

# Understanding Natural Diet

In order to know what the best foods are, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food: vegetables, fruits, grains, and nuts constitute the diet chosen for us by our Creator. "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." *Genesis 1:29*

"The three major killers in modern society – Coronary Heart Disease, Cancer and Strokes – can all be linked to what people eat and drink." *Dr B. Hetzel, Chief of the CSIRO Division of Human Nutrition and Foundation, Professor of Social and Preventive Medicine, Monash University.*

According to National Academy of Science, 60% of all cancers in women, and 40% in men are due to dietary and nutritional factors.

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. A benevolent Creator had given them evidences of His goodness and love in providing them with fruits, vegetables, grains, and nuts, and in causing to grow out of the ground every variety of trees for usefulness and beauty. It is only after sin that animals started to eat animals and man began to eat animals contrary to God's will.

God gave man no permission to eat animal food until after the flood. Everything had been destroyed upon which man could subsist. The

Lord permitted Noah to eat of the clean animals which he had taken with him into the ark. But animal food was not the healthiest article of food. Notably, with the introduction of meat into the diet, the recorded life-span of man drastically decreased after the flood. The average length of life before the flood was 912 years, whilst after, only 350 years. Successive generations after the flood degenerated more rapidly. Furthermore, God had given definite commands that any meat that was to be eaten was to be eaten without any fat and without any of the blood (*Leviticus 3:17*). This is the tastiest part of the meat!

Eat plenty of vegetables (especially dark green leafy vegetables); fruits; whole-grains; nuts and seeds; legumes, beans, and peas in as fresh a state as possible. Fresh fruits and vegetables are to be preferred.

Avoid all foods that have artificial colors, flavors and preservatives.

Avoid all foods that contain refined sugar.

Avoid refined grains: all products that contain white flour; white rice; pasta.

Avoid all processed foods and canned foods. Read ingredients in the package you purchase, choose the foods that are the least processed with the fewest additives. The ingredient-list should always be short.

Avoid frozen foods or icy drinks.

Cook in stainless steel or glass. Use no aluminum cookware. Cook on the stove or in the oven. Avoid using microwave.

Eliminate margarine and all other foods that contain hydrogenated oil. Reduce the oil or fat con-

sumption, and avoid cooking with oil as this generates destructive free radicals that cause havoc in the body. Never fry any foods. Minimise using oil in cooking. Best oils are, cold-pressed extra-virgin: olive oil, coconut oil or flaxseed oil. (Never heat Flax oil) When not available, best eat the fats in the food in their natural state: raw nuts and seeds, nut and seed butters, olives, avocados, corn.

## **Meal Suggestions:**

Vegetable-based meal can include: – A large raw salad (with cabbage, leaf lettuce, celery, carrot, radish, green peppers, tomatoes, onions). Salad dressing can include lemon juice, nut or seed butters, olive oil and/or herbs of preference. Some like lemon juice with honey.

It is preferable to eat the things that are easiest to digest first, such as salads and soups, ending with the denser foods. This is because the first thing that is eaten is the first thing that gets digested. Include cooked vegetables, like green leafy vegetables or sea vegetables daily.

The more colorful the vegetables, the better: the color comes from chemicals called antioxidants which are powerful free-radical scavengers. Have baked or boiled roots (potatoes, sweet potatoes, yams, cassava, etc); beans (white beans, kidney beans, garbanzo beans, pinto beans... there are an endless variety of beans to choose from); grains (brown rice, whole-wheat bread, corn, whole grain pasta, etc).

Meal with fruits can include: Cooked whole grains (brown rice, whole-rolled oats, whole wheat bread, buckwheat, barley, millet, rye, sorghum, amaranth, corn meal,

etc); one or two kinds of fruit; raw nuts (almonds, Brazil nuts, walnuts, pecans, pistachios, macadamia, cashew, chestnuts, hazel nuts, peanuts, etc); and/or raw seeds (ground flaxseeds, sunflower, pumpkin, sesame seeds, etc).

