

NEWSTART + 6 - Nutrition

The Dangers of Baking Soda, Baking Powder, Spices, and Food Coloring

(Isaiah 55:2/Matthew 10:38)

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

"...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-.2}

*****Today we are on the Subject of Nutrition, specifically dealing with the harmful effects of Baking soda, Baking powder, Spices, and Food coloring...**

"...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...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)

"Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted..." (MH 128.1)

"Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health..." (MH 234.1)

BIBLE:

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

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

Isaiah 55:2 – “...eat ye THAT WHICH IS GOOD...”

***The word **GOOD** here comes from the Hebrew section of the Strong's Concordance #2896 = Best, Pleasant, Prosperity, Welfare. (Which also means beneficial)

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}

“We bear positive testimony against...all exciting substances used as articles of food...” (CD 468.3)

“ABSTINENCE FROM ALL HURTFUL FOOD AND DRINK is the fruit of true religion.” (9T 113.1)(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)

BAKING SODA and BAKING POWDER:

“The use of soda or baking powder in breadmaking is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system. Many housewives think that they cannot make good bread without soda, but this is an error...” (CD 316.2)

“Hot biscuit raised with soda or baking powder should never appear upon our tables. Such compounds are unfit to enter the stomach...When we recommend graham gems, our friends say, “Oh, yes, we know how to make them.” We are much disappointed when they appear raised with baking powder or with sour milk and soda. These give no evidence of reform...” (CD 319.5)

“Some plead, “I cannot make good bread or gems unless I use soda or saleratus.” You surely can if you become a scholar and will learn. Is not the health of your family of sufficient value to inspire you with ambition to learn how to cook and how to eat?” {CD 343.5}

“...SALERATUS IN ANY FORM should not be introduced into the stomach; for the effect is fearful. It

- Eats the coatings of the stomach
- causes inflammation and
- frequently poisons the entire system...” (CD 343.5)

WHAT IS SALERATUS?

sal·e·ra·tus

ˌsæləˈrātəs / noun

Sodium bicarbonate (or sometimes potassium bicarbonate) as the main ingredient of baking powder.

***Calcium bicarbonate is the ingredient found in Baking Soda

***THIS INCLUDES NO RUMSFORD, ALUMINUM FREE BAKING POWDER, NO FEATHERWEIGHT, ENER-G, ETC.

“Some do not feel that it is a religious duty to prepare food properly; hence they do not try to learn how.

They let the bread sour before baking, and **THE SALERATUS ADDED to remedy the cook's carelessness makes it totally unfit for the human stomach...Food can be prepared simply and healthfully, but it requires skill to make it both palatable and nourishing.** In order to learn how to cook, women should study, then patiently reduce what they learn to practice..." (CH 117.1)

"During the last seven months we have been at home but about four weeks. In our travels we have sat at many different tables, from Iowa to Maine. Some whom we have visited live up to the best light they have. **Others, who have the same opportunities of learning to live healthfully and well, have hardly taken the first steps in reform. They will tell you that they do not know how to cook in this new way. But they are without excuse in this matter of cooking; for in the work, How to Live, are many excellent recipes, and this work is within the reach of all.** I do not say that the system of cookery taught in that book is perfect. I may soon furnish a small work more to my mind in some respects. But **How to Live teaches cookery almost infinitely in advance of what the traveler will often meet, even among some Seventh-day Adventists.**" {1T 680.2}

*****NOW MIND YOU:** Some things in that book like eggs, cream, and milk, we no longer use, but the principles taught in that book are for us. You will see that baking soda and baking powder was not used in this book for making bread and other food.

NOW ONTO SPICES:

"...Our food should be prepared free from spices." (SA 65.1)

WHY?

"A plain diet, free from spices...would prove a blessing to you..." {CD 83.1}

"...SPICES..."

- **Create a feverish condition in the system, and**
- **Inflame the animal passions..."** (SA 65.1)

WHAT ARE SOME SPICES?

