

## Created Whole, with a Warrantee: Part: 15

Jesus Christ Maketh Thee Whole! Acts 9:34



### The Parable of the Lioness and the Jackals

Think about a beautiful lioness; she is young and powerful. (If you are a guy, read 'lion' here.) But one day she finds herself completely surrounded by a pack of jackals. There are many of these jackals, and they keep dashing up and snapping at her. She keeps turning this way and that, swatting them away. But there is a problem, if she continues to swat at the ones as they snap at her, they will keep her turning this way and that, and she will become more and more tired. Also, as they run up and slash and snap at her, they are causing small wounds and loss of blood.

This method is not going to work; eventually she will become exhausted; the slashes and wounds will become deeper, and the loss of blood greater, until eventually they will take her down. The mighty lioness will be overcome by the snapping little curs.

But this lioness is wise as well as beautiful; she knows she is much more powerful than the jackals, but she also knows there are a lot of them. So she makes a plan; instead of just reacting to the attacks, she becomes the attacker. Cleverly she singles out the most influential jackals and one by one she goes after them.

First the leader of the pack; she goes after him, and keeps right after him, ignoring the others snapping at her flanks. In no time her powerful teeth have been sunk into his body, and she has shaken and crushed the life out of him. Disdainfully she casts him to one side.

Even as she is doing this, she is already planning which jackal to go after next. Again ignoring the pack snapping at her heels, she rushes forward and grabs the next most powerful jackal. With a flip of her powerful head she flings it away where it lands crushed and broken.

Now the jackals are getting worried, but there are still a lot of them, and they keep attacking. She maneuvers herself in such a way, so she can pin them to the ground one by one and put them out of business. The pack is thinning out; some are starting to whine and look for a way of escape. But the lioness isn't through with them yet, she wants the whole pack to be history. She wants them out of her life forever.

Jackal after jackal is flung aside until the pack is scattered and powerless. The few that are left go slinking away; they won't be back to fight her another day. She stands triumphant, queen of her whole domain. Why did she succeed? Because she didn't just wait to be attacked, she took the initiative and got rid of the problem piece by piece.

The reason I am telling this story, is because many folk are like this lioness in our life situations. There are many problems around us snapping at us these days and folk just react to them, doing the best they know how to do, because they don't know a better plan. There is one big difference between us and the lioness however; she knew her enemies, she knew a jackal when she saw one, while most of us don't, and the fact is many of our worse jackals, we mistake for friends!

For many weeks you have been reading information that centers around Health Reform, which was one of God's greatest gifts to His people, and I am sure that you have begun at least to recognize that there may be some jackals in your life and even to see and spot some of them!

The plan of the wise lioness will work for you also. So which of the jackals should one attack first? I suggest to make it the one you recognize most clearly and can see best. This is a vital need, because as any of them are dealt with, it allows you to be able to see more of them and better know which are the most powerful ones, so they can be taken out of the way. As this happened in the story, the lioness gained in strength and there were less wounds occurring to eat up her vitality and drain her life blood. For each jackal she singled out, she had a plan of action,

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and the jackal was soon taken out of the way. Some took a little longer than others; some were just a snap and a snarl and they were gone. So it will be with you.

So what are these 'jackals' that I am using the parable to illustrate? They are the harmful habits that are a part of our modern diet and lifestyle. Many are there because you do not know the danger of them, but once you learn, you can take hold of a plan of action that you can easily carry out with the enabling power available through Jesus Christ our Lord. It will make a difference for better in your life and the lives of your family members if they take part.

Realize though, that just like the lioness had to attack some of the jackals with other jackals snapping at her, when we begin to initiate some of these changes in lifestyle and habits, we do have to put up with a certain amount of snapping of others around us who don't fully understand the situation. People are resistant to change; people are also resistant even when they know they should change to, and when they see others taking hold of their health, and turning away from habits that they themselves know are not right, they don't like it.

