

Healing for You: 8. 'Veganism': Is it the Answer?

There is a lot of confusion about what the terms 'Vegan' and 'Vegetarian' really mean, and so we will devote a lesson to give you the full story on this important point. Originally the term 'Vegetarian' meant that the person ate a plant-based diet, but then it began to include those who did not eat flesh-meats but used eggs and/or dairy products. These are also called Lacto-vegetarians (using Dairy products); or Lacto-Ova Vegetarians (using Dairy products and eggs). Then some people still call themselves 'Vegetarians' and also use fish, in addition to the eggs and dairy. Then there are 'Partial Vegetarians' who only avoid red meat and use poultry as well as the above items, and some just use flesh and animal foods sparingly.

Now it is important to realize that from a health standpoint, research has shown that the addition of any animal products, especially above a mere 4% of total calories, decreases health benefits in proportion as the animal intake increases. Persons who eat meat sparingly, or use dairy and eggs, do benefit health-wise somewhat from this choice, and any reduction in use of animal products certainly does benefit the environment somewhat. The less animals eaten, the fewer will be suffering the tortures of modern factory farms and slaughter houses. But changing the two 'V' words to a 'W' and going all the way to a Vegan Whole-Food Plant-Based Diet is the better choice all round!

Now, that being said I must qualify this by explaining what 'Vegan' actually means and where the idea came from in dietology. A true Vegan, in the strictest sense, is a person who uses absolutely no animal products at all. In fact, not only in diet do they avoid animal products, but they wear no fur, leather, or wool; they do not use honey either. They take this stance for ethical and humanitarian reasons.

Is a Vegan Diet Healthy?

It can be, but being Vegan alone, does not automatically make it healthy. Many people on becoming Vegan, simply leave the animal products out of their diet, and otherwise continue to eat what they ate before. This is why you will often hear it claimed that a Vegan diet is not a healthy diet; and yes, there are many folk who get sick or even overweight on a Vegan diet. Why? Because you can be a Vegan and load up on processed foods and refined products, candy, soda drinks, snack-foods and junk. Leaving all animal products out of a junk-food diet does not make it healthy. Sadly many ethical Vegans go this route and can run into problems.

One man tells how his 'Vegan Diet' consisted of Miller's Lite Beer and Fritos potato chips. He was grossly obese, over 300 lbs.! It was 'Vegan'; there were no animal products in it! However it was nutritionally defunct. After he learned the difference between food and food-like substances, he added nutrition to his valid concern for animal welfare and he is now slim, trim and fit!

We sure do not downplay the value of become Vegan for ethical reasons; it is a very valid consideration. 'Saving the Animals' from torture and exploitation is a noble and important consideration. Indeed, anyone who insists on keeping animal flesh and other animal products as a part of their diet should see the videos of what goes on in factory farms and

slaughterhouses. It is rightly said that if slaughterhouses had glass walls, there would be a lot fewer eaters of animal flesh. If people had to kill it and prepare it themselves; few would do so. In studies where chickens have been given a chance to be chickens, they have been found to be very intelligent—even passing some test situations that a young human child cannot! Amazing! Having made that clear, we also want to suggest to you that the first animal you should save is yourself, and to do that you need not only an ethically correct diet, but a healthy whole-food plant-based diet; you don't need to be 'Vegan' and sickly, you can be 'Vegan' and healthy, and that is worth going after!

Real Food vs. Food-like Substances

I do not know of any other industry than the food processing business, where a total counterfeit can be legally sold to buyers and people pay the price of something real, to receive only something artificial; (unless it is the medical industry; but the chemical barons control both.) A knowledgeable trip through any supermarket with a magnifying glass to read labels, will disclose many products that really are worthless and artificial and yet being sold to the gullible public as 'food'. We have more on this in other lessons.

Can you imagine going to a car dealer and looking over the cars on the lot and in the showroom and the salesperson comes up and tells you. "Come with me and I will show you the best deal we have!" You are led to a lovely looking car, all shiny and bright with chrome and polish. You are told the price and it is amazingly cheap! You are about to order this vehicle when you stop and consider; wait a minute, there has to be something wrong here! So you start asking questions. (Reading the label)

"Alright, what kind of engine does it have?"

