

NEWSTART + 6 - Nutrition

Cheese & Chocolate

(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}

"...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)

“Abstinance 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 is of but little consequence what we eat...” (CD 198.4)
(CH 151.1)

“It is as truly a sin to violate the laws of our being as it is to break the Ten Commandments. To do either is to break God's laws.” (CTBH 53.1)

THE CONSUMPTION OF CHEESE AND CHOCOLATE ARE RELATED TO MANY DISEASES:

RE: CHEESE

1 Corinthians 10:3 – “Whether therefore ye eat or drink, or whatsoever ye do, do all to the glory of God.”

BIBLE:

Revelation 14:6-7

1 Corinthians 3:16-17

1 Corinthians 6:19-20

“The Lord loves us, and he does not want us to do ourselves harm by following unhealthful recipes.” {CD 297.4}

“...We must be satisfied with pure, simple food...Adulterated substances are to be avoided...” (CD 85.1)

“...Dispense entirely with everything hurtful and to use judiciously that which is healthful...” {Te 138.2}

CHEESE:

- Equals Greatest source of **Animal Fat**.
- Equals #1 source of **saturated fat** in the diet.
- 80% of the **protein in cheese** is **from casein** which = the most powerful cancer promoter.
- **Animal rennet** is used to make most cured cheeses. Rennet comes from the digestive system of animals.
- The **stomachs of pigs** are also **used as rennet**.

SOP:

CHEESE should never be introduced into the stomach. {CD 368.4}

“...CHEESE is still more objectionable; it is wholly UNFIT FOR FOOD.” {CD 368.5}

“...The effect of CHEESE is deleterious...” (CD 236.2)

HOW?

“Children are allowed to eat flesh meats, spices, butter, CHEESE, pork, rich pastry, and condiments generally...

These things do their work of

- deranging the stomach,
- exciting the nerves to unnatural action, and
- enfeebling the intellect.

Parents do not realize that they are sowing the seed which will

- bring forth disease and death.” (CD 350.3)

“...Flesh-meats, butter, CHEESE, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. These things do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect. The blood-making organs cannot convert such things into good blood...” (CTBH 46.3)

THE CONSUMPTION OF CHEESE ALSO CONTRIBUTES TO:

- Cancer
- Clogged arteries
- Colon problems
- Constipation
- Diabetes
- Heart disease
- High cholesterol
- Obesity
- Polyps
- AND MORE

OTHER FACTS ABOUT CHEESE:

- The **drawbacks** of cheese **outweigh the benefits**
- Is a **putrefied product**
- Is **rotten milk**
- Is **high in bacteria**. Fresh cheese can contain as much as **90,000 to 140,000 microbes**
- Some cheeses are **bleached**
- Some have **synthetics added**
- Some **harmful dyes** are used to dye some cheese
- Contains **casein**
- Very **difficult to digest**
- The average American today consumes 26 pounds each year
- In 1910, the average American only ate 5 pounds

FROM THE PIONEER SECTION OF THE EG WHITE CD ROM:

“Cheese is not a suitable food for man. While it contains desirable food elements these have associated with them undesirable substances which are irritating, and produce a feverish state of the system.” {May 30, 1909 WASE, GCB 217.19}

"We may take FOOD THAT IS ALREADY POISONOUS, SUCH AS CHEESE, for instance. A very small piece of CHEESE contains millions of germs and germ poisons. It is simply decayed milk." {February 11, 1895 N/A, GCB 92.1}

"CHEESE always contains germs in great numbers. When six weeks old, a bit of CHEESE as large as grain of wheat contains thousands of germs. The germs increase as the cheese becomes older." {February 15, 1895 N/A, GCB 170.9}

