

## **NEWSTART +6 – Nutrition** **Bread – The Staff Of Life**

**Website:** [Healthy Christian Living - Living by the Blueprint](#)

**Genesis 3: 19; Isaiah 55:2; Psalms 103:4-5; Isaiah 33:16**

**“...EDUCATION SHOULD BE GIVEN ON PROPER DIET...”** (CD 406.4)

**3 John 2** – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

**“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.”** {MH 127.1}

**\*\*\*OUR TOPIC TODAY IS ON Nutrition, specifically dealing with the subject of BREAD: The Staff of Life**

**“...Become more intelligent in regard to the laws of life...”** {11MR 187.3}

**EDUCATE IN REGARD TO THE LAWS OF LIFE:**

**“...Educate people in regard to the laws of life...”** {GCDB, January 30, 1893 par. 2}

**“...EDUCATE, EDUCATE, EDUCATE...”** {6MR 379.1}

**WHY?**

**“...Educate people in the laws of life so that they may know how to preserve health...”** {MM 259.3}

**“True religion and the laws of health go hand in hand.”** (7T 137.1)

**“...In violating the laws of health, even in doing the service of God, you misrepresent your maker...”** {KC 20.4}

**“...It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them...”** (MH 128.1)

**“We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way...”** (CG 361.2)



**Matt. 6:11** – “GIVE US THIS DAY OUR DAILY BREAD...”

## WHY?

**Psalms 104:15 – “...BREAD STRENGTHENETH MAN'S HEART.”**

## SOME FACTS ABOUT WHOLE GRAIN BREAD:

### IT IS HIGH IN:

- € Antioxidants
- € Dietary fiber
- € Essential fats
- € Lignans
- € Minerals
- € Phenolic compounds
- € Starch
- € Vitamins

## WHY?

**“BREAD IS THE REAL STAFF OF LIFE...” {CD 315.3}**

**Psalms 104:15 – “...bread strengtheneth man's heart.”**

## BREAD WAS THE STAFF OF LIFE IN BIBLE TIMES:

### ADAM:

“In the sweat of thy face shalt thou eat bread...” (Gen 3:19)

### ABRAHAM:

“And Abraham rose up early in the morning, and **TOOK BREAD**, and a bottle of water, and gave it unto Hagar, putting it on her shoulder, and the child, and sent her away...” (Gen 21:14)

### JACOB & ESAU:

“Then **JACOB GAVE ESAU BREAD** and pottage of lentils; and he did eat and drink, and rose up, and went his way.” (Gen 25:34)

### MOSES & THE CHILDREN ISRAEL:

“Then said the LORD unto Moses, Behold, **I WILL RAIN BREAD FROM HEAVEN FOR YOU**; and the people shall go out and **gather a certain rate EVERY DAY...**” (Ex 16:4)

### DAYS OF CHRIST:

“And He commanded the multitude to sit down on the grass, and took **the FIVE LOAVES**, and the two fishes, and looking up to heaven, he blessed, and brake, and **GAVE THE LOAVES TO HIS DISCIPLES**, and the disciples to the multitude.” (Matt 14:19)

### DAYS OF DISCIPLES:

“And they, continuing **DAILY** with one accord in the temple, and **BREAKING BREAD FROM HOUSE TO HOUSE**, did eat their meat with gladness and singleness of heart.” (Acts 2:46)

## BREAD IS...

### ESSENTIAL FOR GOOD HEALTH:

“There are very many girls who have married and have families who have but little practical knowledge of the duties devolving upon a wife and mother. They can read, and play upon an instrument of music; but they cannot cook. They cannot make GOOD BREAD, WHICH IS VERY ESSENTIAL TO HEALTH OF THE FAMILY...” {3T 156.2}

#### **ENCOURAGE THE EATING OF IT:**

“Encourage the eating of fruit and vegetables and BREAD.” {CD 314.5}

#### **SHOULD BE EATEN DAILY:**

“Give us this day our daily BREAD.” (Matthew 6:11)

#### **SHOULD BE A SACRED DUTY TO LEARN HOW TO MAKE:**

“It is a sacred duty for those who cook to learn how to prepare healthful food. Many souls are lost as the result of poor cookery. It takes thought and care to make good bread; but there is more religion in a loaf of good BREAD than many think...” {MH 302.3}

#### **MOTHERS ARE TO TEACH DAUGHTERS AT VERY YOUNG AGE HOW TO MAKE BREAD:**

“It is a religious duty for every Christian girl and woman to learn at once to make good, sweet, light bread from unbolted wheat flour...” {CD 316.1}