"Oh no, it doesn't exactly *have* an engine; you wouldn't expect us to sell a car with an engine at a price so low would you?"

"But what good is a car without an engine to me? What would be the use of me buying this car?"

"Well, you can see that it looks really good doesn't it? You can place it in your driveway and everyone will admire your new car!"

"But it won't go anywhere!"

"Sure it will! It has nothing but the body, so it is light and real easy to push."

Of course by this time you are heading for the door in a rush; but friends, people are making the same error in the supermarkets every day! They buy fruit flavored, brightly colored drinks; candies; desserts; that are nothing but sugar, chemicals, coloring and either water or gelatin or some other filler. They take these things home and feed them to their children and the children wolf them down and clamor for more, because the sugar and the chemicals are as addictive as cocaine! But there is no 'engine'; the real nutrients, the real health benefits of fruit are totally missing and it is just an empty promise.

People are paying good money for counterfeit food-like substances every day, and getting ripped off; but even if you bought that car without the engine, it would not do what this food-

farce is doing to you and your family! It would not make you sick; cause your children to develop poor minds and bodies and get obese. It would not cause you to die of diseases that are totally preventable with a Whole-food Plant-based diet! No! You would be better off buying an empty shell of a car, than buying and using the empty shells being sold as 'foods'.

Processed, Refined, Ruined!

There is an interesting word-picture in this verse: “. . . Ten women shall bake your bread in one oven, and they shall deliver you your bread again by weight: and ye shall eat, and not be satisfied.” Leviticus 26:26.

Sounds like a description of modern commercial white bread doesn't it? The kind of bread that if you sat on the package it would flatten down to almost nothing; you would 'wonder' where the bread went. But fluffy, refined, light 'foods' are easier to eat, and easy to eat a lot of, and of course it is still alright, because is it not 'enriched' with vitamins?

Think of it this way; if a thief held you up one dark night and he took your wallet and all your cash, then he tossed you enough change for a bus-ride home, would you consider yourself enriched? I doubt it.

So it is with the refined flour and white bread that is enriched, most of the nutrients are removed. When they first began refining these grains and people were eating it, they became ill from lack of certain vitamins that had been stolen from the grain by refining and processing. So it was discovered that by adding a few vitamins back, at least people didn't die of eating it. But like our example; it sure is not 'enriched', so much natural nutrition is removed and only a 'bus-fare' is added back.

The Chemical Slave-masters

The purpose of refining and processing foodstuffs is not to benefit your health, instead it is mainly to produce food that has a long shelf-life and is not desirable to bugs. Nutritious, whole foods will not sit on warehouse shelves for months or years without spoiling; but processed and refined foods will. But how much nutritional value is left in a food that even a bug doesn't want to eat?

Now it came to pass that the food companies who do all this refining found they had a problem, after they removed all the natural nutrients from a food product, it looked and tasted like wallpaper paste; it was actually very similar. So who wants to eat the stuff? So they solved the problem by adding other refined substances and chemicals that cause persons to get addicted and crave the refined foods; the basics are salt, sugar, and fat; but then in the last fifty years or so, countless chemicals for flavoring, preserving and coloring have been invented and added to the mix, creating foods that cause the eater to crave more and more of it, even though it is almost useless or actually harmful to the body. No longer do we eat because we are hungry; we eat because we are craving and addicted to the chemicals, sugars, salt and refined fats that are added to the processed foods.

“And you start reading the labels and you realize there's high-fructose corn syrup in everything we're eating. Every jelly, every juice. Everything that's in a bottle or a package is like poison in a

way that most people don't even know..." 2008 article about Michelle Obama, published in The New Yorker.

Catering to the Vegan

Especially in the last decade or so, the food industry, has recognized that more and more people are choosing Veganism, and they are not slow to capitalize on this fact. (These guys never miss an opportunity to make a profit!) You can buy Vegan substitutes for almost any item on the Standard American Diet (SAD). But highly processed meat and dairy substitutes are not the secret to health; they are only marginally better at most and not always, than the items they are imitating. Now it is nice that there is this growing awareness of Vegan-ness, but it can be very deceiving for people who think these artificial imitation foods are the bottom line for a healthy Vegan diet, and so they simply lay down their meat, pick up the substitute and go on as before.

