



Diet and Health

“I have made many autopsy reports in which all organs were healthy except that the coronary artery (one or more) was blocked with fatty streaks, and that had been sufficient to bring an end to life.”

Health is the greatest wealth therefore we should treasure our health. Francis Bacon (1561-1626), an English philosopher and politician, said, "A healthy body is a guest. A sick body is a jailer."

Hippocrates a Greek physician (5th Century B.C.) said, "May your food be your medicine and your medicine be your food." Socrates, a Greek philosopher (5th century B.C.), said, "Others live to eat, but I eat to live."

Ecclesiastes 10:17 (King James Version) says, "Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness."

We need to eat for health and strength. When we go shopping, we have to spend our monies on the food and drinks that keep us in good health.

Can you imagine buying food and drinks to harm yourself and your family whom you love so much? When you buy

a new car, don't you get a manual that you need to follow to get the maximum benefit from your vehicle? Doesn't the manufacturer know more about your new car than you? So don't you trust and follow the instructions?

As Christians, we do not believe we came in this world by chance. We accept that we were created by God who provides all food and drinks needed to keep us in good health. Our Creator knows more about our bodies than any one else, so don't we need to follow his instructions for maximum mental and physical health?

Man was Created Vegetarian

Interestingly, in its craze for slim figures, prolonged life, and everlasting youth, modern society has tried,

without much success, an endless list of slim-fast diets, wonder drugs, and miracle baths, yet the Bible, which has been around for hundreds of years, provides an excellent guide to sound health and longevity. Indeed, science has verified that God's dietary instructions to the human race, as found in the Bible, are sound and valid. What was God's original diet to the human race? In Genesis 1:29 (New King James Bible) God tells us, "See, I have given you every herb that yields seed which is on the surface of all the earth, and every tree whose fruit yields seed, to you it shall be for food."

In other words, God prescribed for us a vegan diet free of all animal products. Why did God give mankind a vegan diet? Is it to make us miserable, so that we do not enjoy food? Absolutely not. It is because God wishes us to enjoy food that He equipped us with taste buds. When man followed God's original diet, they lived many years. In Genesis 5:5 we are told, "So all the years that Adam lived were nine hundred and thirty years; and he died."

Later on, because most vegetation was destroyed by the flood, God gave man permission to eat certain animals and thus man's lifespan started to decline. It is telling that when the anatomy of a man is compared with that of a carnivore (one that eats meat) and a herbivore (one that eats herbs), it is found to more closely resemble the herbivore's than the carnivore's.

There is a close resemblance between the anatomy of a herbivore and that of a man. Let us look at the intestine, teeth, jaws and saliva. Carnivores have shorter intestines than herbivores because meat has to be digested and eliminated rapidly, for its decomposition and putrefaction in the gut produces poisonous substances. Man has a longer intestine than the carnivores but shorter than the herbivores. Although vegetables need a long time to digest, they do not decay (putrefy) in the intestine.

When we look at the human teeth and those of the herbivores, their molars, which allow for chewing, resemble each other. This is very different for the carnivores who barely chew food but cut and tear meat with fangs.

The saliva of herbivores and man are also similar. Both have an alkaline (high PH) for better digestion of carbohydrates.

High Blood Cholesterol is a killer

One of the arguments against eating animal products is that cholesterol (a complex lipid—a kind of fat) is found only in animal products and not in the plant kingdom. The liver produces cholesterol which is needed to make sexual hormones, membranes of cells, and bile salts. Therefore, since animal products are rich in cholesterol and your liver is already producing it, their consumption may cause your blood cholesterol to rise to dangerous levels.

Lipoprotein is associated with cholesterol in the blood. HDL is a high density lipoprotein—the good one. VLDL is a very low density lipoprotein—a bad

one. LDL is also a low density lipoprotein—another bad one. To find out whether you have a coronary risk, divide the total cholesterol by the high density lipoprotein. Any number greater than six (6) means that you may be at risk

I have done postmortems and autopsies at Victoria Hospital for many years on locals and visitors alike. During an autopsy the condition of every part of the body must be reported on in accordance with the standard form prepared by the Ministry of Health. I have made many autopsy reports in which all organs were healthy except that the coronary artery (one or more) was blocked with fatty streaks, and that had been sufficient to bring an end to life.

