

## Created Whole, with a Warrantee: Part 14:

Jesus Christ Maketh Thee Whole! Acts 9:34

### Health or Disease: it's Your Choice!



Here's a Report on an exciting experiment done on 3 distinct groups of Rats.

Rats fairly accurately reflect dietary effects in humans, as they will eat anything people will.

1st group: fed natural, raw food diet of fruit, veggies, nuts, seeds etc.

2nd group: fed SAD diet (Standard American Diet) (meat, dairy, sweet foods, fried foods and refined, processed foods.)

3rd group: we'll discuss later.

1st group: rats grew into healthy specimens and never suffered any diseases. They grew rapidly but never got fat, their temperament was gentle, affectionate, playful and they lived together happily. They mated with enthusiasm and produced healthy offspring.

At what would be equivalent in humans of 80 years old, they were sacrificed and autopsied and found to be entirely free from aging, disease or degeneration in any organ or tissue.

2nd group: fed white bread, cooked food, meat, cakes, candy, soft drinks, vitamins and medicines for their ailments etc.

During their life became fat; from earliest age they contracted colds, pneumonia, arthritis, diabetes, heart disease, cancer and most common American health problems. Most died prematurely at early ages. Their temperament was vicious, fighting with one-another, stealing one-another's food, they had to be kept separated to prevent destruction of the entire group! (Is this why so many prefer to live alone in their own apartments these days and hardly any marriages succeed for long?)

Offspring were all sick and exhibited the same general characteristics of the parents. As these rats died one by one, or in epidemics, or of various diseases, they were autopsied and showed extensive degenerative disorders in every part of their bodies. The few who survived until the end of the study were physical and nervous wrecks and when autopsied showed disease all through their bodies.

Group 3 was fed the SAD diet until the equivalent age of 40 and showed the same problems, and characteristics as group 2; but then they were put on a water fast for a few days, then changed to the natural, raw diet of group 1, alternating with short fasts, for 1 month. The exciting thing is that after 1 month they never suffered any more illness. In temperament they became gentle, playful, friendly creatures that lived together in harmony.

Rats sacrificed and autopsied at the end of first part of program showed the same degeneration and disease as group 2. But when the rest lived out their lives and were autopsied at end of 80 years equivalency—they showed no sign of aging, disease or degeneration. The disease evident in 1st part of their lives was reversed and perfect health restored!

## God's Way School of Health

Good News! It's not too late! We can change our diet and our ways and disease can be reversed.

*"When Ephraim saw his sickness and Judah saw his wound, then went Ephraim to the Assyrian, ... yet could he not heal you nor cure you of your wound" Hosea 5:13.*

*"I will restore health unto thee and I will, heal thee of thy wounds," saith the Lord." Jeremiah 30:17.*

### Let's talk about symptoms:

Suppose we have a house and we can see a watermark on the ceiling; so we paint over it; it is gone, cured. But when it rains it comes back. So we get stronger medicine; we get lacquer and seal it, then we paint it over and it is gone. This time, when it rains, the original watermark doesn't return, we have cured it. Then when it rains lo and behold, we see there is a new watermark out around the area; a new disease. Now it's time for surgery; so we get a saw and cut out the ceiling tile and replace it with a new one. At first when it rains everything is fine, but after a while the watermark comes back.

Now, we would not be that ignorant when it comes to our houses! We would fix the cause; the leaky roof. But we *are* that ignorant when it comes to our bodies. We think a symptom is an enemy; but a symptom is our friend; it's keeping us alive! It's trying to overcome the wrong that we did to our bodies.

Diarrhea is the body trying to get rid of poisons which we have eaten; vomiting likewise. It is interesting to note that the most common side effects to nearly all medication are nausea and vomiting. So much so, that as nursing students memorizing the side effects of drugs, we were always safe to say, "Nausea and vomiting," for any drug we were asked. Could it be that our bodies are trying to tell us something?

Children have a natural aversion to many foods which are actually harmful and will readily vomit such foods. It takes time for their bodies to get toxic enough to enjoy these unhealthy foods.

### Do Doctors Make you Well?

While travelling in the USA a while back I noticed billboard signs that showed a smiling person in a hospital gown with some part of his anatomy drawn on it. The caption read, "My Doctor Healed my..." I thought to myself, what a big, fat lie! No doctor can 'heal' anybody; it is only the restoring power of God, working through the amazing body systems He created, that heals anything.