- Allspice
- Black pepper
- Cayenne pepper
- Chili Pepper
- Chili Powder
- Cinnamon
- Cloves
- Cream of Tartar
- Habanero Pepper
- Jalapeno Pepper
- Mace
- Nutmeg
- White pepper
- And other hot peppers

"...BLACK PEPPER, ALLSPICE, CINNAMON, CLOVES, MACE, NUTMEG...etc. Of all these the best physiological rule to adopt in regard to their use is – **"The less the better."** {1868 JNL, HBH 184.4}{Pioneer Writings}

GINGER IS NOT A SPICE IT'S A ROOT:

"In regard to our using spice, I plead not guilty. We have not had spice in our house for ten years, except a little ginger, which we have always used to some extent." {15MR 245.4}

- **TURMERIC IS A ROOT AS WELL**

ANISE IS AN HERB OF THE GARDEN:

"The Pharisees were very exact in tithing garden herbs, such as mint, **ANISE**, and rue..." (DA 617.1)

THE TRUTH ABOUT SPICES:

They Do Not Help Aid In Digestion:

- "Condiments and spices used in the preparation of food for the table aid in digestion in the same way that tea, coffee, and liquor are supposed to help the laboring man perform his tasks. After the immediate effects are gone, they drop as correspondingly below par as they were elevated above par by these stimulating substances.

THEY CAUSE MANY HEALTH AND SPIRITUAL PROBLEMS:

- The system is weakened.
- The blood is contaminated, and
- Inflammation is the sure result. {CD 339.4}
- deranging the stomach
- exciting the nerves, and
- enfeebling the intellect
- irritate the tender coating of the stomach
- destroy the natural sensitiveness of this delicate membrane.
- The blood becomes fevered (CD 236.2)
- Lays a heavy tax on the Liver
- Digestive organs are deranged (2T 66.2)
- It induces nervous debility,
- impatience, and
- lack of self-control." (Te 57.3)(Remember what 1 Corinthians 9:25 tells us KJV)

"Blood making organs cannot convert spices... into good blood..." (2T 383.2)

Arouse animal propensities: (CD 236.2/SA 65.1)

Note: Science has found that spices like nutmeg, cinnamon, all-spice, and other similar actually enhance the animal nature in humans. And they found **MOST OF THE SEXUAL PREDATORS EAT A DIET VERY HIGH IN SPICES.** And when these are removed from the diet, the animal-like propensities tend to go away.

Moral and intellectual powers are weakened: (CD 236.2)

Morals are in danger of being affected by the use of spices: (4T 140.3)

Spices Create a Desire for Tobacco, Alcohol, and stronger items: (CD 235.3/CD 236.1/CD 340.2)

PERVERTS TASTE, CAUSING A CRAVING FOR:

- Clay
- Slate pencils
- Burned coffee
- Tea grounds
- Cinnamon
- Cloves (CD 239.2)
- And chalk as well

Spices are referred to as a “fiery whip” (CD 340.1)

SPICES ESPECIALLY NOT GOOD FOR:

- Children (CD 235.3/CD 239.2/4T 140.3)
- Pregnant women (CD 220.1)
- Those with Diseased Livers (2T 66.2)
- Those trying to quit tobacco, alcohol, and similar stimulants (CD 340.2)

SHOULD NEVER BE SERVED IN FOOD AT OUR CAMP MEETINGS:

“Nothing should be taken to camp meeting except the most healthful articles, cooked in a simple manner, **FREE FROM ALL SPICES** and grease.” {2T 601.4} (2T 601.4)

BOOKS ON SPICES:

- **IN THE BOOK ENCYCLOPEDIA OF FOODS & THEIR HEALING POWER:**
Pages 334,340
- **THE USE OF SPICES by: Ellen White**
<http://www.ellenwhitedefend.com/subjects/spices.htm>

NOW ONTO THE SUBJECT OF FOOD COLORING:

MEDICAL SCIENCE:

THE CONSUMPTION OF FOOD COLORING IS RELATED TO MANY DISEASES, SUCH AS:

- Abdominal pain
- ADD
- ADHD
- Allergies
- Asthma Attacks
- Bladder Tumors
- Brain Tumors
- Breathing Difficulties
- Cancer
- Chest Heaviness
- Chromosomal Damage
- Dermatitis
- Distaste for Food
- Genetic Damage
- Hives

- Hyperactivity
- Immune Problems
- Kidney Problems
- Nervous System Malfunctioning
- Rashes
- Seizures
- Sterilization
- Thyroid Tumors
- and MUCH, MUCH MORE

FOOD COLORING IS FOUND IN:

- Alcohol
- Breath mints
- Cake mixes
- Cakes
- Candy gel for writing on cakes
- Candy sprinkles that go on cupcakes
- Canned fruit
- Canned meat
- Canned soups
- Capri-sun's
- Chips (hot fries, Doritos, etc.)
- Cookie dough
- Cream cheese flavored spreads
- Desserts
- Donuts
- Fast food
- Food flavorings
- Frostings
- Fruit roll ups
- Fruit snacks
- Goobers
- Gum
- Hard candies
- Hi-c
- Ice cream
- Jam
- Jellies
- Kool-Aid
- Licorice
- Maraschino cherries
- Meat
- Pies
- Pop tarts
- Punch
- Regular candy
- Soda

