

# Health Talks

## “The Battle for Your Mind”

### 12: Proper Diet

“Pure air, sunlight, abstemiousness, [temperance] rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them.” Ministry of Healing 127

The topic of Proper Diet is very large, and yet it can be made very simple. After all, God summed it up in two verses: **“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. [food]” Genesis 1:29.** And after sin He added, **“And thou shalt eat the herb of the field;” [Vegetables and greens.] Genesis 3:18.** So here we will share some thoughts written for us by a friend in another country, that may help point you in the right direction.

It seems all too many people today are indeed on a ‘Die-it’ when they need to be on a ‘Live—it’! How did it happen? We need to explore some history. There are things happening these days that we all need to be aware of.

**The Traditional Southern African Diet:** First off, realize that for centuries the native folk in African tended to eat a mostly plant based diet. They used grains, nuts and seeds, beans and greens, root vegetables, squash, avocados and many kinds of fruits and berries from trees and bushes. They did use flesh meat and fish, but it was not the main part of their diet, more something for special occasions.

Now when the Europeans began to colonize Southern Africa, they saw that these native folk were inclined to be very healthy. The white folk, especially the richer ones, tended to have a lot of diseases that the black folk did not have. They did not know why, but today we do know why!

The white folk tended to use a lot of animal products, milk, eggs, cheese, animal flesh, fried and greasy, fatty foods, pastries and cakes. They also liked to refine their foods and change them from their natural state and make things like refined sugar, oils, white flour and white starch, that they then use to make fancy foods like cakes and cookies, white bread, pies, biscuits and crackers, and so the food on their tables was not much like what nature designed. The white people sort of thought the black people were healthier because they were black; they did not catch on that it was diet, not genes that made all the difference.

In the early 1900s, when many African men were leaving their native areas and going to the mines to work there, we have the record of somebody who did an experiment. A white boss took a hundred or so healthy African men, and instead of leaving them eating their native diet, he gave them his kind of food, with all the flesh meat they wanted. I guess maybe he thought they would be even stronger if they had all that ‘good meat’ to eat. But instead they soon got sickly, and at least 20 of them actually died from the white-man’s diet!

There have been several famous scientists and doctors who have documented that the native

African people had hardly any of the nasty diseases that the folk in America and Europe tend to have so much of. In fact it was said that if a heart specialist went to some of the rural areas of Africa to practice, he would soon have to be selling pencils or something, because he would not have any business. Heart disease among Africans, eating their native diet, was almost unknown. The same with diabetes, cancer, strokes, and many other nasty conditions.

### **Real Food or 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!

A knowledgeable trip through any supermarket with a magnifying glass to read labels, will reveal many products that really are worthless and artificial and yet being sold to the trusting public as 'food'.

Can you imagine going to a new 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)

"Aah, 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 as that, 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 big 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, artificial coloring, and either water or gelatin or some other filler. They take these things home and feed them to their children and the children gobble 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 'food'.

### **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 okay 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 rice that is 'enriched', most of the nutrients are removed, and what they add back is synthetic, not natural.

When they first began refining these grains, people were eating it and they became ill from lack of certain vitamins that had been stolen from the grain by refining and processing. In fact many people ended up in insane asylums because of the effects of this loss of the B Vitamins! So it was discovered that by adding a few vitamins back, at least people didn't die of eating it and many folk went home from the mental asylums. 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 even 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 when even a bug doesn't want to eat?

Now it came to pass in the early days of the commercial food industry, 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.

Here is the story told in a little cartoon parable, made to show just how we have been tricked and enslaved by industries, that are far more interested in making money at our expense, than concerned about our health.

It showed a weasel, who in the story wanted to sell things to some squirrels. The only thing that the squirrels wanted was nuts, so the weasel collected a basket of nuts and he offered one to a squirrel who bought it and ate it. The nut in its natural condition was a whole food and satisfied the nutritional needs of the squirrel and left no cravings or addictions. Once he ate the nut he was satisfied and when the weasel tried to sell him another, he was not interested.

