

## NEWSTART + 6 (Nutrition) Vinegar & Apple Cider Vinegar

(Psalms 103:4-5; Isaiah 55:2; 1 Peter 2:11; 1 Corinthians 10:31; 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}

“...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}

### **BIBLE:**

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

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

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

\*\*\***Note:** Find out which law of health has been violated, remove the violation, offer a prayer of faith and then sit back and see the glory of God.

## 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)

## THE CONSUMPTION OF VINEGAR AND APPLE CIDER VINEGAR ARE RELATED TO MANY DISEASES:

### RE: VINEGAR:

#### BIBLE:

**Proverbs 10:26** – “As **VINEGAR** to the teeth, and as smoke to the eyes, so is the sluggard to them that send him.”

**Psalms 69:21** – “They gave me also gall for my meat; and in my thirst they gave me **VINEGAR** to drink.”

**Matthew 27:48** – “And straightway one of them ran, and took a sponge, and **filled it with VINEGAR**, and put it on a reed, and gave him to drink.”

**John 19:29-30** – “Now there was set a vessel full of **VINEGAR**: and they filled a sponge with **VINEGAR**, and put it upon hyssop, and put it to his mouth. When Jesus therefore had received the vinegar, he said, It is finished: and he bowed his head, and gave up the ghost.”

#### SOP:

“You say again, “They are not educated in regard to the injurious effects of meat eating and of using sugar and **VINEGAR**...These things are injurious and deleterious to the human system...” {20MR 2.4}

**\*\*\*God’s people need to be educated regarding the harmful effects of vinegar on the system.**

## WHAT IS VINEGAR?

<http://en.wikipedia.org/wiki/Vinegar>

vin·e·gar \ˈvinəgər noun

1. a sour-tasting liquid containing acetic acid, obtained by fermenting dilute alcoholic liquids, typically wine, cider, or beer, and used as a condiment or for pickling. **SO IT IS REFERMENTED ALCOHOL.**

## HOW IS VINEGAR MADE?

All vinegar is made from the oxidation of ethanol, which produces acetic acid. The process of making alcohol and vinegar are very similar, and the only difference is in how the raw materials are allowed to ferment. With apple cider vinegar, apples first are crushed, releasing the liquid, and yeast is added to initiate fermentation. When making vinegar, the fermentation process is allowed to continue. (To learn more, go to the following link: [http://www.ehow.com/how-does\\_4928186\\_how-apple-cider-vinegar-made.html](http://www.ehow.com/how-does_4928186_how-apple-cider-vinegar-made.html))

## THE COMPOSITION OF VINEGAR:

- **Acetic Acid** (4% to 12%). This is a toxic substance, that if taken in sufficient quantities, produces serious alterations in the coagulative properties of the blood known as disseminated intravascular coagulopathy, besides anemia and renal failure.

## FYI: ACETIC ACID COMES WITH AN MSDS SHEET...WHAT IS A 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)

- **MSDS is the acronym for Material Safety Data Sheet. The purpose of a Material Safety Data Sheet or MSDS is to give workers and emergency personnel the necessary procedures for handling and working with chemicals.**

## HEALTH ISSUES RELATED TO THE CONSUMPTION OF VINEGAR:

- Ferments in the stomach
- Hinders the digestion process
- Blood becomes impure
- Causes anemia
- Causes Renal Failure
- Causes Kidney problems
- Causes Liver Problems
- It erodes dental enamel
- It breaks the mucus barrier that protects the mucous membrane of the stomach, causing gastritis
- It causes anemia due to hemolysis (destruction of the red blood cells)
- Messes with the platelet count
- It prevents the proper breakdown of protein
- AND SO MANY OTHER PROBLEMS

## VINEGAR MAY BE FOUND IN:

- A1-Steak sauce
- Anything pickled
- Bagels
- BBQ sauce
- Capers
- Catsup
- Dinner Rolls
- Hamburger Buns
- Hot Dog Buns
- Ketchup
- Marinated Artichokes
- Marinated Red Bell Peppers
- Marinated waxed beans
- Mayonnaise
- Most Bread
- Mustard
- Pickles
- Salad Dressing
- Salad spreads
- Sauerkraut
- Some Green Olives
- Some Jarred Dried Tomatoes
- Vegenaïse
- Worcestershire sauce,

- AND THE LIST GOES ON

#### SOP: OIL & VINEGAR:

“The salads are prepared with oil and 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 and kidney difficulties appear.” (CD 345.6)

\*\*\*We are counseled against “apple cider” and “vinegar.” Therefore, APPLE CIDER VINEGAR IS A DOUBLE WHAMMY. Vinegar is none other than alcohol refermented. We are counseled to eat nothing fermented.

