

## 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](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
- Vegenaïse
- 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>