People with bad habits are only comfortable around other people who also have bad habits; unless that is, they actually do want to change themselves. Those who are resistant to change and who resent those who do change, have to be left to go their own way no matter who they are. Sometimes it is hard to do this, but to give in and give up what you are trying to accomplish just because someone else doesn't like it, will lead to eventually being overcome by the jackals. The encouraging thing is that even some of those who at first resent the changes you are making, will, when they see what it does for you, want to join the jackal hunt and make the changes too.

This writer, as one old lioness, had to learn that the hard way, because there was no one to clue me in; until finally, refusing to turn aside for anyone anymore, I shook the life out of jackal after jackal, to know the joy of the victory and freedom true Health Reform brings.

For those wanting to learn, we will continue to point out the jackals, why they are a problem, and how to overcome them. As you take up the battle in the strength promised us by God, I guarantee the change in your health and that of your family may be dramatic, bordering on the miraculous. This is something that every person has to decide for themselves. It will take effort and it will be uncomfortable at times, because there will always be some around you that are going to tell you you're crazy, sometimes in a nice way, and these are the hardest to deal with; others are gonna be as downright nasty, as the jackals are.

Only you can choose to carry this out, no one can do it for you. It is you that has to decide and make that determined choice that God will empower to set you free. We all have some 'lion' or 'lioness' in us because God put it there when He gave us the power of freedom of choice and promised to put enmity between sin and us. (Genesis 3:15)

As you see the jackals, and learn how to get rid of them, it can make a wonderful difference. Later we will include for you a lesson called "Crash Plan" that can help you learn more about what the jackals are, starting with the biggest and worse ones, complete with a plan of attack.

### **Addictions:**

In our lesson on Temperance, we talked about addictions to harmful substances and even gave you a plan to overcome them. Be aware that every addiction you have in your life is a jackal, and if you do not choose to get it out of there, sooner or later it will pull you down! Most of us know of the commonly recognized addictions; tobacco; alcohol; street-drugs; marihuana; coffee and tea; but there are many substances in modern foods that are also highly addictive; cleverly mixed chemical additives, spices, sugars, fats, MSG, and high salt added to nutritionally impoverished junk-food, make today's fast foods and processed foods to be craving-causers like never before in history!

For Advent believers in these last days, getting free of addictions is doubly important because many will lose out on eternal life when the crisis comes, because they are strongly addicted to some substance and can't bear to be without it. For people addicted to any substance, the cravings and withdrawal symptoms that occur when

deprived of it are overwhelming, unless one has the power of the Lord in response to a determined choice to be free of it. We can get that freedom now, Jesus has promised He came to set the captives free! We must seek out and sever all chains that attach us to these harmful things now because when the crisis comes it will be too late to make that preparation; too late to repent and give up those sins—and sins they are indeed! We are told:

“It is in a crisis that character is revealed. When the earnest voice proclaimed at midnight, "Behold, the bridegroom cometh; go ye out to meet him," and the sleeping virgins were roused from their slumbers, it was seen who had made preparation for the event. Both parties were taken unawares; but one was prepared for the emergency, and the other was found without preparation. So now, a sudden and unlooked-for calamity, something that brings the soul face to face with death, will show whether there is any real faith in the promises of God. It will show whether the soul is sustained by grace. The great final test comes at the close of human probation, when it will be too late for the soul's need to be supplied.”  
Christ's Object Lessons 412.

Careful research has shown that there are certain items that are highly addictive that most people don't even realize are addictive, in fact they are as addictive as cocaine; these are refined sugar and fine flour! We have in our modern food-factories taken natural, healthy, nutritious, plant-foods and changed them, through processing, into addictive drugs which has resulted in today's global obesity epidemic.