"The capabilities of the body to destroy germs are limited; and when that limit is passed, we fall a prey to disease. Now if we persist in taking in food and drink that are filled with germs, such as meat and CHEESE and unsterilized milk and butter may we not expect that when a severe strain is brought upon us, or when some contagious disease is prevalent, the body will be so overtaxed that we shall not be able to resist an attack? If the antiseptic powers of our bodies are taxed all the time to their utmost capacity, we are entirely unprepared for an emergency. The body can offer little or no resistance to disease." {February 17, 1895 N/A, GCB 184.1}

'But says one, "I have eaten CHEESE all my life, and it never hurt me." If you have not been able to notice the injurious effects of it, it is because your liver has been able to destroy the poison. These injurious practices may sometimes be carried on for a long time, but there comes a time by and by when the over-worked system fails, and the health is gone.' {February 11, 1895 N/A, GCB 92.2}

"CHEESE is always more or less difficult of digestion, besides being frequently colored by poisonous substances, as annato, arsenic, etc. ..." {1868 JNL, HBH 190.6}

"No, thank you, I'll take no CHEESE. I like it, but it does not like me." How often we hear people talk so about some article of food or another! Things that please the palate do not suit the stomach, and to eat them means the pain and distress of a sharp indigestion..." {August 24, 1903 EJW, BEST 414.2}

"Prosecuting Attorney Richolson has received a letter from a leading firm of wholesale cheese dealers, calling his attention to the vast amount of adulteration by the cheese manufacturers. The letter states that there are 100 or more cheese manufacturers in this State who are making adulterated cheese, filled with lard, neutral, cotton seed, and other oils. The complaint is made that the market is being flooded with this stuff, which is made in close imitation of the best creamery and dairy products." {October 26, 1888 EJW, SITI 656.20}

"A man once came to me, and said: If the stomach has to disinfect the food, why not eat cheese, if you have plenty of gastric juice to disinfect it with? But if the stomach makes gastric juice to render wholesome, ordinary food, it ought not to have the extra burden of unwholesome food; and if this be long continued, of course the stomach will thereby be weakened." {February 19, 1897 N/A, GCDB 93.4}

"The Sabbath is not a day in which we can talk about farms, butter, and CHEESE, and many other worldly things. Brethren and sisters, shall we honor God by not speaking our own words on his holy day?" {1864 DTB, SLH 134.3}

SISTER WHITE DIDN'T USE CHEESE AS FOOD FOR YEARS:

"In regard to CHEESE, I am now quite sure we have not purchased or placed on our table cheese for years. We never think of making cheese an article of diet, much less of buying it." (CD 370.1)

“Our fare is simple and wholesome. **We have on our table no** butter, no meat, no **CHEESE**, no greasy mixtures of food...” (CD 491.1)

EDUCATE AND SHOW THE EVILS OF USING SUCH FOOD AS THIS:

“The question whether we shall eat butter, meat, or **CHEESE**, is not to be presented to anyone as a test, **but we are to educate and to show the evils of the things that are objectionable...**” {3SM 287.1}

WHY SOME OF GOD’S PEOPLE STILL EAT IT:

“...**Your responsible men in the Office are not reformers. They eat** meat, butter, **CHEESE** and rich pie and cake...” (PH011 76.1)

WHAT HAPPENED WHEN SERVED AT CAMPMEETING:

“**Years ago I had a testimony of reproof for the managers in our camp meetings bringing upon the ground and selling to our people CHEESE and other hurtful things...**” {CD 329.1}

“When we commenced the camp meeting in Nora, Illinois, **I felt it my duty to make some remarks in reference to their eating. I related the unfortunate experience of some at Marion, and told them I charged it to unnecessary preparations made for the meeting... Some brought CHEESE to the meeting, and ate it; although new, it was altogether too strong for the stomach, and should never be introduced into. It was decided that at a certain camp meeting, CHEESE should not be sold to those on the ground; but on coming to the ground, Doctor Kellogg found to his surprise that a large quantity of CHEESE had been purchased for sale at the grocery. He and some others objected to this, but those in charge of the grocery said that the cheese had been bought with the consent of Brother -----, and that they could not afford to lose the money invested in it. Upon this, Doctor Kellogg asked the price of the CHEESE, and bought the whole of it from them. He had traced the matter from cause to effect, and knew that some foods generally thought to be wholesome, were very injurious.**” (CD 369.2-.3)