This is also true of the 'Gluten Free' craze in the past few years. Most of the products they put out are very unhealthful.

People, who believe that a Vegan diet is somehow grossly deficient, also assume that these substitutes are necessary, and are what really composes the vegetarian or vegan diet. If you don't eat meat; you have to eat these things. So they make fun of the vegetarians and their 'rubber meat'. And think it far superior to eat 'the real stuff' than these counterfeits. In institutions that provide a vegetarian alternative, 'Veggie-meat' is usually all they know how to offer.

There is some question about whether imitation meats and dairy products are at least a good step away from animal flesh; and perhaps there is some truth to this. But if a person wants good health as well, this tradeoff is not the way to go, because they often have more chemicals and are more highly refined than the items they imitate. For example, while ice-cream is a nutritional disaster; full of sugar, Dairy, chemicals and fats, Soy Ice-cream is also full of sugar, chemicals and fat; it is only lacking animal fat and the pus and other contaminants of cow's milk. Yes, it is an improvement, but far from ideal.

Can you have a healthy 'ice-cream'? Certainly! Try whizzing up frozen ripe bananas with some frozen mango chunks or berries in a Vita Mix or food processor; Yummy! Vegan! And chemical and refined sugar free! Simplicity is the key for a healthy Whole-Food Plant-Based Vegan diet.

Simple!

There is nothing wrong with simple healthy food:

It can taste great

It can be filling

It can be interesting

It can be altogether satisfying

It can result in a happy stomach

Let me remind you of a simpler side of yourself. Think of the meaning of a big bowl of wholesome food to a desert traveler in ancient times. Tofu can be eaten directly with some added flavor; frozen peas don't need to be cooked. Fresh baked whole grain bread is yours

without having to bake it; you can find the good stuff if you read the labels. A whole dinner can come from a cast-iron Dutch oven or a large crock-pot or instant pot. Don't be ashamed to eat a banana, an apple, a carrot, or a cucumber, or a bell pepper out of hand. Recipes? Meal planning? Yes, but it can be made so simple with little washing up to do. Who are you trying to impress? It is not hard for a tuned in vegan to prepare and enjoy a plain healthy dinner. Foods can be prepared and served simply and yet have taste and attractiveness.

“There is a class who seem to think that whatever is eaten is lost, that anything tossed into the stomach to fill it, will do as well as food prepared with intelligence and care. But it is important that we relish the food we eat. If we cannot, and have to eat mechanically, we fail to receive the proper nourishment. Our bodies are constructed from what we eat; and in order to make tissues of good quality, we must have the right kind of food, and it must be prepared with such skill as will best adapt it to the wants of the system. It is a religious duty for those who cook, to learn how to prepare healthful food in a variety of ways, so that it may be both palatable and healthful. Poor cookery is wearing away the life energies of thousands. More souls are lost from this cause than many realize. It deranges the system and produces disease. In the condition thus induced, heavenly things cannot be readily discerned.” Christian Temperance and Bible Hygiene 48.

Can Vegan Food be Harmful?

It certainly can; but not because of the absence of animal ingredients. There are many things refined and processed from plant sources, and while they would not be harmful in their original whole plant form, they sure are when they undergo processing and refining.

Origins of Flesh Eating

Where did Flesh Eating Originate anyway? I have heard quite a few dietary gurus venture their opinions as to how the eating of animal flesh came into the experience of human-kind. Most of them are influenced by the ideas of evolution and feel that man's simian ancestors began to eat carrion from carcasses killed by carnivorous animals. (How about 'Road-kill Café' we specialize in the paleo diet!) Later as he developed weapons he learned to kill for himself and much later, he began to raise domestic animals to use as food. There is a problem with that though as humans are very susceptible to deadly food poisoning!

Because we believe in special Creation as taught in the Holy Word of God, the Bible; we reject these speculations. We are told in the pages of Holy Writ, that man was given a totally vegan diet in the beginning; we also know that both plants and animals were raised by mankind as far back as the sons of Adam and Eve, Cain, a gardener; and Abel, a shepherd. However, before the flood of Noah's time, man had not been given any permission from God to partake of the flesh of animals. The animals were raised for work, clothing and offerings, pointing forward to the coming of the promised Redeemer, by the true followers of God.