“But,” you may ask, “hasn't flour and sugar been used since ancient times?” Well, actually, no; not in the form they are produced today. Refined Sugar has only been commercially available since around the 1400s and up until the 1700s, only the rich could afford it. The commercial production of sugar was linked with, and dependent on, the slave trade; so much so that in 1454 the Pope was induced to extend his blessing to the slave trade. Perhaps he too was addicted to the sweet stuff?

Refined sugar was unknown in ancient times; people used dried fruits and honey as sweeteners. Both of these, being natural products, contain the nutrients needful for the body to utilize the sugars, but the refined product does not. There is another factor that is worth noticing, honey and sweet fruit such as dates, cause what is known as the 'gag effect'. This limits the amount one will consume of these items at a setting. You enjoy a small amount, but then you don't want any more. The Bible says: “Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it.” Proverbs 25:16. Refined sugar lacks this effect and so one can eat an entire box of chocolates, for example, with no problem. Nature's protection has been removed from the refined products.

What about flour in ancient times? Mostly grain was fresh-ground for daily use in crude ways that resulted in a meal that was much coarser than today's commercial flours. Bread made from coarser flour digests more slowly and does not create as rapid a rise in blood-sugar. These hand-ground flours also had the full amount of nutrients found in the whole grain, so they were more satisfying and did not cause the cravings that the deficient, fine, modern flour does. It is interesting that most items people tend to over-eat on are mixtures of sugar and flour, with fat or oils added; Cakes, cookies, pies, candies and so on. Then there are mixtures of Milk and Sugar, which the guidance of the Spirit of Prophecy has told us are very harmful; Ice-cream; pudding, custard, while cookies and cakes actually have all three; flour, sugar, and milk, with oil, eggs and salt to increase the addiction.

## **More Jackals**

Now let's look at some more jackals that some folk may not recognize; maybe we might call them pups, because they are often what opens the way that leads to stronger addictions. Our guidance in the Spirit of Prophecy not only warns about the big addictions but also includes the things that plant the seed for them.

Some have asked if it is good to take a little alcohol in what Africans call maheu; fermented precooked mealie meal or made from left over sadza then mixed with sorghum and left to brew for two days. Yes, maheu contains alcohol and it is a popular drink, I have even tasted it, but the fact is no fermented things should be used as it is a

doorway to alcohol addiction. Face it; alcoholism among Africans is common; you know it has been for way over a century.

What does the Spirit of Prophecy tell us about maheu? Well, here in the western world, years ago the snare was apple cider; apples are healthy right? Yes, but they made juice called cider by crushing fallen apples in a press. This juice was bottled raw, and gradually it would ferment; people got hooked on alcohol use by drinking cider. Spirit of Prophecy warns against cider; and the same principles apply with the African drink. Basically, beer and Ale, also made from fermented grain, has only a little alcohol in it—but it is still addictive! No alcohol is good; alcohol is a poison, a little poison is still poison. It is a sin to let good food decay into poison; instead, eat it whole and fresh. Drink water; not fermented or commercial drinks; not flavored drink mixes or sodas. Eat the grain, don't ferment it – if you have left over cooked grain, eat it up at the next meal or you can dry it. You can also make sure not to cook too much so as to have leftovers.

In the pioneer days of North America, the merchants would get people addicted to alcohol by giving a free drink of cider to the children. In fact my own father became addicted to alcohol by sneaking drinks from the cider barrel in his home. Notice this sample of warnings against cider and just put maheu in there because it is the same principle.

“I have often heard people say, “Oh! this is only sweet cider. It is perfectly harmless, and even healthful.” Several quarts, perhaps gallons, are carried home. For a few days it is sweet; then fermentation begins. The sharp taste makes it all the more acceptable to many palates, and the lover of sweet wine and cider is loth to admit that his favorite beverage ever becomes hard and sour. “Intoxication is just as really produced by wine and cider as by stronger drinks, and it is the worst kind of inebriation. The passions are more perverse; the transformation of character is greater, more determined and obstinate. A few quarts of cider or wine may awaken a taste for stronger drinks, and in many cases those who have become confirmed drunkards have thus laid the foundation of the drinking habit.