A POWERFUL QUOTE:

“The Sabbath is not a day in which we can talk about farms, butter, and **CHEESE**, and many other worldly things. Brethren and sisters, shall we honor God by not speaking our own words on his holy day? {1864 DTB, SLH 134.3}

SOP ABBREVIATIONS:

11MR = Manuscript Releases, Volume 11
3SM = Selected Messages, Volume 3
5MR = Manuscript Releases, Volume 5
7T = Testimonies for the Church, Volume 7
CD = Counsels on Diet & Foods
CG = Child Guidance
CH = Counsels on Health
CTBH = Christian Temperance and Bible Hygiene
GCDB = General Conference Daily Bulletin
KC = Kress Collection
LDE = Last Day Events
LLM = Loma Linda Messages
MH = Ministry of Healing
MM = Medical Ministry
PH011 = Pamphlet 11
PP = Patriarchs and Prophet

*****Now We Are On The Subject Of Chocolate...**

CHOCOLATE IS A VERY ACIDIC FOOD:

“If people drank only at the right time, there would be far less drinking of substances that are injurious; for **IT is a fact that the greater portion of the tea, coffee, CHOCOLATE, etc., which ought never to be drunk...**”
{August 24, 1899 EJW, PTUK 541.8}

“But you drink cocoa and chocolate?” {September 20, 1900 EJW, PTUK 608.8}

No; I have no use for them; for while they contain a little food, they contain more that is injurious.”
{September 20, 1900 EJW, PTUK 608.9}

“The chief inspector of foods and drugs for the county of Durham says that many cheap chocolate sweetmeats contain paraffin wax, which has a tendency when eaten to bring on appendicitis. The absolutely safe way is never to eat composite things of any kind...” {October 16, 1902 EJW, PTUK 669.2}

CHOCOLATE CAUSES THE FOLLOWING PROBLEMS:

- Agitation
- Anxiety
- Depression
- Discomfort
- Respiratory
- Endocrine/Hormonal
- Fatigue
- Fluid Retention
- GI Problems
- Headaches
- Heart Disease
- Imperfect Balance
- Insomnia
- Irritability
- Palpitations
- Restlessness
- Tachycardia
- Tremors
- Vertigo
- Cancer

SOME FACTS ABOUT CHOCOLATE (from Gwen Shorter’s book ‘Shorter’s Health Manual’ pages 86-87)

- Chocolate is the solid, semi-plastic food prepared by finely grinding cocoa.
- Chocolate must have a minimum of 50% fat.
- Chocolate must have a large amount of sugar and milk added to make it palatable and mask bitterness
- Chocolate contains tannins, which have been implicated in certain cancers of the digestive tract
- Caffeine content may be as high as 112 milligrams per cup of cocoa beverage
- Chocolate may interfere with calcium absorption

- Chocolate must be fermented for 3-8 days at which time (peak fermentation) concentrates of bacteria and molds are present (aflatoxin – the cancer producing agent in the molds of cocoa beans). Fermentation produces the chocolate flavor.
- In the tropical regions in which it grows and while fermenting, chocolate is ravaged with insects, rodents, and small animals and many types of contamination may occur.
- Finally, in a booklet published by the United States Department of Health, Education and Welfare entitled, “The Food Defect Action Levels,” a specifications listing of “current” levels for natural or unavoidable defects in food “lists the natural defect levels in chocolate in the form of “insects, rodent, and other natural contaminants” that are allowable by the Food and Drug Administration. Allowed in Chocolate and chocolate liquor used in the manufacture of such products as chocolate bars, up to 120 insect fragments per cup or two, and rodent hairs per cup.
- Four percent of cocoa beans may be infested with insects and still carry the blessing of the FDA. Visible or solid animal excreta must not exceed 10 milligrams per pound. For chocolate powder or pressed cakes, there must not be more than 75 insect fragments in 3 T. of powder.