#### WHAT ABOUT APPLE CIDER VINEGAR?

##### WHAT IS APPLE CIDER VINEGAR?

Apple cider vinegar is an acidic liquid made from the fermentation of apples. It has a golden or amber color, and may or may not be filtered or pasteurized. The word vinegar comes from the old French “vin aigre,” meaning “sour wine,” but, actually, any alcohol can be used. Vinegar gets its sour taste from acetic acid, which is formed during fermentation.

Apple cider vinegar is used in folk remedies and cooking.

\*\*\*VINEGAR IS THE HIGHEST FORM OF FERMENTATION....APPLE CIDER VINEGAR IS EVEN HIGHER.

#### SOP:

“A tendency to disease of various kinds, as...

- **Dropsy**
- **Liver** complaint
- Trembling **nerves**, and
- A determination of **blood to the head**, **results from the use of sour cider**. By its use many bring upon themselves permanent disease. Some die of
- **Consumption** or fall under the power of
- **Apoplexy** from this cause alone. Some suffer from
- **Dyspepsia**
- **Every vital function** is deadened and the physicians tell them that they have
- **Liver** complaint,
- When if they would break open the cider barrel, and never replace it, their abused life forces would recover their vigor.” (CD 434.1}

#### CIDER DRINKING LEADS TO THE USE OF STRONGER DRINKS

The stomach loses its natural vigor, and something stronger is needed to arouse it to action.”

“I cannot see how, in the light of the law of God, **CHRISTIANS CAN CONSCIENTIOUSLY ENGAGE IN the raising of hops or in the manufacture of wine or cider for the market.** All these articles may be put to a good use and prove a blessing, or they may be put to a wrong use and prove a temptation and a curse. Cider ...if used in an unfermented state...will not dethrone reason...” {5T 356.1}

#### ACCORDING TO THE SOP, DRINKING FERMENTED CIDER CAUSES THE FOLLOWING:

Animal passions control the higher power (5T 357)

Animal passions strengthened (Te 277)

Apoplexy (5T 357)

Appetite fostered for stronger drinks (MH 332)

Brain benumbed and beclouded (5T 357)

Confirmed drunkards (Te 95)

Death from consumption (5T 357)  
Disease of various kinds (5T 357)  
Dropsy (edema/swelling from extra fluid) (5T 357)  
Dyspepsia (5T 357)  
Gross and sensual disposition (5T 357)  
Inebriation of worst kind (5T 357)  
Licentiousness (Te 92-93)  
Liver complaint (5T 357)  
Men reduced to level of brutes (5T 358)  
\*\*\*Martinelli's....is a fermented drink...

Nervous system disordered (Te 93)  
Permanent disease (5T 357)  
Rush of blood to head (Te 95)  
Give way to lust (Te 92-93)  
Stomach loses natural vigor (5T 358)  
Trembling nerves (5T 357)  
Vices of almost every type (5T 357)  
Vital functions of body deadened by (5T 357)

### **MEDICAL SCIENCE SAYS THE FOLLOWING REGARDING THE DANGERS OF APPLE CIDER VINEGAR:**

Depletes the WBC (white blood cells) count  
Inhibits Hemoglobin in the blood, causing anemia  
Lab tests show that apple cider vinegar, when taken internally, blocks the digestive enzyme "amylase".  
Leads to anemia  
Robs nutrients from the body  
Thins out the blood

### **AND MUCH MORE**

Although some claim healing properties for APPLE CIDER VINEGAR, there is NO SCIENTIFIC EVIDENCE to confirm it. The [drawbacks outweigh any benefits there may be.](#)

["...You have gratified the taste at the expense of the stomach. You have taken into your stomach 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} (Matthew 10:28) (Ps 84:11)

### **GOOD TO KNOW:**

- ["A reform in eating would be a saving of expense and labor..."](#) (CD 84.4)

\*\*\*Apple cider may be used externally in your hair, on your toenails for fungus, etc. (Lemon juice can do the same).

### **WHAT TO INTERNALLY USE INSTEAD:**

**Lemon Juice...**Every morning, [upon arising, squeeze the juice of one lemon into two cups of warm water.](#) This will dump all the toxins from the Liver that have accumulated overnight as well as making the body alkaline.