“For persons who have inherited an appetite for stimulants, it is by no means safe to have wine or cider in the house; for Satan is continually soliciting them to indulge. If they yield to his temptations, they do not know where to stop; appetite clamors for indulgence, and is gratified to their ruin. The brain is clouded; reason no longer holds the reins, but lays them on the neck of lust. Licentiousness abounds, and vices of almost every type are practiced as the result of indulging the appetite for wine and cider. It is impossible for one who loves these stimulants, and accustoms himself to their use, to grow in grace. He becomes gross and sensual; the animal passions control the higher powers of the mind, and virtue is not cherished.” Christian Temperance and Bible Hygiene 32.

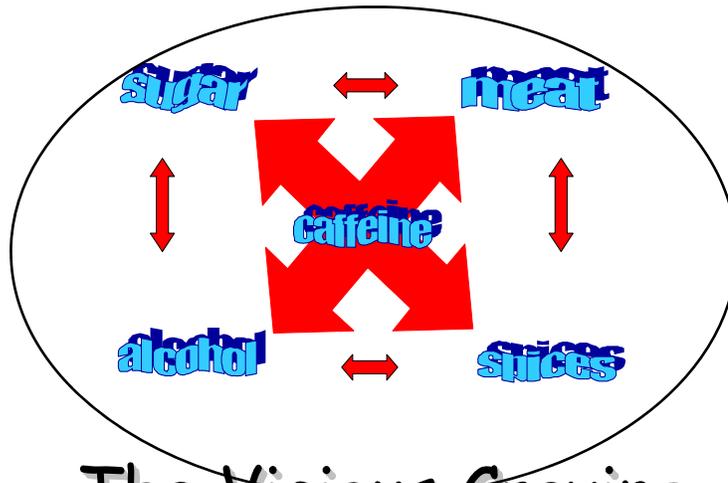
All Sin is of course addictive; and all addiction involves a choice. Each time you yield to an addiction, you are making a choice and even committing one sin makes it easier to do it again, and each time you do it, it is easier to keep on doing it. That is why the world has gotten worse and worse down the centuries.

The answer to ALL addiction is making that solid choice and casting one's self on the power of Jesus. It is HIS victory He gives us; on our own we can never get permanent victory. Here are the basic steps:

1. We must admit there is a problem; denial will keep us enslaved.
2. We must admit we CAN'T overcome it ourselves; we need divine empowerment.
3. We must make that choice to get rid of the sin; not just want to get rid of it, but chose to—determine to be rid of it completely!
4. Right then you take that choice to the Lord; Lord, I have this sin—I confess it and I can't get free from it; I claim your promise that you came to set us free from sin. Please take the desire for this thing away, I won't have it rule me any more!
5. Take action on your choice, knowing by faith you HAVE received the power from the Lord to overcome; His power, not yours. Thank Him He HAS given you the victory! “But thanks be to God, which giveth us the victory through our Lord Jesus Christ.” 1 Co 15:57

Get rid of anything related to the sin, walk away from any place that tempts you, don't hang out with old friends who make fun of your choice or tempt you, replace the bad habits with good ones. "Rise, take up your bed and walk!" away from addiction, even the little ones!

"The expulsion of sin is the act of the soul itself. True, we have no power to free ourselves from Satan's control; but when we desire to be set free from sin, and in our great need cry out for a power out of and above ourselves, the powers of the soul are imbued with the divine energy of the Holy Spirit, and they obey the dictates of the will in fulfilling the will of God." DA 466.



## The Vicious Craving Circle!

### Caffeine, Sugar, Spices, Meat, Alcohol

Yes it is true! All these harmful food additives create circles of cravings that gradually widen and get stronger. The person who starts using "just a little" of any one of them will gradually find they are using more and more and then branching out to the other parts of the circle until the poor, craving victim can no longer enjoy simple, natural, healthy food but must be striving to satisfy the unnatural cravings these harmful things have set in action in their body.