The Religious Origins

“God gave our first parents the food he designed that the race should eat. It was contrary to his plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden, was the food man's wants required. God gave man no permission to eat animal food until after the flood. Every thing had been destroyed upon which man could

subsist, and therefore the Lord in their necessity gave Noah permission to eat of the clean animals which he had taken with him into the ark. But animal food was not the most healthy article of food for man.” 4a Spiritual Gifts 120.

However we see a very different picture in the descendants of Cain; as the Pagan religion developed, people, who had rejected the service of the Living God, began to worship animals and powers found in nature. We don't have much information in the Bible about the practices of the people, before the flood but in the inspired Guidance, we have been given a glimpse that clues us in, especially when we take a look at later practices of witchcraft and the Babylonian Mystery religions.

“Since the first surrender to appetite, mankind have been growing more and more self-indulgent, until health has been sacrificed on the altar of appetite. The inhabitants of the antediluvian world were intemperate in eating and drinking. They would have flesh-meats, although God had at that time given man no permission to eat animal food. They ate and drank till the indulgence of their depraved appetite knew no bounds, and they became so corrupt that God could bear with them no longer. Their cup of iniquity was full, and He cleansed the earth of its moral pollution by a flood.” Christian Temperance and Bible Hygiene 43.

Even when God gave Man permission to eat the ‘clean’ animals after the flood, He stipulated they were never to eat the Blood or the Fat of them. A quick thought on this subject shows that animal flesh as sold and eaten among us today, can in no way be said to be approved of God, as it drips with blood and contains much fat. After all, the fat and the blood are what give meat its flavor and its addictiveness.

“But flesh with the life thereof, which is the blood thereof, shall ye not eat.” Genesis 9:4

“It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood.” Leviticus 3:17

“Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat.” Leviticus 7:23

“For it is the life of all flesh; the blood of it is for the life thereof: therefore I said unto the children of Israel, Ye shall eat the blood of no manner of flesh: for the life of all flesh is the blood thereof: whosoever eateth it shall be cut off.” Leviticus 17:14

“This prevailing sin, the indulgence of perverted appetite, inflamed the passions of men in the days of Noah, and led to wide-spread corruption. *Violence and sin reached to heaven.* This moral pollution was finally swept from the earth by means of the flood. The same sins of gluttony and drunkenness benumbed the moral sensibilities of the inhabitants of Sodom, so that crime seemed to be the delight of the men and women of that wicked city. Christ thus warns the world: “Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded; but the same day that Lot went out of Sodom it rained fire and brimstone from heaven, and destroyed them all. Even thus shall it be in the day when the Son of man is revealed.” [Luke 17:28-30.] Christian Temperance and Bible Hygiene 11.

The eating of the flesh of powerful beasts came into being as a religious rite, as humans thought they could thus absorb the power, fertility and characteristics of the animals by consuming their flesh and blood. This was believed to be even more the case if the animal were eaten alive or its blood drunk, or poured over a person, as it died. Horrible cruelty was part of the degeneration of man before the flood which resulted in God finally declaring: "And GOD saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually. And it repented the LORD that he had made man on the earth, and it grieved him at his heart. And the LORD said, I will destroy man whom I have created from the face of the earth; both man, and beast, and the creeping thing, and the fowls of the air; for it repenteth me that I have made them." Genesis 6:5-7

After the flood, it was not long, even among the survivors of the deluge, before man divided again into two classes of those who choose to obey and follow the humble ways of the Living God, and those who choose rather to serve self, and seek power, pomp and pride. The cruel nature-worship and ritualism of paganism soon arose again on earth. The bottom line on all paganism actually centers in the worship of fertility or reproduction.

Nimrod the mighty hunter and rebel against God, builder of the tower of Babel; is said to have killed first a wild bull with his bare hands, and then a lion. He wore the skin of the lion and placed the horns of the bull upon his head and claimed to have absorbed the power of them both. He was at the foundation of the revival of the pagan nature worship of Cain, after the flood. When he died he was declared to be the Sungod.