### **SOP:**

["In the morning I take lemon and water. I drink nothing between meals unless it be occasionally some lemon and water..."](#) {21MR 290.6}

["I use lemon juice freely. It is the best thing you could use for rheumatism, for your head, and for malaria."](#) {2MR 48.1}

## WHAT IF SOMEONE HAS AN ADDICTION TO VINEGAR? DID YOU KNOW SISTER WHITE HAD AN ADDICTION TO VINEGAR?

"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}

## BAD EFFECTS OF VINEGAR

<http://www.livestrong.com/article/491270-bad-effects-of-vinegar/>

## TO LEARN MORE ABOUT APPLE CIDER VINEGAR, GO TO THE FOLLOWING LINK:

[http://www.ehow.com/how-does\\_4928186\\_how-apple-cider-vinegar-made.html](http://www.ehow.com/how-does_4928186_how-apple-cider-vinegar-made.html)

## SOP ABBREVIATIONS:

11MR = Manuscript Releases, Volume 11

21MR = Manuscript Releases, Volume 11

2T = Testimonies for the Church, volume 2

5T = Testimonies for the Church, volume 5

6MR = Manuscript Releases, Volume 11

7T = Testimonies for the Church, volume 7

9T = Testimonies for the Church, volume 9

CD = Counsels on Diets and Foods

CG = Child Guidance

GCDB = General Conference Daily Bulletin

KC = Kress Collection

MH = Ministry of Healing

MM = Medical Ministry

Te = Temperance

**\*\*\*Questions on next page...**

**NEWSTART + 6 (Nutrition)**  
**Vinegar & Apple Cider Vinegar**  
**(Questions)**

1. Should education be given on proper diet? YES or NO
2. Are we supposed to teach others the better way in regards to the laws of life? YES or NO
3. Is what we eat a part of the laws of life? YES or NO
4. If yes, which one? \_\_\_\_\_
5. Give one reason why we should teach people in regards to the laws of life and health: \_\_\_\_\_

6. It is better to \_\_\_\_\_ disease than to know how to \_\_\_\_\_ it when \_\_\_\_\_.
7. The curse \_\_\_\_\_ shall not come.
8. The cause which I knew not, I \_\_\_\_\_ out.
9. Is vinegar harsh on the teeth? YES or NO

10. What happened to Jesus after vinegar was given to him? \_\_\_\_\_
11. Is the use of vinegar injurious to the human body? YES or NO
12. What is vinegar? \_\_\_\_\_
13. Is vinegar made from "refermented alcohol? YES or NO
14. How much percent of Acetic Acid does vinegar contain? \_\_\_% to \_\_\_%
15. What is Acetic Acid? \_\_\_\_\_

16. List 4 conditions that Acetic Acid does to the body:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_

17. Does Acetic Acid come with an MSDS Sheet? YES or NO
18. What does MSDS stand for? \_\_\_\_\_
19. What is an MSDS Sheet? \_\_\_\_\_

20. Please list 12 health conditions related to the consumption of vinegar:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
  8. \_\_\_\_\_
  9. \_\_\_\_\_
  10. \_\_\_\_\_
  11. \_\_\_\_\_
  12. \_\_\_\_\_

21. List 24 food items where vinegar is found:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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24. \_\_\_\_\_

22. Please list 6 health problems related to using foods that have a combination of oil & vinegar:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

23. Does Vegenaize have oil & vinegar in it? YES or NO

24. Are we counseled against the use of apple cider vinegar? YES or NO

25. What is the highest form of fermentation? \_\_\_\_\_

26. Is apple cider vinegar even higher in fermentation? YES or NO

27. List 10 health problems related to the drinking of CIDER:

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



28. Cider drinking leads to the use of \_\_\_\_\_ drinks.
29. Cider drinking causes the stomach to lose its natural \_\_\_\_\_.
30. Is Cider drinking okay if used in an unfermented state? YES or NO
31. Is Sparkling Cider fermented or unfermented? YES or NO
32. Should Martinelli's sparkling Cider be consumed by health reformers? YES or NO
33. Please list 23 problems caused in the body due to the consumption of fermented cider?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
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  22. \_\_\_\_\_
  23. \_\_\_\_\_
34. What are 6 medical conditions that Science shows are related to Apple Cider Vinegar
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
35. Is there any scientific evidence to confirm there are healing benefits from apple cider vinegar? YES or NO
36. The \_\_\_\_\_ of using apple cider vinegar outweigh the \_\_\_\_\_.
37. Does apple cider vinegar convert into good blood? YES or NO
38. Are we as health reformers to eat items that do not convert into good blood? YES or NO
39. What kind of substances are to be avoided in our food? \_\_\_\_\_
40. A reform in eating would be a \_\_\_\_\_ of expense and \_\_\_\_\_.
41. What should we consume in the place of apple cider vinegar? \_\_\_\_\_
42. Is lemon and water okay to take between meals? YES or NO
43. We may use lemon juice \_\_\_\_\_.
44. What if someone had an addiction to vinegar? How would you help them? \_\_\_\_\_

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45. What would you encourage them to do? \_\_\_\_\_