When the brain is constantly taxed, and there is lack of physical exercise, even plain food should be eaten sparingly. A fruit diet for a few days has often brought great relief to brain workers. If an evening meal is still desired, it should be the lightest meal of the day and can consist of a fruit smoothie or some fruit with bread.

### Changing Eating Habits

Persons who have indulged their appetite in the eating of meat, highly seasoned foods, and sweets, cannot immediately relish a plain, wholesome, and nutritious diet. Their taste is so perverted that they have no appetite for a whole-foods vegan diet. If they cannot at first enjoy plain food, they should fast until they can. The fast will prove to them of greater benefit than medicine, for the abused stomach will find that rest which it has long needed, and real hunger can be satisfied with a plain diet. "The full soul loatheth an honeycomb; but to the hungry soul every bitter thing is sweet." *Proverbs 27:7*.

It will take time for the taste to recover from the abuses which it has received and to gain its natural tone. But perseverance in a self-denying course of eating and drinking will soon make plain, wholesome food palatable, and it will soon be eaten with greater relish than the epicure enjoys over his rich dainties. In all cases, educate the conscience, enlist the will, supply good, wholesome food, and the change will be readily made, and the demand for flesh will soon cease.

Do not bring temptation in the house. Keep all animal products and junk foods out of the house. "Make not provision for the flesh, to fulfil the lusts thereof." *Romans*

*13:14*. Temporarily at least, if not permanently, minimize association with friends and family who encourage unhealthy eating. "He that walketh with wise men shall be wise: but a companion of fools shall be destroyed." *Proverbs 13:20*. If you know you are going out with certain friends who tempt you to smoke, or going to a certain family's home tempts you to eat meat; do not go. **Put on the brakes, hold your appetite under strict charge, and then leave yourself in the hands of God. The walls of self-control and self-restriction should not in a single instance be weakened and broken down.**

Many favorite dishes can be altered to become healthy. Keep meals simple. Have your favorites often; many people do not mind having their favorite dishes several times a week. If your family is not vegan, do not cook two meals; have meat and dairy products on the side, e.g. brown rice with vegetables, served with meat. Dishes should be prepared that will invite the appetite, and will be pleasing to the sight.

Before you go to bed, choose what you will eat the next day and prepare beforehand as much as you can. If you fail to plan, you plan to fail! Plan your meals and shopping list for three to four days or even a week ahead.

Cook for several days. Double the recipes and freeze half the quantity (beans, soups, patties, and tomato sauces do excellent this way.) Always make food easily available; leave pre-cut fruit and vegetables ready to eat in the fridge. Let fruit be placed on the table in abundance. Keep your kitchen well stocked with healthy food options.

Do not be deceived if in the beginning you have less energy. Lower quality food and drinks containing, meat, caffeine, sugar, spices, and excess salt, tend to be more stimulating than higher quality foods. Consequently, the withdrawal of

these stimulating foods produces a slower resting phase for the heart which registers in the mind as a decrease in energy.

To eat is a necessity, but to eat intelligently is an art. If not more important, just as important as what we eat, is how and when we eat. Below are the basic principles to perfect eating habits:

### Importance of Chewing

The benefit derived from food does not depend so much on the quantity eaten, as on its thorough digestion; nor the gratification of taste so much on the amount of food swallowed, as on the length of time it remains in the mouth. Digestion starts in the mouth; thorough chewing allows digestive enzymes in saliva to thoroughly mix with food, an essential first step for optimal digestion. In order to secure healthy digestion, food should be eaten slowly. Those who wish to avoid dyspepsia, and those who realize their obligation to keep all their powers in a condition which will enable them to render the best service to God, will do well to remember this. If our time to eat is limited, we should not bolt down our food, rather we should eat less, and masticate slowly. Those who are excited, anxious, or in a hurry, would do well not to eat until they have found rest or relief, because the vital powers, already severely taxed, cannot supply the necessary digestive fluids.