- Some juices
- Syrups to make ices
- Syrups to make snow cones
- Toothpaste
- Veggie meat
- Wine
- Yogurt
- and MUCH, MUCH, MORE

“...you have gratified the taste at the expense of the stomach. You have taken into your stomachs articles which it is impossible to convert into good blood...” (2T 66.2)(See Philippians 3:19)

“...We must be satisfied with pure, simple food, prepared in a simple manner. This should be the diet of high and low. Adulterated substances are to be avoided. We are preparing for the future, immortal life in the kingdom of heaven. We expect to do our work in the light and in the power of the great, mighty healer. All are to act the self-sacrificing-part.” {CD 85.1}

GOOD TO KNOW:

- **“A REFORM IN EATING WOULD BE A SAVING OF EXPENSE AND LABOR...”** (CD 84.4)
- **“To bear the cross of Christ is to control our sinful passions...”** (4T 627.1)
- *****Natural food coloring can be found in health food stores nationwide.** However, because of the increased price, very few manufacturers use natural food colorings for their products.

HOW TO MAKE RED, YELLOW, BLUE, AND GREEN FOOD COLORING NATURALLY

http://www.ehow.com/how_5070273_make-food-coloring-scratch.html

TO MAKE YOUR OWN:

Red = Beets

Yellow = Turmeric

Blue = Blueberries

Green = Spinach

*****KEEP IN MIND THAT FOR EVERYTHING GOD HAS, SATAN HAS A COUNTERFEIT**

WHAT IF SOMEONE HAS AN ADDICTION TO ANY OF THE ABOVE INGREDIENTS OR OTHERS INGREDIENTS?

“I have just read your letter. You seem to have an earnest desire to work out your salvation with fear and trembling. I encourage you to do this. I counsel you to discard everything that would cause you to do halfway work in seeking the kingdom of God and His righteousness. Put away every indulgence that would hinder you in the work of overcoming. Ask for the prayers of those who can comprehend your need of help.” {CD 484.3}

“There was a time when I was in a situation similar in some respects to yours. I had indulged the desire for vinegar. But I resolved with the help of God to overcome this appetite. I fought the temptation, determined not to be mastered by this habit.” {CD 485.1}

For weeks I was very sick; but I kept saying over and over, The Lord knows all about it. If I die, I die; but I will not yield to this desire. The struggle continued, and I was sorely afflicted for many weeks. All thought that it

was impossible for me to live. You may be sure we sought the Lord very earnestly. The most fervent prayers were offered for my recovery.

I continued to resist the desire for vinegar, and **AT LAST I CONQUERED.** Now I have no inclination to taste anything of the kind. This experience has been of great value to me in many ways. I obtained a complete victory.” {CD 485.2}

I relate this experience to you for your help and encouragement. I have faith, my sister, that you can come through this trial, and reveal that God is the helper of His children in every time of need. **If you determine to conquer this habit, and will fight it perseveringly, you can obtain an experience of the highest value. When you set your will resolutely to break off this indulgence, you will have the help you need from God. Try it, my sister.**” {CD 485.3}

LINKS TO LEARN MORE ABOUT FOOD COLORING:

<http://science-news.org/artificial-food-coloring/artificial-food-coloring-dangers/>

<http://drbenkim.com/node/114>

<http://www.home-remedies-for-you.com/blog/food-color-side-effects.html>

<http://www.feingold.org/effects.html>

READ MORE:

The Effects of Food Coloring on Health

http://www.ehow.com/facts_5600596_effects-food-coloring-health.html#ixzz1Hg8ZN5OV

BOOKS TO READ:

- **Food Additives:** A Shopper’s Guide to What’s Safe and What’s Not
<http://www.amazon.com/Food-Additives-Shoppers-Guide-Whats/dp/0963563572>

SOP ABBREVIATIONS:

11MR = Manuscript Releases, Volume 11

2T = Testimonies for the Church, Volume 2

7T = Testimonies to the Church, Volume 7

8MR = Manuscript Releases, Volume 8

9T = Testimonies to the Church, Volume 9

CD = Counsels on Diet and Foods

CG = Child Guidance

CH = Counsels on Health

KC = Kress Collection

LLM = Loma Linda Messages

MH = Ministry of Healing

MM = Medical Ministry

SA = A Solemn Appeal

Te = Temperance

*****Questions on next page*****

NEWSTART + 6 - Nutrition

The Dangers of Baking Soda, Baking Powder, Spices, and Food Coloring

(Questions)