Since 1900 man has gained more knowledge in the area of health and disease than all of history combined. He has spent more money on medical research than all of history combined. America has the finest health care facilities of any nation on earth. The Doctor-patient ratio in the USA is 1 doctor to each 8 patients. This is the best of anywhere in the world. The hospital industry is the 5th largest industry and I believe that the pharmaceutical industry is either first or nearly so. In spite of this, America is in the worse epidemic of chronic degenerative disease in history! Cancer, heart disease, arthritis, diabetes, obesity etc. are rampant.

Doctors don't go on strike any more. Why? "Oh, because they care about the people!" No way! The reason is far more sinister; they don't strike because of what happened when they did! **In recent years there have been 4 medical doctor's strikes.** That is where the doctors didn't show up at office or hospital to work. In each city where this took place **the death rate dropped 40-60%!** Something is clearly wrong! Here is what Inspiration says on this:

*"I was shown that more deaths have been caused by drug-taking than from all other causes combined. If there was in the land one physician in the place of thousands, a vast amount of premature mortality would be prevented. Multitudes of physicians, and multitudes of drugs, have cursed the inhabitants of the earth, and have carried thousands and tens of thousands to untimely graves." 4a Spiritual Gifts 133*

There is a law of cause and effect. If we violate a law of this body of ours, there is a price to be paid. We cannot get away with it. It's like a drunk saying "Give me a pill to get me sober but let me keep on drinking." That's the current trend and we like it that way! We like to go to the doctor and say, "Here are my health problems, you take care of them."

## God's Way School of Health

"Many act as if health and disease were things entirely independent of their conduct, and entirely outside their control. They do not reason from cause to effect, and submit to feebleness and disease as a necessity." 19MR 230

Remember two things: Everyone has a different opinion. You can always find someone who'll tell you whatever it is you want to hear. Everybody has a different opinion; why? Because the laws that govern this universe don't always payback right away. The consequences are not always felt immediately. Sometimes it takes a lifetime or even 2-3 generations. So we feel; "I got away with it, it must work."

"Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil." Ecclesiastes 8.11

### **There are two reasons we get sick:**

1: Ignorance. "I just didn't know about it." Does the law of gravity; does it wait for you to know about it? If you step off a 20 story building, you are going to create a gooey mess down below whether you know about it or not!

2: We are lazy. It is one thing to 'know' and another to put into practice what we know.

### ***You are responsible for your own state of health!!***

#### **Innate Intelligence:**

That first cell at conception is given innate intelligence, a life force and blueprint from the Creator that will direct growth and development of that cell into a perfect human being, and it does it the same way every time, and it does it without a doctor standing over it and telling it how.

In fact it is only when man interferes that we have problems. Chemicals and drugs given in pregnancy have caused great harm. When the baby leaves the womb, this innate intelligence does not stay behind. It continues to lead and direct this body. The body is not designed to get sick; it doesn't know how! It only knows health; but we interfere with it.

Suppose a friend called me up and said, "My dog is sick. He won't eat; he has a fever. What should I do?"

"Don't worry about it. All dogs are made with an instinct that tells them what to do when they have a fever; they know they are supposed to go to the vet; so before long, he'll ask you for the car keys. Just let him have them."

No! The dog's body tells him how to overcome the problem; running a fever, fasting, resting. Just put down some water for him and let him fast. Call me back on the 8th day and see if he did not lie there 7 days and on the 8th be fine and begging for food. Innate intelligence operates in a definite cycle; no guesswork! We only have guesswork when we interfere.

Innate intelligence strives to keep the body alive regardless of cost; the cost can be disease.

#### **Junk Food or Real Food:**

What makes the difference between 'Junk-Food' (Edible Garbage) and real food?

The difference is what goes on in the cells of the body when we eat it.

What is food? Why do we eat? To get the fuel and nutrients our body needs to function, repair cells and tissues, and grow. Here is a simple list:

1<sup>st</sup> Glucose: This is the fuel our body runs on and our main reason for eating.

2<sup>nd</sup> Protein: This is for body building and maintaining structure.

3<sup>rd</sup> Fatty-acids, essential oils: These are used in building, hormones, and transport in the body.