When they can no longer gain relief through these indulgences, they often resort to tobacco, street drugs, or prescription drugs "for the nerves". One's health breaks down, they feel hungry and craving most of the time but only seek more of the harmful substances they now call 'food'. They can no longer enjoy whole foods that would nourish their abused body; what a pitiful slavery!

Behind the scenes, the nervous system becomes depleted and exhausted from lack of nutrients and the constant presence of irritating stimulants. (All stimulants are irritating poisons to the body.) The nerves clamor, they feel tired unless hyped up by increasing doses of stimulants. Their weight begins to skyrocket, and self-respect to plummet and they are losing IQ, skills and abilities they once had.

To get them to see what is happening to them is often impossible as these things happen so gradually and they do not seem to be connected—if warned, they will usually reply; "Oh I don't use that much \_\_\_\_!" Or "It doesn't bother me." Or "My diet is pretty good."

Parents make a dreadful mistake when they allow any of these things to come onto the table. The drunk wasn't always a drunk; the road usually began right at the family table.

People, do you want to be irritable, angry, out of control, enslaved and living in an atmosphere of fights, quarrels, and such with your family? Who would want that? Then take these vicious slave-master jackals out of your diet, off of your table, and out of your home! You will find it hard at first but in a few weeks the tastes will return to normal, and nervous systems will heal. Health will improve, and so will tempers.

## Quotes from Doctors and Ministers

"Condiments also create a desire for narcotics. Because food is not allowed sufficient time in contact with the nerves of taste located in the mouth to derive satisfaction from its delicate and natural flavor, pronounced artificial flavors have to be added to give an immediate twist to the palate. This has led to the use of pepper, mustard, and the free use of salt and sugar, and other substances which irritate the stomach, all of which create and help to keep up the thirst for narcotics." Dr Harvey Kellogg

"Of condiments, such as spices, pepper, mustard, hot sauces, and the like, I need only say that in my opinion all artificial appetizers are to be strictly avoided; for they not only conduce to overeating, which is quite as bad as taking unwholesome food, but, acting as irritants, they hinder the digestion and assimilation of food, and form a prolific cause of digestive disturbances. The best sauce is hunger, and the best appetizers are fresh air and hard work. Under ordinary circumstances, a person should not eat until he has a natural appetite. More people among us suffer from repletion than from starvation. Manual labor and physical culture are essentials to good digestion." A. B. Olson, M. D.

"Feeding children upon pork, gravies, eggs, pastry made of lard, salt meats, with mustard and pepper, rich pies and cakes, spices, cloves, and other excitants; candies and sweetmeats, vinegar, pickles, tea and coffee, and everything of this description, eaten at all hours of day and late at night, tend to fire the blood, derange the functions of the system, excite the nerves and bring on a precocious (early, unnatural) development of the sexual passion.." Elder James White.

"The stomach's mucous surface needs to be in a condition to be brought in contact with the alimentary (food) substance placed in it; but this cannot be the case when it is seared over with pepper, spices, and other condiments. Articles of an injurious character, and causing feelings of repugnance in the stomach when first placed in it, irritate it, and destroy its organic sensibility in a great measure, or at least to that extent that substances of the most deleterious character may be thrown into the gastric cavity, working out the destruction of our lives, and we not be conscious of it. The appetite, and even the stomach, may be so depraved that they will receive these life-destroying substances with great satisfaction, and the person using them declare that they are not injurious, because they sit well upon their stomachs; when the facts are, that the stomach has lost the power to discriminate between good and evil, and to give the proper alarm when the vital interests are in jeopardy" Dr Graham's Lectures on the Science of Human Life

### What are the CRAVING SLAVE-MASTERS??

**SPICES—ANYTHING THAT TASTES "HOT" WHEN IT IS COLD.** Includes all hot peppers, hot sauces, cinnamon, allspice, nutmeg, mustard, horseradish, chilies, large amounts of ginger etc. These burn and scar the mucosa of the digestive system and interfere with nutrient absorption. They also destroy the ability to taste the delicate, natural flavor of food. They also affect the disposition making the user irritable, impatient and quick tempered.