The weasel realized that unless he could find a way to get the squirrels craving and addicted to his particular nuts, he was never going to make much money. After all, nuts were cheap and the squirrels could find their own if he tried overcharging. So in the story, the weasel studied what he could do to get the squirrels off their healthy, whole food diet and hooked on something they could only buy from him.

First he took the nuts and roasted them; then he added oil, sugar, and salt to them and some fancy artificial colors and flavor enhancers. If this wasn't bad enough, he also added certain sneaky chemicals with long names that the squirrels knew nothing about, that would cause addiction in whoever ate the product! Then he put it in a colorful package and displayed them attractively.

Along came the squirrel; by this time he was starting to get hungry again, and being a rather lazy fellow, decided to buy another nut, rather than go to the bother of gathering his own. Well the weasel's trick worked, the bright colors and fancy display caught his eye, and he bought one of the processed nuts, which were quite a bit more costly than the plain nut had been. He ate it up quickly; but something was different this time. Instead of being satisfied, nourished, and content, he found himself wanting another one; he just *had* to have another one.

The nutrient-deficient, processed food was confusing to his body, and he soon found himself eating nut after nut and still craving more. Soon he was a regular customer at the weasel's store and things began to change, he put on weight and did not feel well, but strangely he did not connect all this with the processed junk food he was eating!

The weasel's plan was an outstanding success! Soon most of the squirrels in the forest were addicted to his products and he added more and more processed items to his store. The squirrels became so fat and lazy that they did not even try to gather their own food, and after a while most even forgot how. Young squirrels just assumed the weasel's shop was the only way to get food anyway.

Now there were in the forest a few wise, older squirrels that had nothing to do with the weasel's fast food counter; they gathered their own nuts and were well and happy on their whole-food diet. They were concerned about what was happening to the other squirrels and would offer whole, natural nuts to them, but the addicted squirrels could not enjoy natural flavors anymore and refused to eat such 'boring' food. They also would not believe that what they were eating had anything to do with their poor health; after all, the weasel's fast foods were 'enriched' and 'fortified', so they had to be better than plain, old, forest nuts! Everybody ate them except a few eccentric old kooks; and the majority could not be wrong! And the weasel just chuckled while he counted his money.

Until recently, these modern food-like products were mostly used only in the richer countries and the folk in poorer nations still tended to live on their traditional, simple, mostly whole food

plant based diets and remained fairly healthy. The rich got sicker and developed more diseases, as they were now not only eating too much animal food, but also eating refined, fractured-foods instead of foods the way God made them.

So now... a few folk in the richer countries are waking up to the fact that if they eat a simple, whole food plant based diet, they too can be healthy, and the big industries are worried about losing business. They have now spread out over the world, into the east and the poorer countries, and they are marketing the same fast foods and harmful drinks that made the rich countries like America to be the sickest and fattest people on earth. In fact, in a recent survey of 86 nations to see who were healthiest, America came in last!

Sad to say, the fancy advertising and the idea that 'American food' is special, is influencing folk in these other countries to set aside the simple diet that has served them so well for centuries, and go right after the refined, processed, and fast-foods instead. When they do, they quickly lose their taste for the simple foods, because these chemicals stimulate the brain so much that it just wants more and more of the junk. And they quickly start getting the diseases of those richer countries.

The tongue is like a naughty child, and sends a message to the brain, saying, "I like the taste of this. Give me more of it." Then the part of the brain (the frontal Lobe) which is supposed to make intelligent decisions, is told to keep quiet. Powers of judgment, self-control and the ruling power of the mind are switched off; unhealthy appetite rules the body. Who really should be the boss, our tongue, or our mind? but things like refined oils and sugar, and dairy products, especially cheese, are more addictive than cocaine or tobacco!

So this is why I am telling this story to you; for centuries the simple, whole-food plant based diet has created health and vitality world-wide; so don't be tricked by flashy ads, colorful boxes and cans and super-stimulating food-like substances in the 'weasel's shops'. It is not worth it at all! Don't sell your heritage to the junk-food and cola giants and trade in your health for a soft drink and a plate of fried junk food!