4<sup>th</sup> Minerals: these are used in building, and as catalysts in chemical reactions; they make the body function more effectively.

5<sup>th</sup> Vitamins: We do not live on vitamins and minerals, so taking a vitamin pill in place of a meal is a pretty useless activity; vitamins are needed to process our food into useable forms.

6<sup>th</sup> Water: Every process in the body requires water; in fact, next to oxygen, water is the most important nutrient.

A real food, a 'whole food', compatible with the body, contains all 6 factors as well as everything the body needs to process it and put it to work. There is also nothing in it to take away from life or hurt the body.

### Three Qualifications of a Real Food:

1: Grown by nature.

This leaves a wide field; Bananas at one end of the scale and belladonna at the other. What happens if you eat belladonna? You die! So qualification #2

2: It can be picked and eaten without any processing. Well, you *can* pick and eat belladonna but it would not be a good idea!

3: You can eat a whole meal of it and enjoy it, with no toxic side effects. Junk foods do not measure up to this. (Neither does belladonna.)

Let's compare a carrot and a Twinkie cupcake:



	<b>Carrot</b>	<b>Twinkie CupCake</b>
<b>Glucose</b>	yes	yes
<b>protein</b>	yes	a little
<b>Fatty acids</b>	yes	no
<b>minerals</b>	yes	no
<b>vitamins</b>	yes	no
<b>water</b>	yes	some
<b>toxins</b>	no	yes

There are 40 nutrients in whole wheat bread; when refined to white, only 1 or 2 remain. So then they add a few artificial vitamins and called it 'enriched'; it should be called depleted!

If a robber took all your money and then gave you a bus ticket home, would you feel enriched?

Now let's get back to our Twinkie; It had glucose in it right? Now how does glucose get used by the body? It can't be used just as it is; No! It has to go through a cycle of 10 steps to be converted into ATP which is the usable energy for our body. This process is called the 'citric acid cycle' or 'cycle of Krebs'. Each step requires a catalyst of some mineral or vitamin. Protein goes through a similar process.

Now our carrot comes with *all these catalysts* and so it is a real, whole food. But what about the Twinkie? Most food eaten on a modern, process food diet is deficient. How does the body use it? And it does use it. ***It draws on our reserves!***

Reserves are designed by the body to be used only in emergencies. Baby toddles into the swimming pool; mama doesn't have time to eat a carrot! No! Adrenaline flows and the liver pours out glucose and mama runs and rescues baby from the water.

So now with our cupcake the body has glucose to process and no catalyst; so it looks over at the bones and tissues and begins to draw on our reserve supply and use it to process the junk food and keep the body alive. When we eat depleted foods they actually are eating us! Remember, innate intelligence will try to keep the body alive regardless of cost. The cost is disease!

## **Toxins and Stimulants:**

What is a toxin? Something the body is not designed to run on. If we put diesel fuel in a gas engine, it will run for a while but will soon clog up and quit.

Our body can get away with running on fuel it's not designed to run on for a while, but it begins to slow down and get diseased. We call it 'aging' and we think it is 'normal'. It is common; but it is not normal!

There are peoples, well documented in the world, that live to 100 - 120 or more and are active and working right up to a few days before death. These poor people do not have all the wonderful refined and processed food-like substances we have. They live on the right fuel; we don't.

No, that coffee won't kill you today; but it is the long run that counts. It will kill you eventually. All toxins are stimulants. What gets the body revving up the metabolism when we put in a toxin? It is trying to get the poison out of the system before it kills you. **There is enough caffeine in 1 cup of coffee (120 mg.) to kill you if it was injected directly into your blood stream!**



Why doesn't it kill you? Where does the energy come from when you drink coffee? Don't say 'caffeine' because our source of energy is glucose. There is no glucose in black coffee. Where is the energy coming from? And why doesn't the coffee kill you? When it hits the stomach, the body senses it is about to be poisoned. So it contacts the adrenals; adrenaline pours out and tells the liver to pour out glucose; so the cells speed up to get the poison out of our bloodstream and save our life; one more time.

During this process we feel great! But what is the cost? Did the coffee supply the glucose or the catalyst? NO! Those came out of our reserves; and so at the cost of feeling good for a while, we get sicker. After a while one cup is not enough and we need two.

If a cell is healthy it will make 100 units of energy while we sleep. During the day we use up this energy and by evening we are drowsy and go to bed to recharge.