Substitute various herbs, lemon juice, lime juice, onion and garlic.

**HARMFUL CONDIMENTS—ANYTHING CONTAINING SPICES AND/OR VINEGAR.** Includes all pickles, relishes, catsup, most sauces in bottles, most salad dressings. These destroy the liver and also sour the disposition. Even 1/4 teaspoon of vinegar on a meal will seriously impair its digestion and promote fermentation especially of starches. It is not unusual for sclerosis of liver to develop in vinegar users even if they do not use alcohol.

Experiment with healthy condiments; Lemon juice, lime juice, garlic and onion, nutritional yeast, various herbs, dulse and other seaweeds. The list of good things is long.

**SUGAR AND REFINED FLOUR:** Read labels in a modern supermarket and you will be amazed how many commercial foods contain sugar! Combinations of sugar and cinnamon are able to cause hyperactivity in children. It is a hard battle to kick the sugar addiction, but the benefits make it worth the struggle. Use foods high in Vit. B

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complex to overcome the hypoglycemia that sugar eating creates. Taking a quality Vitamin B complex such as 'Stress-caps' may be needful for a year or so until hypoglycemia stabilizes.

Substitute fresh fruit, honey, dried fruit, fruit juices. For refined Flour, use whole grain flour.

**ASPARTAME (NUTRA-SWEET):** This product breaks down at 86% F to form Methanol—a highly toxic form of alcohol, and aspartic acid, a neuro-excito-toxin. The Methanol further breaks down into formaldehyde and formic acid. It is highly addictive and also leads to overeating and craving for sweets.

**MEAT:** Includes all dead flesh products—the worse being pork and beef.

Flesh foods nowadays also have the additional hazard of animal diseases that can be transmitted to man, antibiotics in the flesh from the feed of the animals, and sex, and growth stimulating hormones fed to the animals. If the hormones fatten the beast—what will they do to your waistline? If flesh was a gross and dangerous article of food 100 years ago—it is a lot worse today!

Cheese also contains the addictive substance tyramine, like caffeine, it is addictive and also interferes with proper function of the brain cells.

Substitute whole grains, legumes, raw nuts and seeds, some tofu can be used as well.

### **ALCOHOL, TOBACCO, CAFFEINE AND DRUGS**

There is the obvious side to this subject but also a less obvious one.

- Combinations of milk and sugar, such as ice-cream and custards, ferment in the stomach and intestines and produce alcohol which absorbs into the blood.
- Sugar and refined flour products such as cake and doughnuts can do the same.
- Nutra-sweet (aspartame) breaks down into a very dangerous form of alcohol in the body.
- Caffeine is high in most soft drinks and has a terrible effect on the nervous system.
- Sweet cereals with all their chemicals and refined flours create alcohol in the stomach when eaten with milk.
- Fried foods, because the fat interferes with digestion, also tend to ferment and putrefy in the system causing alcohol and other poisons to enter the blood.
- Even a quarter of a teaspoon of vinegar can prevent proper digestion of starchy foods. (Some canned pasta has vinegar in it for flavor!)

Here is an interesting manuscript from unpublished Spirit of Prophecy, written on June 12, 1876, simply called 'Diet'. As you read of some of the 'jackals' of those days, keep in mind that in our day the processed, refined and fast-food indulgences that parents put before their children and partake of themselves are even more harmful to the health than those of that day! In fact the very idea of 'Kid's Meals' promoted in our culture today is a crime against humanity, in that children (and parents) are led to believe that these nutrient depleted, chemical ridden, addictive and indigestible 'stuffs' are what they should be eating!