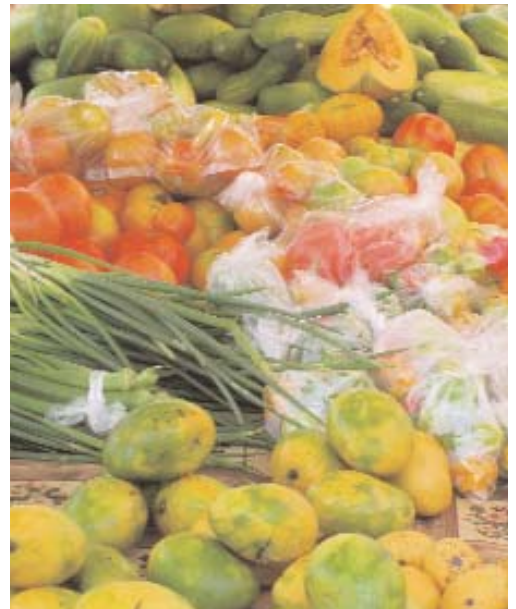
Because of family history some people's livers produce more cholesterol than others. Very high on the cholesterol list are the brains of animals. They contain 2300 milligrams of cholesterol for each 100 grams of mass. Egg yolk, with 1500 milligrams per 100 grams, is next. Liver follows with 360 milligrams, and then meat (fat) with 300. Given the detrimental consequences of high blood cholesterol, it is important to ask your health provider to test your cholesterol level.

You can help reduce strokes, sudden death, and bypass surgeries by keeping your cholesterol level down. To lower your cholesterol level, decrease consumption of meat, especially beef, pork, and mutton (as well as viscera). Do not eat more than three whole eggs per week. There is no limit to egg white; cholesterol

Plant Protein will do Just as Well as Animal's

Many people display a big misconception with the question, "Where do we get our protein from, if we do not eat animal products?" This misconception probably explains the large portions of meat and meat products in people's diet.

The World Health Organization (WHO) recommends a daily intake of 52.5 grams per day for a man weighing 70 kilos (approx. 154 pounds). Contrary to what many believe, we can get more protein from the plant kingdom than from the animal kingdom. For example, whereas 100 grams of dried soybeans contains 38 grams of protein, the same



amount of chicken has only 20 grams. Furthermore, proteins are present, although not in great amounts, in many non-animal products. Every 100 grams of raw lentils contains 24 grams of protein. Similarly, raw chick peas contains 23 grams, corn 9.4, whole wheat bread 8.9, rice 7.2, potatoes 2, tomatoes 1.3, avocados 2.1, and onions 1.2. Unlike carbohydrate and fats, proteins are not stored in the body, so we need constant intakes of it throughout life. Proteins found in cereals, fruits and many vegetables contain the twenty amino acids needed for our nutrition, including the essential ones.

One main concern about a vegan diet is vitamin B12 deficiency since this vitamin is found mostly in the animal king-

dom. Preferably, use low fat or fat free milk, and avoid cream, butter and fatty cheeses. Reduce intake of commercial sweets (e.g. pastries and desserts containing animal fats). Eat plenty of vegetables/fiber and whole grains, and for cooking use olive oil alternatively with seed oils (corn, wheat germ, and sunflower). Avoid nervous tension and stress, keep your weight down, and exercise regularly. Regarding exercising, remember that it is important to customize your exercise program to suit your fitness level, the health of your heart and your personal preferences, so check with your health care provider before starting to exercise.

dom. One main concern about a vegan diet is vitamin B12 deficiency since this vitamin is found mostly in the animal king-

dom. Vitamin B12, however, can be found in spirulae and in some other vegetable foods, but it is an inactive form of the true vitamin B12. A lack of vitamin B12 can lead to pernicious anemia and psychosis. The daily requirement of vitamin B12 is 2.5 micrograms. Great quantities of vitamin B12 is made in the colon (large intestine), and the normal bacteria flora of the mouth can produce a sufficient amount of vitamin B12 to meet the daily requirements. Consequently, even with no additional Vitamin B12 from animal products, most vegan do not seem to suffer from a vitamin B12 deficiency. For example, poor Asians live largely on a vegetarian diet that have been found to provide only 0.5 micrograms of vitamin B12 per day, yet some authors believe that this is sufficient for the millions of Hindus on such diets.

Diet and Cancer

Harrison's 15th edition of Principles of Internal Medicine, McGraw-Hill Medical Publishing Division, page 2563, says, "The leading cause of death in alcoholics is cardiovascular disease, but cancer occupies a solid second place." Overall, it has been estimated that alcoholics have a rate of carcinoma 10 times higher than the general population.