But, if after years of abuse the cell is only able to make 50 units of energy; do you cut down your activities by 50%? No. Then how do we get through the day? We run on adrenaline the rest of the day. Stimulation gets less and less effective requiring more and more stimulation, until finally the body doesn't cover for us any more and we think we just suddenly fell apart; but it was coming on for years, because of abuse.

## God's Way School of Health

People can be eating junk food for years and go to the doctor and are told they have perfect health; until the adrenal, thyroid, and thymus glands can't compensate any more and "suddenly" everything falls apart.

Ever get sleepy after a big meal? Why? Your sick body says, "I can't keep you awake and still have enough energy to process this big meal of junk." So we learn the American desert habit; Coffee and a cigarette, and whip up those adrenals to keep you awake.

If you truly want to know how healthy you are; eat nothing but raw fruits and vegetables for a couple of days and see if you can even get out of bed! Then you'll know how much adrenaline you are running on.

Some people run on several pots of coffee a day; they seem healthy, but their day will come and they pay the price. While we are revved up we think we are feeling good but in the mean time we are getting sicker and sicker!



In the 1940's a dentist named Francis Potenger, ran an experiment to find out what effects refined and processed food had on the body. He financed his own experiment; this is important to know as the results of many experiments are influenced by the marketing boards and drug companies who sponsor them.

He used about 800 cats and divided them into 5 groups. Two groups he fed on real, natural food and the others he fed processed foods. The real food cats stayed healthy generation after generation; they never got sick, and died of old age rather than illness.

The processed food cats by the end of the 1st generation began to be sick. They developed colds, flus, arthritis and cancer.

The 2nd generation cats developed diseases near the middle of their lives and the 3rd generation developed diseases shortly after birth and many were born diseased or deformed.

There was no 4th generation! Either the cats were sterile or when they did conceive, the young were miscarried. In North America now in recent years there are many fertility clinics, where in my parent's day you would not see this at all! In fact, I have noticed that here, most businesses you see are either places to eat fast, processed food, or places to deal with overweight and health issues!

### **Some Facts to Consider:**

Way back in the Garden of Eden the first lies were told to humanity by Satan in the guise of a serpent. God had warned "If you do this, you will die!" This was the honest truth; wasn't it? Have any of you seen Adam and Eve lately and had a chat with them? No; they are both dead. But the serpent made Eve a promise; was his promise true? No it wasn't. So just what was the serpent promising and what does it have to do with our topic?

He promised them they could sin and get away with it; that is what it comes down to. He told them that they did not need to listen to God, and that God was only trying to keep something good away from them; something they really needed for their wellbeing. So ever since that first set of lies, mankind has been searching for a way to make those lies come true; he wants to be able to do as he pleases—and not suffer any unpleasant consequences. But God told the truth; He made it clear that cause leads to effect and there is no way to escape that fact. Some effects are fast, like if you step off a high roof, something bad is sure to happen when you hit the ground; but other effects are slower and this causes people to think it was not so bad after all. The Bible puts it this way:

## God's Way School of Health

"Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil." Ecclesiastes 8:11.

But it assures us the effect will surely come!

12 "Though a sinner do evil an hundred times, and his days be prolonged, yet surely I know that it shall be well with them that fear God, which fear before him: 13 But it shall not be well with the wicked, neither shall he prolong his days, which are as a shadow; because he feareth not before God." Ecclesiastes 8:12-13

You may have not thought of the foundations of modern drug medicine as being in those first lies, but with a bit of honest meditation and you will surely see it is so. Man wants to sin and not reap the results. There is a lot of wealth to be made by promising people that you can make that come true for them! So enters the Allopathic system of chemical drugs; that is what modern medical science, 'falsely so called', is all about. 'Allopathic' basically means 'against the symptoms'; it is the practice of using poisonous chemicals and other invasive methods, harmful in themselves, to stop the symptoms that are disagreeable to the patient.

It is sad to relate that in this world, telling the truth is seldom profitable, but lying sure seems to be. If a person comes to me as a doctor and says, "I am having stomach problems" and I tell him, "You need to figure out what you are doing wrong; what or how or how much you are eating or drinking that is causing this problem, and stop doing it!"