### **DIET**

"Eating has much to do with the condition of our health. The vitality of our bodies is derived from the food we eat. Our object in eating should be to live.

"During the past season I have traveled much upon the cars, (trains) going east and west, and as I have seen how men and women treat their stomachs, it has been no marvel to me that sickness and disease is the common lot of mortals. It is a mystery to me that many live at all, seeing the way in which they abuse their stomachs.

"I have heard parents remark, while indulging the fitful, capricious appetites of their children by giving them spices, pickles, rich cakes, candy, preserves, chicken, and slices of cold ham covered with black pepper, "My children like these, and I let them have just what they want; for the appetite craves what the system requires." This theory might be correct if the appetite had never been perverted. But there is a natural appetite and a

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perverted appetite. Children often inherit a perverted appetite. Parents who have placed stimulating food upon their tables, and educated their children to eat it until the taste is so perverted that they crave for clay, slate pencils, tea grounds, etc., cannot claim that the appetite craves what the system requires. The appetite is perverted, and the taste calls for the most stimulating, unwholesome food.

"Parents who are indulging a false appetite cannot make use of this theory. If their children had been trained from their infancy to eat only plain, simple food, prepared as nearly as possible in its natural state, if meat had been discarded, together with grease and all spices, which are deleterious, and should not be used in the preparation of food, the appetite might indicate the food best adapted to the wants of the system, which could be assimilated and converted into good blood. But a perverted appetite will not call for the food required by the system.

"The food eaten by children with whom I have become acquainted when on the cars did not make good blood or good tempers. These children were frail. Some had sores on the head, face, and hands. Others had sore eyes, which destroyed the beauty of their faces. Others, though suffering from no skin eruption, were afflicted with catarrh, difficulty of the throat, chills, and fever. Their parents were kept in continual worry and perplexity.

"I noticed one boy, three years of age, who had bowel difficulty. He had considerable fever. The mother seemed to think that food would help his case; and every time he asked for food, she gave him fried chicken, bread and butter, or rich cake. Another child of about ten years was suffering from fever and was disinclined to eat. Yet the mother urged her to eat this and that. Children, sick, complaining, and feverish, were urged to eat food unfit to be placed in any human stomach, even if in the most healthy condition.

"These children thus injudiciously treated were creatures of circumstance, made miserable because of the course pursued toward them by their parents, who must have been very ignorant of the laws of life and health. These laws should govern the appetites and passions of parents. Then parents will be fitted to educate their offspring.

"We were pained to hear the mothers' fretful chiding, as they sought to hold in check the outbursts of temper exhibited by the children. But these mothers did not control themselves; how then could they expect their children, with their perverted habits, to have tranquil tempers. Both parents and children ate at irregular intervals all through the day, after eating heartily three times a day. The boy on the cars who sold cakes, candies, nuts, and fruit was freely patronized by the indulgent parents.

"We felt sorry for these mothers; they had such a worn, worried look, and were pictures of discouragement. I frequently heard them relating their own sufferings and their poor children's ailments, and telling what the doctor had said of them from time to time. Many said that they were seeking a more healthful climate; for they and their children were always sick.

"I thought, What a privilege it would be to speak to all the mothers in the land, and tell them of a good and cheap way to recover health, without paying heavy doctor bills, or going to a far country. I would tell them that healthful food, prepared without grease or spices, would save them much expense and labor, and keep them and their children in good health, giving them also serene tempers and calm nerves. Food should be simple and should be eaten at regular intervals. If this rule is observed, the children will have no loss of appetite. After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work and will then be in a condition to receive more food. In no case should the meals be irregular. If dinner is eaten an hour or two before the usual time, the stomach is unprepared for the new burden; for it has not yet disposed of the food eaten at the previous meal and has not vital force for new work. Thus the system is overtaxed. Neither should the meals be delayed one or two hours to suit circumstances or in order that a certain amount of work may be accomplished."

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