way. When I see examples today that line up with the word of God that was written thousands of years ago, I choose to believe.

There have always been people who try to disprove truth. You cannot disprove truth. Truth is truth and always stands. No man can curse what God has blessed. Jesus said that you shall know the truth and the truth shall make you free.

There is a way to live free of sickness and disease on the earth today. As far as I am concerned, the Hunzas proved it to be true. They are not some special people, but a people that did what was necessary to live long and strong.

God said that man shall live long and satisfied lives on earth. He is the God that changes not. He is the same yesterday, today and forever.

In order for this to happen, man must eat the foods that God has chosen and drink pure water. He said that He would bless our bread and water and take sickness from the midst of his people, that we may serve him.

It is good to take an example from the Hunzas, but what about Abraham. As people of faith ought we not take our example from our father Abraham, who lived 175 years, with no evidence of any sickness or disease in his family.

God said that He would feed us with the heritage of Jacob. I will restore health unto you (Jeremiah 30:17). How does God restore health unto his people? The following portion of scripture tells us plainly how he does it.

Joel 2:19-27, Fear not, O land; be glad and rejoice: for the LORD will do great things.

22 Be not afraid, ye beasts of the field: for the pastures of the wilderness do spring, for the tree beareth her fruit, the fig tree and the vine do yield their strength.

23 Be glad then, ye children of Zion, and rejoice in the LORD your God: for he hath given you the former rain moderately, and he will cause to come down for you the rain, the former rain, and the latter rain in the first month.

24 And the floors shall be full of wheat, and the fats shall overflow with wine and oil.

25 And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm, my great army which I sent among you.

26 And ye shall eat in plenty, and be satisfied, and praise the name of the LORD your God, that hath dealt wondrously with you: and my people shall never be ashamed.

27 And ye shall know that I am in the midst of Israel, and that I am the LORD your God, and none else: and my people shall never be ashamed.

Man's health is determined by the quality of food we eat and the health of the land from which it is taken. In the above scripture we see that the land must be healthy so the pastures can feed the cattle and man their food and so the trees and vines can yield healthy fruit. It is important to eat food grown in organic soil.

It has been said that God's will for man is to live 120 years on earth. Genesis 6:3 where God said that man's days shall be 120 years is talking about the number of years until the flood came, when he waited patiently 120 years until Noah built the ark.

Abraham lived after the flood well beyond 120 years, why not his heritage. God needs His people to live long satisfied lives on earth to finish His work, which is a big difference than living until you are satisfied. Everyday should be a satisfied day.

His trees are full of sap. They are fat and flourishing, like trees planted by the rivers of water. They shall still bring forth fruit in old age. What a wonderful promise from the Father of Lights, from whom every good gift and every perfect gift comes.

It is my earnest desire that this book has opened your eyes to the pathway of God's divine health, which is available to every believer. And that it has changed the way you think about health, the foods you eat and water you drink, the air you breathe and the rest you get, so you may fulfill the number of your days on earth with a long and satisfied life.