**The Harmful Effects of Pickles (Vinegar)**

**BIBLE:**

**Matthew 4:4 –** “...man shall not **live by** bread alone, but by **every word that proceedeth out of the mouth of God.”**

**Isaiah 55:2 – “...eat ye that which is good...”**

**Proverbs 26:2 – “...the curse causeless shall not come...”**

**Job 29:16 – “...the cause which I knew not, I searched out.”**

**SOP:**

“When the abuse of health is carried so far that sickness results, **the sufferer can often do for himself what no one else can do for him.** The first thing to be done is to **ascertain the true character of the sickness and then go to work intelligently to remove the cause...”** (MH 235.1)

“Be sure that as a rational Christian sentinel you **guard the door of your stomach,** **allowing nothing to pass your lips that will be an enemy to your health and life...”** {CD 102.1}

**“Our food should be plain and free from all objectionable elements,** but let us be careful that it is always palatable and good.” {LLM 545.3}

**“Abstinence from all hurtful food and drink** is the fruit of true religion.” (9T 113) (CD 457.1)

**The idea SHOULD NEVER BE GIVEN that it is of but little consequence what we eat...”** (CD 198.4) (CH 151.1)

\*\*\*Today we will be talking a little bit about VINEGAR and how it effects the body.

**THE USE OF PICKLES:**

“The **relation of diet to** **intellectual development** **should be given far more attention** than it has received. **Mental confusion and dullness are often the result of errors in diet.”** {Ed 204.1}

“Under the head of **stimulants and narcotics** is classed a great variety of articles that, altogether used as food or drink, **irritate the stomach, poison the blood, and excite the nerves.** Their use is a positive evil...In this fast age, the less exciting the food, the better. **Condiments are injurious in their nature.** Mustard, pepper, spices, **PICKLES,** and other things of a like character, **irritate the stomach and make the blood feverish and impure.”** {MH 325.1}

**“The blood-making organs cannot convert spices, mince pies, PICKLES, and diseased flesh meats into good blood...”**  {2T 383.2}

“In the study of hygiene, students should be taught the nutrient value of different foods. The effect of a concentrated and stimulating diet, also of foods deficient in the elements of nutrition, should be made plain. **Tea and coffee, fine-flour bread, PICKLES, coarse vegetables, candies, condiments, and pastries fail of supplying proper nutriment.** Many a student has broken down as the result of using such foods. Many a puny child, incapable of vigorous effort of mind or body, is the victim of an impoverished diet...” {Ed 204.3}

**“Flesh meats will depreciate the blood.** Cook meat with spices, and eat it with rich cakes and pies, and you have a bad quality of blood. The system is too heavily taxed in disposing of this kind of food. The mince pies and the **PICKLES,** which **should never find a place in any human stomach,** **will give a miserable quality of blood...”**  {2T 368.3}

**“...give up bottled PICKLES…”** (CD 420.1)

**Q:** **WHY?** **Aren't cucumbers a good food to eat? What is in the pickles that is harmful to the body?**

**A:** **Vinegar**

**WHAT'S WRONG WITH VINEGAR?**

**MEDICAL SCIENCE:**

The Lord opened the way for me to get in contact with a **NUTRITIONAL MICROSCOPIST,** who **does Live Blood Cell Analysis.** His name is Jeffrey A. Arnson. This man is not an SDA, but he shared the following with me: **He takes the blood of humans and puts it under a microscope and magnifies it 20,000 times. He said you can see the red & white blood cells; bacteria; infection; how you eat; think; what you have done to your body within the last 90-120 days**...

**HE SAID…WHEN VINEGAR WAS ADDED TO THE BLOOD IT DID THE FOLLOWING:**

**Depletes WBC** (white blood cell) count (this effects your IMMUNE SYSTEM)

Can lead to **anemia**

**Robs nutrients** from the body

**Thins out the blood**

**Irritates the stomach**

**Excites the blood**

(Remember that “The Life of the Flesh Is In The Blood” – Leviticus 17:11)

The fermentation process of vinegar is converted into **ACETIC ACID** to become vinegar. **ACETIC ACID COMES WITH AN MSDS SHEET.** <http://www.esciencelabs.com/sites/default/files/msds_files/Vinegar_0.pdf>

**ALSO:**

**The combination of vinegar & oil,** which is in many salad dressings, **causes liver & kidney complaints.**

**“The** **salads are prepared with oil & vinegar, fermentation takes place in the stomach,** and the food does not digest, but decays or putrefies; as a consequence, the blood is not nourished, but becomes filled with impurities, and LIVER.” —Letter 9, 1887 {CD 345.6}

**Note:** Walter Veith wrote a book called: **'Diet & Health – Scientific Perspectives’.”** He shares how **lab tests show that vinegar blocks the digestive enzyme** “Amylase” & **inhibits hemoglobin in the blood.**

**ITEMS CONTAINING VINEGAR:**

* BBQ sauce
* Breads
* Chow Chow
* Hot Sauces (like Crystal & Tabasco sauce)
* Ketchup
* Mayonnaise, regular
* Mustard
* Pastries (many)
* Pickles
* Salad Dressings
* Vegenaise
* Worcestershire Sauce
* And **MANY OTHER ITEMS**

**SOP ABBREVIATIONS:**

**2T =** Testimonies for the Church, Volume 2

**9T =** Testimonies for the Church, Volume 9

**CD =** Counsels on Diets & Foods

**LLM =** Loma Linda Messages

**MH =** Ministry of Healing

**Link to my blog:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/06/the-harmful-effects-of-pickles-vinegar.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2018/01/the-harmful-effects-of-pickles-vinegar.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/the-harmful-effects-of-pickles-vinegar.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/the-harmful-effects-of-vinegar-pickles.html>