1. Does God want us to be in health? YES or NO
2. Are we to educate ourselves to live in harmony with the laws of health? YES or NO
3. It is the _____ of every person to inform himself in regard to the _____ of _____.
4. In violating the laws of health, you misrepresent your _____.
5. Education should be given on _____ diet.
6. It is far better to _____ disease than to know how to treat it when contracted.
7. Eat ye that which is _____.
8. What does the word "good" from Isaiah 55:2 mean? _____
9. The curse _____ shall not come.
10. The cause which I knew not, I _____ out.
11. What is the first thing to be done when we get sick? _____
12. What are we to do as rational Christians? _____
13. How many objectionable elements should our food be free from? _____
14. What is abstinence from all hurtful food and drink? _____
15. Should the idea ever be given that it is of but little consequence what we eat? YES or NO
16. The use of soda (baking) or baking powder in breadmaking is _____ and _____.
17. Soda causes _____ of the stomach and often poisons the _____ system.
18. Should hot biscuits raised with baking soda or baking powder ever appear on our tables? YES or NO
19. Why or why not? _____
20. Does eating bread any food items with baking soda or baking powder give evidence of health reform?
YES or NO
21. Can God's people learn how to make bread, biscuits, and other things without baking soda and baking powder? YES or NO
22. Give one main reason why we should be inspired to learn how to cook and how to eat?

23. _____ in any form should not be introduced into the stomach.
24. List 3 things Saleratus does to the body that is not healthy:
 1. _____
 2. _____
 3. _____
25. What is Saleratus?

26. What is the ingredient found in Baking soda? _____
27. Should Rumford, Aluminum free baking powder, or Featherweight be used in our cooking? YES or NO
28. Why not? _____
29. Is it a religious duty to prepare food properly? YES or NO
30. Saleratus is totally _____ for the human _____.
31. In order to learn how to cook, women should _____, and then reduce what they learn to practice.
32. What book are God's people counseled to read to learn how to properly cook? _____
33. Our food should be free from _____.

34. A _____ diet, free from spices will prove a _____ to you.

35. List 2 things spices do to the human system:

1. _____
2. _____

36. List 14 items that are considered spices:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

37. Is Ginger a spice? YES or NO

38. If not, what is it? A _____

39. What else is a root? _____

40. Is anise a spice? YES or NO

41. If not, what is it? A _____ herb.

42. List something that spices do not do, that people falsely believe they do.

43. List 14 unhealthful things that spices do to the body.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

44. Can blood making organs convert spices into good blood? YES or NO

45. Spices arouse _____ propensities.

46. What has science found about spices like nutmeg, cinnamon, and allspice _____

47. Moral and Intellectual _____ are weakened by the use of spices.

48. Are the Morals in danger of being affected by the use of spices? YES or NO

49. List 3 things that spices create a desire for:

1. _____
2. _____
3. _____

50. List 7 things that eating spices cause a taste or craving for?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

51. What are spices referred to in the SOP? A _____

52. Which 4 groups of people are spices especially not good for?

1. _____
2. _____
3. _____
4. _____

53. Should spices ever be served at our camp meetings? YES or NO

54. List 23 medical conditions related to the consumption of food coloring:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____

19. _____
20. _____
21. _____
22. _____
23. _____

55. List 43 food items that food coloring is found in:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
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37. _____
38. _____
39. _____
40. _____
41. _____
42. _____

43. _____
56. We can gratify the taste at the expense of the _____.
57. We must be satisfied with _____, simple _____.
58. A simple diet should be the diet of _____ and _____.
59. _____ substances are to be avoided.
60. Does what we have to eat have anything to do with whether we will be in the kingdom or not?
YES or NO
61. A _____ in eating would be a saving of _____ and _____.
62. To bear the cross of Christ is to _____ our sinful passions.”
63. What food made me used to make natural RED food coloring? _____
64. What about YELLOW? _____
65. What food item may be used to make BLUE food coloring? _____
66. What about GREEN? _____
67. For everything God has, Satan has a _____
68. What quote can you show someone if they are having an addiction with a food item? CD
_____ pages
69. What harmful item was Sister White addicted to that she had to fight to overcome? _____
70. Do we sometimes have to fight a hard battle to overcome a food addiction? YES or NO