Chewing gum is also a 'no-no' as this over-works the salivary glands since the mouth continues to produce saliva whilst chewing.

### Eat a Good Breakfast

It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more

nearly to the heartiest meal of the day.

### **Two Meals Better Than Three**

“And the ravens brought him bread and flesh in the morning, and bread and flesh in the evening; and he drank of the brook.” *1 Kings 17:6* The practice of eating but two meals a day is generally found to be a benefit to health. Those who are changing from three meals a day to two, will at first be troubled more or less with faintness, especially about the time they have been in the habit of eating their third meal. But if they persevere for a short time, this faintness will disappear.

Yet some persons may require a third meal. However, this should, if taken at all, be very light, and of food most easily digested. A fresh fruit smoothie or toasted bread with fruit is the food best suited for the evening meal.

### **Five to Six Hours between Meals**

A second meal should never be eaten until the stomach has had time to recover from the labor of digesting the preceding meal. At least five or six hours should intervene between the meals; and most persons who give the plan a trial, will find that two meals a day are better than three.

### **No Eating Before Sleeping**

We are not nocturnal animals; when we sleep our entire metabolism slows down. When we lie down at night, the stomach should have its work all done, that it, as well as other portions of the body, may enjoy rest. But if more food is forced upon it, the digestive organs are put in motion again, to perform the same round of labor through the sleeping hours. The sleep of such is often disturbed with unpleasant dreams, and in the morning they awake un-refreshed.

Many indulge in the pernicious habit of eating just before retiring. They may have taken their regular meals, yet because they feel a sense of faintness, they think they must

have supper. By indulging this wrong practice, it becomes a habit, and they feel as though they could not sleep without food. In many cases this faintness comes because the digestive organs have been too severely taxed through the day in disposing of the great quantities of food forced upon them. These organs need a period of entire rest from labor, to recover their exhausted energies.

When eating food before sleeping becomes a habit, the digestive organs lose their natural vigor, and the person finds himself a miserable dyspeptic. And not only does the transgression of nature's laws affect the transgressing one unfavorably, but others suffer more or less with him. Let any one take a course that irritates him in any way, and see how quickly he manifests impatience!

If you feel that you must eat at night, take a drink of water, and in the morning you will feel much better for not having eaten.

### **Eat at Regular Times**

“To every thing there is a season, and a time to every purpose under the heaven.” *Ecclesiastes 3:1*

Having your meals the same time everyday regulates and controls the internal signals of satiety, appetite and hunger. You injure your health greatly by overeating and by eating at improper times. This diminishes the blood to the brain. The mind becomes confused, and you have not the proper control of yourself – “Feed me with food convenient for me: lest I be full, and deny Thee.” *Proverbs 30:8b, 9a*

If we would form habits of regularity and order, we would improve in health, in mental attitude, in memory, and in disposition. It is our duty to observe strict rules in all our habits of life. This is for our own good, both physically and morally.

Three meals a day and nothing between meals – not even an apple – should be the utmost limit of in-

dulgence. Those who go further violate nature's laws and will suffer the penalty.

### **More Variety in Diet but Less Variety in Each Meal**

There should not be many kinds of food at any one meal, but all meals should not be composed of the same kinds of food without variation. Food should be prepared with simplicity, yet with a nicety which will invite the appetite. The simpler our diet, the better it will be for us.

There is much evidence to the effect that the simpler our diet and the fewer foods we mix at the same meal, the better our digestion and assimilation will be, and in return the stronger will our health be. Every food requires a different digestive enzyme combination and mixing too many at one time results in less efficient digestion.

It is the variety and mixture of meat, vegetables, fruit, wines, tea, coffee, sweet cakes, and rich pies that ruin the stomach, and place human beings in a position where they become invalids with all the disagreeable effects of sickness upon the disposition. Puddings, custards, sweet cake, and vegetables, all served at the same meal, will cause a disturbance in the stomach. The serving of a great variety of dishes absorbs time, money, and taxing labor, without accomplishing any good. It may be fashionable to have half a dozen courses at a meal, but the custom is ruinous to health. It is a fashion that sensible men and women should condemn, by both precept and example.