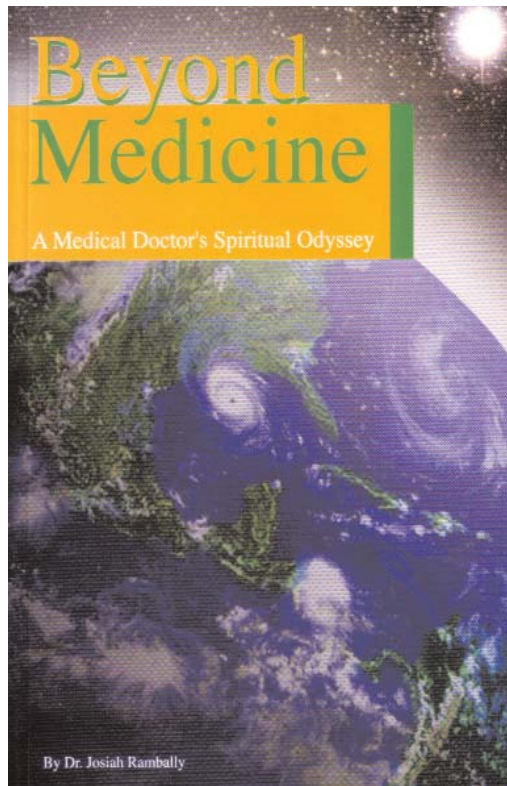
Leviticus 17:14 (King James Version) says, "For it is the life of all flesh; the blood of it is for the life thereof. Therefore I said unto the children of Israel, ye shall eat the blood of no manner of flesh for the life of all flesh is in the blood thereof: whosoever eateth it shall be cut off".

Leviticus 7:23 tells us, "Speak unto the children of Israel, saying, ye shall eat no manner of fat, of ox, or of sheep, or of goat." These are universal rules for all mankind. If you want to continue to feed on the animals, do not use their fat nor their blood.

Current Medical Diagnosis and Treatment, 42nd Edition, 2003 (Lang Medical Books), page 1224, says, "Diet is an important area of intervention for primary cancer prevention." Epidemiologic studies have found an inverse relationship between fruit and vegetable intake and the risk of common carcinomas, suggesting a potential protective role for

these foods. A recent case study in South Asia found an association between a diet rich in vegetables and a small reduction in the risk of breast cancer.

High intakes of fat and certain fatty acids have been postulated to increase the risk of breast, colon, prostate, and lung cancer. Epidemiologic studies also suggest that a high consumption of red meat (beef, pork, mutton, goat), and excess alcohol consumption may increase the risk of colorectal cancer. One kilo of grilled beefsteak has the same amount of benzopyrene (a cancer producing agent)



as 600 cigarettes. In contrast, high intakes of dietary fiber has long been thought to reduce the risk of colorectal cancer and adenoma.

Saint Francis of Sales (1567-1622), Bishop of Geneva, said, "In the control of appetite, we should think of the average. If the body is very fat, the weight is hard to carry; and if it is too thin, it cannot carry us." Obesity, which is too much adipose or fat tissue in the body, is a health hazard. It can cause hypertension; type II diabetes mellitus; hyperlipidemia, which is too much fat in our blood system; coronary artery disease; degenerative joint disease; psychosocial disability and certain cancers-including cancer of the rectum, breast, colon, uterus, and biliary tract; prostate cancer in men and can-

cer of the ovaries in women.

Obesity also causes skin disorders; clots (like thromboembolic disorders); and digestive tract diseases such as gallstones and reflux esophagitis (contents of stomach flowing back into the gullet). Obstetric and surgical risks are greater in obese people. These individuals also have a greater risk of lung and endocrine problems with increase hemoglobin concentration.

Leave The Animals Alone

Life is beautiful, so why kill many animals to feast on the meat? One problem with eating meat is that animals are given antibiotics, stress medication and other drugs to fatten them. Even the food given to cattle contains small doses of antibiotics such as penicillin and tetracycline.

Studies show that allergies, and sensitivity and resistance to antibiotics are sometimes due to the consumption of meat from animals fed or treated with antibiotics. Also, sausages, ham (dry or sweet) and most pork products are cured with nitrates and sodium nitrate. These substances give meat a rose or red color that makes them more appetizing but they can be combined with aminase in the human intestine to form nitroaminases, which are strongly cancerous.

A variety of fruits and vegetables will provide you with all the necessary nutrients your body needs for good health. Teach your children good nutrition so that their appetites are trained in the right direction for optimal health.

I need to briefly mention water because you can live longer without food than without water. It is vital for every organ in the body. The digestive system needs water to keep the stool soft, the skin needs water to keep it firm, the kidneys need water to filter the blood and to get rid of unwanted substances. Even bones require water to maintain their elasticity and hardness. We need to drink at least six glasses of water between meals. Drink about two glasses of water before breakfast. This will cleanse the stomach from all the mucus that accumulates during the night. Choose water above all other drinks.

Remember health is the greatest wealth. 