#### **EDUCATION NEEDED ON HOW TO MAKE GOOD BREAD:**

“We need a genuine education in the art of cooking. . . . Form classes where you may teach the people how to make good BREAD...” {MM 267.5} (1905)

“Bread is the real staff of life, and therefore, every cook should excel in making it.” {CD 315.3}

#### **SOME EDUCATIONAL PRINCIPLES REGARDING GOOD BREAD MAKING:**

##### **1. TO BE LIGHT AND DRY:**

“Bread should be thoroughly baked, inside and out. The health of the stomach demands that it be light and dry...” {CD 315.3}

##### **2. TO BE LIGHT AND SWEET:**

“Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small...” {CD 316.4}

#### **HEAVY BREAD BREAKS DOWN ORGANS:**

“...heavy, clammy bread are breaking down the digestive organs of tens of thousands.” {CD 343.3}

##### **3. SHOULD NOT BE EATEN FRESH WHEN YEAST IS USED/SHOULD BE AT LEAST 2 OR 3 DAYS OLD:**

“When hot, or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal, without yeast or leaven, and baked in a well-heated oven, are both wholesome and palatable...” {CD 316.4}

“Bread which is two or three days old is more healthful than new bread...” {CD 317.2}

##### **4. WHOLE GRAIN IS BEST:**

“For use in bread making, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine- flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions.” {MH 300.3}

“It is a religious duty for every Christian girl and woman to learn at once to make good, sweet, light bread from unbolted wheat flour.” {CD 316.1}

#### **5. WHEAT GRAIN BREAD NOT TO BE EATEN DAY AFTER DAY...SHOULD BE A MIXTURE OF GRAINS, MAKING A MIXTURE OF DIFFERENT GRAINS WOULD BE MORE NUTRITIOUS:**

“All wheat flour is not best for a continuous diet. A mixture of wheat, oatmeal, and rye would be more nutritious.” {CD 321.1}

#### **6. NO BAKING SODA OR POWDER IS TO BE USED:**

“The use of soda or baking powder in bread making is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system...” {MH 300.4}

#### **7. USE WATER INSTEAD OF MILK (soy or nut) WHEN MAKING:**

“In the making of raised or yeast bread, milk should not be used in place of water. The use of milk is an additional expense, and it makes the bread much less wholesome...” {MH 301.1}

#### **8. SHOULD BE THOROUGHLY BAKED INSIDE AND OUT:**

“Let ordinary raised bread be cut in slices and dried in a warm oven till the last trace of moisture disappears. Then let it be browned slightly all the way through. In a dry place this bread can be kept much longer than ordinary bread, and, if reheated before using, it will be as fresh as when new.” {MH 301.3}

“The loaves should be small, and so thoroughly baked that, as far as possible, the yeast germs shall be destroyed.” (CD 316.4)

#### **DRIED OUT IN AN OVEN (toaster) IS THE BEST FOR HEALTH:**

“Bread dried in the oven is one of the most wholesome articles of diet.” {CD 317.2}

#### **9. SHOULD BE MADE WITHOUT VINEGAR:**

“They are not educated in regard to the injurious effects of meat eating and of using sugar and vinegar, tea and coffee...” {20MR 2.4}

(Much of the bread today is made with vinegar...be sure to read all labels, even bread labels)

#### **TWO GOOD BRANDS ARE:**

1. Ezekiel 4:9
2. Dave's Killer Bread (green label) Check to see if it contains vinegar first!

#### **10. MAY USE YEAST:**

“In the making of raised or yeast bread...” {MH 301.1}

#### **BENEFITS FROM EATING BREAD:**

- Reduces the risk of coronary **heart disease** and **constipation** (by 25-36%)
- Can help with **weight** management
- Risk of **diabetes** type ii drops 21-27%
- **Stroke** risk drops by 37%
- Reduces **cholesterol** levels
- Reduces risk of **asthma**
- Reduces the risk of **cancer**

- Reduces the risk of **polyps**
- Reduces **constipation** problems
- **AND MUCH MORE**

### **THE SCIENCE OF BREAD AND HOW TO MAKE:**

'Science in the Kitchen' by: E. E. Kellogg (1892) pages 109-140.

Not every recipe is perfect in this book. They used to use milk, cream, and butter back in the days, but we don't use those now.

### **HOW TO MAKE UNLEAVENED BREAD:**

- **How to Live**

Pages 23-25 at the following link:

<http://www.present-truth.org/7-Health-Secrets-Sem/SOP/HOW%20TO%20LIVE.pdf>

**\*\*\*Note:** Some of the recipes contain milk and eggs. Substitute the milk with soy or almond milk and the recipes with eggs use an egg substitute or you may not be able to make some of those.