USE CAROB IN THE PLACE OF CHOCOLATE!!!

Non-Dairy, Non-Chocolate Pudding Recipe:

- 2 small ripe avocados
- 1/3 to ½ c. honey
- ¼ c. carob powder
- 2 T. coconut milk or rice milk
- Pinch of salt
- Pinch of cinnamon substitute (1/2 coriander + ½ cardamom) (optional) (I don't use this)

*****Make sure the avocados are ripe, otherwise it will change the flavor. Place ingredients in a high-powered blender or food processor and blend on high until smooth. Chill until serving. Double the recipe for an amazing icing or pie filling. Makes about two cups.**

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

NEWSTART +6 - Nutrition
Cheese & Chocolate
(Questions)

1. _____ should be given on proper diet.
2. The curse _____ shall not come.
3. The cause which I knew not, I _____ out.
4. Our food should be plain and free from all _____ elements.
5. _____ from all hurtful food and drink is the fruit of true religion.
6. The _____ should never be given that it is of but little consequence what we eat.
7. The Lord does not want us to _____ ourselves by following unhealthy recipes.
8. We must be _____ with pure, simple food.
9. Adulterated _____ are to be avoided.
10. We should _____ entirely with everything hurtful.
11. What is the greatest source of animal fat? _____
12. Is it the #1 source of saturated fat in the diet? YES or NO
13. 80% of the protein in cheese is from _____.
14. Casein is the most powerful _____ promoter.
15. What type of rennet is used to make most cured cheeses? _____
16. Rennet comes from the _____ system of animals.
17. The stomach of _____ are also used as rennet.
18. Should cheese ever be introduced into the system? YES or NO
19. It is wholly _____ for food.
20. Its effect is _____.
21. Please list 4 things cheese does in the body when children consume this product:
 1. _____
 2. _____
 3. _____
 4. _____
22. Can the blood-making organs convert cheese into good blood? YES or NO

23. Please list 9 other health problems that cheese contribute to when eaten:

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

24. List 11 facts about cheese:

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

25. Is cheese suitable for man? YES or NO

26. Cheese produces a _____ state in the system.

27. Cheese is poi_____.

28. A very small piece of cheese contains millions of _____ and germ poisons.

29. When six weeks old, a bit of cheese as large as a grain of wheat contains _____ of germs.

30. The germs _____ as the cheese becomes older.

31. The capabilities of the body to destroy germs are _____.

32. What should we say to one who says they have eaten cheese all their life and it has never hurt them?

33. Cheese is difficult of d_____.

34. Cheese is _____ by poisonous substances, such as _____ and ars_____.

35. Things that please the _____ do not suit the stomach.

36. For some, eating cheese causes _____ and distress of a sharp indigestion.

37. There is a vast amount of _____ by the cheese manufacturers.
38. Should we talk about food items upon the Sabbath unless we are doing a health presentation?
YES or NO
39. Did Sister White use cheese for food after receiving the light on the health message? YES or NO
40. When was the only time she used it after that? _____
41. Should we educate and show the evils of using cheese? YES or NO
42. Why do some of God's people still eat this article of food? _____
43. Should cheese be served at our church meetings or camp meetings? YES or NO
44. If it is, what should God's people do about it? _____
45. Chocolate is a very _____ food.
46. Should chocolate be drunk in any form? YES or NO
47. While cocoa and chocolate contain a little food, they contain more that is _____.
48. Many cheap chocolate sweetmeats contain paraffin _____.
49. Paraffin wax was a tendency, when eaten, to bring on appendicitis.
50. Please list 20 health problems related to the consumption of chocolate.
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
 11. _____
 12. _____
 13. _____
 14. _____
 15. _____
 16. _____
 17. _____
 18. _____
 19. _____
 20. _____