### **Proper Food Combining**

Knowledge in regard to proper food combinations is of great worth, and is to be received as wisdom from God. There is a way of combining and preparing food that will make it both wholesome and nourishing. Those cooking should understand how to do this.

It is not well to eat fruit and veg-

etables at the same meal. Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results and the mind is not clear because the digestion is imperfect. If the digestion is feeble, the use of both together will often cause distress and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another.

Fruit is especially recommended as a health-giving agency, but it should not be eaten after a full meal of other foods. Fruit digests quickly, and when eaten after a full meal it causes fermentation in the stomach.

Food should be so simple that its preparation will not absorb all the time of the mother. The large amount of cooking done is not at all necessary. Neither should there be any poverty-stricken diet either in quality or quantity. Ideally 75% of diet should consist of alkaline food. But if you have any ailments, your diet should be at least 90% alkaline base-forming foods. Eating too many acid forming foods brings disease, while alkaline foods overcome disease and help prevent it. Most fruits and vegetables are alkaline. Most grains, beans, nuts and seeds are acidic. All animal protein including seafood, meat, eggs and dairy, is very acidic. Cancer and several other diseases only thrive in an acidic environment.

#### **Drinking Between Meals**

Stop drinking about thirty minutes before a meal and wait about one hour after a meal. Food should not be washed down. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest for the liquid must first be absorbed. The less we drink with our meals the better. The dryness of our food furnishes the necessary stimulus to the secretion of saliva and of gastric and intestinal juices.

To improve digestion it is recommended to drink 1-2 glasses of

water half an hour before each meal.

Do not eat largely of salt; give up spiced pickles; keep fiery food out of the stomach. Have fruit meals, and the irritation that calls for so much drink will cease to exist. If anything is needed to quench thirst, pure water is all that nature requires. Never take alcohol, tea, coffee, sodas, or sugared fruit juices.

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold paralyzes the stomach. The vitality must be drawn from the system to warm the food until it becomes of the same temperature as the stomach before the work of digestion can be carried on.

Heat debilitates the stomach and creates acidity. Hot drinks are not required, except as a medicine. The stomach is greatly injured by a large quantity of hot food and hot drink. The practice of eating food as hot as it can be swallowed, and especially of taking hot drinks with or after meals is an active cause of constipation.

Because it is wrong to eat merely to gratify a perverted taste, it does not follow that we should be indifferent in regard to our food. It is a matter of the highest importance. There is a class who seem to think that whatever is tossed into the stomach to fill it will do. But it

is important that we relish the food we eat. For food to be properly digested, each enzyme and digestive juice must be secreted in the right amount, at the right time. If we are not hungry, have no appetite, or if the food does not taste good, the digestive juices will not flow properly, and the food will be poorly digested.

Food prepared and served with love is more nutritious, because it is not what we eat, but what we assimilate that counts. Assimilation is enhanced if we enjoy the meal. "Better is a dinner of herbs where love is, than a stalled ox and hatred therewith." *Proverbs 15:17*

#### **Ask the Lord's Blessings, Then Eat with a Grateful Heart**

At mealtime we are to cast off care and anxious thought; and not to feel hurried, but eat slowly and with cheerfulness, with our heart filled with gratitude to God for all His blessings.

The most desirable foods in the world may rot in the stomach of one who is mentally perturbed. People who eat with a grateful heart experience more efficient and complete digestion than those who are distracted when they eat. Being thankful for the food does not only entail saying grace before the meal and then eating while watching TV, reading a magazine, or having an intense discussion with a companion. It means being grateful for our food one mouthful at a time.

## For More Information

**MINISTRY OF HEALING**—Health of body, healing of disease, peace of heart - through simple, natural remedies combined with trust in divine power. 360 pp.