Now a few folk would accept that, but sad to say, most would not; they would leave and go across the street to a different doctor and he would prescribe some poisonous medication that will interfere with what the body is trying to do or communicate, and the person happily goes on his way to continue his harmful and foolish indulgences, topping them off with a dose of chemical poison. That is where the money lies in medicine; in promising people they can imbibe various little doses of poison to relieve the symptoms and so they can go on sinning against their body and their Creator, and 'get away with it'; "Ye shall not surely die!"

It does not even occur to most folk to ask the question "WHY is this symptom happening" or to answer it, because we are taught by that same commercial system of 'medical science' that these things 'just happen' and we don't know why; or some 'germ' happened to fall on you and it 'made you sick'; or it is all 'inherited from your ancestors and there is nothing you can do about it'! There is no money to be made in looking a person in the eye and tell them, "See here, you have a headache because you stayed up late partying and drank alcohol and ate greasy junk and you deserve that headache!"

There is also no big money to be made in telling a person with a headache to drink a glass of water every 20 minutes until it is better, because it is caused by dehydration. You can't put a trade-mark and a patent on a glass of water; but you can do so on a mixture of poisonous chemicals in a colorful gelatin capsule and by doing that you can sell a few pennies worth of chemical at huge prices.

Our body is designed with truly marvelous systems built in to defend, maintain, and heal itself. It reacts to certain threats in definite ways. The healthier the person's lifestyle the more rapid is the reaction to abuse by deprivation or over-indulgence. Children's systems tend to react quickly, while adults, with all their years of abuse to their bodies, react slowly, if at all.

In my years in emergency nursing, I have seen children rushed to the hospital because they were vomiting; but when one really learned the toxic junk-food mixture they had been eating, it was not a sign of sickness that they threw it up! It was the body doing the best thing to keep itself well. But there is no money in telling the parents, "Take him home and let him have only water until tomorrow and then feed him good food and not junk." No; the child is sent home with a drug to stop the vomiting.

Does the body get symptoms because of a deficiency of drugs? No, not at all; so it makes no sense to expect a poisonous, non-living substance to actually 'heal' anything. All these chemicals do is in some way inhibit an action of the body that is creating a symptom. The body does not like drugs that interfere with what it is trying

to do to keep itself alive. We know that because every drug always causes 'side-effects'. Then the medical commerce, quick to see a chance for greater profits, will sell you another drug to deal with the side effect symptoms, that are often worse than the problem you had to start with; and so it goes on until I have seen folk that if they were going on a trip, would have to use a suitcase for their drugs alone! Did they look healthy? No way! They were sickly and miserable. Better to remain sick and miserable with the initial symptom and save all that money, than to buy all these drugs and still be sick and miserable.

### **Making the Change**

We do not recommend that you immediately give up all the harmful foods you are on as you probably won't be able to get out of bed without all that toxic stimulation. Your body runs on the stimulation! You would find out very quickly what your true level of health is. (Some people DO find it best to do this though; they just ditch the bad stuff all at once and change to the good!)

The go-slow way is rather you should begin to add fresh fruits and vegetables to your diet; so the emphasis is on adding more than subtracting. We all like to eat more! Add fresh fruit for breakfast; have a salad before each meal and eat the salad *first*. If you begin getting more whole-food nutrients, you will be satisfied with less food; it is the amount of nutrients your body is seeking after, not the amount of food. Eat more fruits and vegetables and automatically you will eat less processed and harmful foods.

After a while you will lose the craving for sugar, meat, coffee, tobacco and junk-food as your body gets healthier. You see, your body no longer needs the toxic stimulation and these things become offensive. It is the toxins in meat that give it its flavor and aroma. A healthy, grass fed cow with all the fat and blood removed, doesn't have much flavor. Liver is the most toxic part of any animal: Don't Eat Liver!

As the body returns to normal and you get healthier, you will find that sugar gives you a headache; dairy gives you mucous or diarrhea; alcohol burns all the way down; you don't like hot, spicy foods anymore; your desire for processed foods will get less and less. Concentrate on increasing whole grains, fruits and vegetables and using more pure water and the change will slowly but surely happen. As your body chemistry improves, your taste will more accurately dictate what your body wants and habits will change accordingly.

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Last week's quiz answers: 1. F / 2. T / 3. F / 4. T / 5. F / 6. T / 7. F / 8. T / 9. T / 10. T :



CHOOSE YE THIS DAY