Pagan celebrations and rituals mostly revolved around sexuality and feasting on animal flesh and this was likely one of the factors that tended to attract some of the more self-indulgent followers of God to join in these feasts and rituals. Ask yourself, which of our 'modern' holidays is not centered upon appetite indulgence and many on the eating of animal flesh?

"After the flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the flood the race began to rapidly decrease in size, and in length of years. There were a class of very large animals which perished at the flood. God knew that the strength of man would decrease, and these mammoth animals could not be controlled by feeble man." Testimony Studies - Diet and Foods 62.

The Bull was chief among animals worshipped for their power and fertility, and often was used to symbolize the sungod. The eating of the bull, the drinking of its blood or being sprinkled with 'holy water' representing the semen of the bull, were all considered to promote fertility. Let's face it; among us today, men feel that eating beef imparts a special strength and vitality to the eater. We hear of 'beef-eaters', associated with being hale and hearty men; so far I have not heard of a regiment called 'plant-eaters', and yet it would be far healthier for sure.

No, flesh eating did not come about by some starving, half humans learning to eat carrion; nor was it because animal flesh is needful to human survival; it had its roots in the pagan concepts of nature worship and fertility rites.

What about the eating of the pig? Was there a religious connection there also? Actually, yes there was. Nimrod, the mighty hunter mentioned above, died and his widow Semiramus, was desperate to retain the power she had acquired through being Nimrod's queen. So she claimed that he had ascended to heaven and become the Sun-god and later when she had an illegitimate child born she claimed she had been impregnated by the rays of the sun. (Guess she should have worn sunscreen)

Anyway the boy's name was Tammuz and he was declared to be the son of the Sungod, the son of god. His symbol was the sun worship emblem for the sun, the cross. He was an avid hunter like his dad but not as successful; he got slashed by a wild boar in a hunting accident and died of the wounds. The Boar became thus known as the 'killer of the gods' and the Boar's Head was served as a part of pagan festivities.

The women wept and mourned for 40 days for Tammuz, whose death they pathetically deplored. When this mighty hero, in the midst of his career of glory, was suddenly cut off by a violent death, great seems to have been the shock of that catastrophe. This is the origin of the custom of Lent as a preliminary to the great annual festival of Easter in commemoration of his death and resurrection, which was celebrated by alternate weeping and rejoicing. It has no basis in the Bible or Christianity at all. This is why every pagan religion in every country on this planet, from South America to Japan, carries identical symbols and festivals to a very marked extent, even to this day. The eating of ham or pork at these spring festivals is a very common practice. So whatever modern dietitians like to claim, flesh eating is not any more needful for human survival than eating hot cross buns.

One of the doctors who teaches the whole food, plant based diet has a sort of joke he tells and it is so true! The main ingredients of all commercially prepared foods, processed foods, restaurant foods, fast foods, and pre-prepared foods, are: Fat; Sugar; Salt; and Chemicals.

So you can say, "What kind of food will we have today? Will we have Italian Fat; Sugar; Salt; and Chemicals? Or Chinese Fat; Sugar; Salt; and Chemicals? Or maybe Mexican Fat; Sugar; Salt; and Chemicals? Or Japanese Fat; Sugar; Salt; and Chemicals? Maybe even Indian Fat; Sugar; Salt; and Chemicals with spice? How about McDonald's Fat; Sugar; Salt; and Chemicals? Or just plain Canadian Fat; Sugar; Salt; and Chemicals?" Because basically it is all the same; the fact is, if you want to get healthy food, eat raw fruits and veggies, or cook it yourself without the Fat; Sugar; Salt; and Chemicals! These four ingredients are what creates the addictions that cause people to eat and eat, and still crave more; **and also reject the natural food** and are making people fat, sick, and miserable.

Guaranteed Hygienic Health Restoration and Weight Loss Plan

- 1: Eat no foods of animal origin.
- 2: Use no processed, fried or refined foods.
- 3: Eat Simply and Freely on what's left: Whole fruits, vegetables, grains, seeds, and nuts.
- 4: Exercise by helping others: (See Isaiah 58:6-11)