### **WHOLE GRAIN BREAD:**

5 c. flour (use 1 c. whole oat flour or oats, 1 c. rye flour)

2 ¼ - 2 ½ c. warm water

⅓ c. honey

1 T. yeast

1 t. real salt

¼ c. olive oil

In a bowl, mix water and honey, being sure the honey is dissolved. Then add the Yeast. Let rise x 5-10 minutes.

In another bowl, mix all the dry together. Make a well, and when the yeast liquid is done proofing, add to the well, and then add the olive oil. Mix well, then Knead x 15-20 minutes. Go on YouTube to see how to properly knead dough. Shape dough into a bowl and place in a well-oiled bowl.

Cover with a towel, set in a warm place, and let rise till double in size (30-40 minutes). When doubled in size, split into 4ths and put into 4 small loaf pans.

Cover and let rise again. (30 minutes). At this time, have the oven preheating @350°. After second rising, place bread pans in the oven and bake 20-30 minutes.

### **BREAD WILL BE GIVEN TO GOD'S PEOPLE DURING THE GREAT "TIME OF TROUBLE:**

"He shall dwell on high: his place of defense shall be the munitions of rocks: **BREAD SHALL BE GIVEN HIM; his waters shall be sure.**" (Isaiah 33:16)

**"The Lord has shown me repeatedly that it is contrary to make any provisions for our temporal wants in the time of trouble.** I saw that if the saints had food laid up by them or in the field in the time of trouble, when sword, famine, and pestilence are in the land, it would be taken from them by violent hands and strangers would reap their fields. Then will be the time for us to trust wholly in God, and **He will sustain us.**

I saw that our bread and water will be sure at that time, and that we shall not lack or suffer hunger; for God is able to spread a table for us in the wilderness. if necessary he would send ravens to feed us, as he did to feed Elijah, or rain manna from heaven, as He did for the Israelites." {EW 56.2}

**LINKS ABOUT THE IMPORTANCE OF WHOLE GRAIN BREAD:**

<http://www.greatharvest.com/bread/benefits.html>

<http://dailyabtips.com/whole-grain-bread/>

**SOMETHING TO KNOW:**

**Sister White Hated Bread at One Time But Forced Herself to Eat it till the Point of Loving Bread:**

"I suffered keen hunger, I was a great meat eater. But when faint, I placed my arms across my stomach, and said, "I will not taste a morsel. I will eat simple food, or I will not eat at all." **Bread was distasteful to me. I could seldom eat a piece as large as a dollar.** Some things in the reform I could get along with very well; but when I came to the bread, I was especially set against it. When I made these changes, I had a special battle to fight. The first two or three meals, I could not eat. I said to my stomach, "You may wait until you can eat bread." In a little while I could eat bread, and graham bread, too. This I could not eat before; but now it tastes good, and I have had no loss of appetite." {CD 483.4}

**SOP ABBREVIATIONS:**

**20MR** = Manuscript Releases, Volume 20

**3T** = Testimonies for the Church, Volume 3

**CD** = Counsels on Diets and Foods

**EW** = Early Writings

**MH** = Ministry of Healing

**MM** = Medical Ministry

\*\*\*Questions on next page

**NEWSTART +6 Nutrition**  
**Bread - The Staff Of Life**

(Questions)

1. We should educate ourselves to \_\_\_\_\_ others the better way.
2. Educate people in the laws of life so that they may know how to \_\_\_\_\_ health.
3. Education should be given on proper \_\_\_\_\_.
4. Give us this day our \_\_\_\_\_ bread.
5. List 8 things that bread is high in:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
  8. \_\_\_\_\_
6. Bread is the real \_\_\_\_\_ of life.
7. List the 8 different people or groups of people that ate Bread:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
  8. \_\_\_\_\_
8. God told the children to gather a certain rate of Manny every \_\_\_\_\_.
9. How often did the disciples break bread from house-to-house \_\_\_\_\_
10. Bread is \_\_\_\_\_ for good health.
11. Should we encourage the eating of bread to others? YES or NO
12. How often should whole grain bread be eaten? \_\_\_\_\_.
13. Is it a sacred duty to learn how to make good bread? YES or NO

14. What type of duty is it for every Christian girl and woman to learn at once to make good bread?  
\_\_\_\_\_ duty.

15. Form classes where you may \_\_\_\_\_ people how to make good \_\_\_\_\_.

16. Bread is the real staff of \_\_\_\_\_.

17. Every \_\_\_\_\_ should \_\_\_\_\_ in making it.

18. Please list 10 educational principles regarding the making of good bread:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

19. List 9 benefits from eating good bread:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

20. Will Bread be given to God's people during the time of trouble? YES or NO

21. Should God's people be making their own provisions in the "great" time of trouble? YES or NO