**Simple Two Month Program**

***Website:*** [Healthy Christian Living - Living by the Blueprint](https://livingbytheblueprint.com/)

**DAY 1-2 – NO FOOD**

**DAY 3-4 – FRUIT ONLY – Grapes one day, apples the next**

**Day 5 – ADD** **WHOLE GRAIN CARBOHYDRATES** **TO THE DIET**

**DAY 6-30 –** **ADD VEGETABLES and PROTEIN TO THE DIET**

**IF YOU CANNOT DO A NO FOOD FAST:**

**DAYS 1-2 – FRUIT ONLY**/ 3 X DAY (apples and red grapes are the best for this fast) only do apples or grapes in the day, but not both – if you choose apples, it would be one type of apple for breakfast, another type for lunch, and another type for the 3rd meal. The same goes for if you choose the grapes. Also if you choose apples for your first day, grapes should be eaten the 2nd day and vice versa.

**DAY 3 –** **INCLUDE WHOLE GRAIN** **CARBOHYDRATES**

**DAY 4 –** **INCLUDE VEGETABLES**

**DAY 5 –30** **ADD PROTEIN –** Go to a regular diet including **ALL THE PLANT BASED FOOD GROUPS** with protein as well. **INCLUDE ALL THE FOOD GROUPS** (fruit, vegetables, nuts, grains, seeds).

**IF YOU ONLY WANT TO FAST ONE DAY AND EAT FRUIT THE NEXT DAY:**

**DAY 1 – NO FOOD**

**DAY 2 – FRUIT ONLY**

**DAY 3 –** **ADD WHOLE GRAINS** TO THE DIET

**DAY 4 –** **ADD** **VEGETABLES & PROTEIN** TO THE DIET

**DAY 5 –** Go to regular diet including **ALL THE PLANT BASED FOOD GROUPS** with protein as well this is the regular, complete healthy diet…include all the food groups (fruit, vegetables, nuts, grains, and seeds.

**NO MSG, Aspartame, Soy Sauce,** **Vinegar,** **Preservatives, Additives, Food Coloring, Etc.**

**DO NOT eat any fried or greasy food**

**NO MORE THAN 3-4 DISHES PER MEAL**

**DO NOT take your food in liquid form** (Smoothies are not suggested on any healing program)

**NO Condiments, Spices, and Complicated Mixtures**

**NO RICH FOOD**

**NO FRIED FOODS**

**DO NOT MIX FRUITS AND VEGETABLES**

**IF you eat a 3rd meal, make sure it is only fruit & toast or some other grain. be sure it is eaten at least 3 hours before bedtime, going to bed no later than 9:00 PM. (info below)**

**DRINK proper amount of WATER** (see below)

**UPON WAKING UP:**

**DRINK 16 oz. HOT WATER** (or normal temp if you can’t handle hot) **WITH THE JUICE OF 1-2 LEMONS**

**\*\*\*Be sure this is drunk within 1 hour…SIPPING not gulping.**

**WATER – YOU ARE NOT DRINKING ENOUGH – YOU ARE VERY DEHYDRATED!!!**

Most people believe they drink enough water, unfortunately they don't. And as a result, **approximately**

**85-90% of people are dehydrated.** They either do not drink enough water or they are **not drinking it properly.**

That's right!!! **THERE'S A RIGHT WAY AND A WRONG WAY OF DRINKING WATER.**

Therefore, to ensure that people are not only getting enough water, but that they are drinking it the right way.

**Upon arising,** adults should **drink 16 oz. of water** adding the juice of 1-2 lemons. This is to replace the fluid that everyone loses while sleeping and, in the morning when using the restroom.

**I did the formula for you and you need 120 oz. of water per day PLUS the 16 oz. in the morning with FRESH lemon juice in it.** **Then every HOUR you will need 8.6 oz. of water based on 14 hours you should be awake after your first hour of drinking lemon water and subtracting an hour before going to bed. So, 8.6 ounces of water every hour. PLAIN, PURE water -- you may add lemon juice.**

**By drinking water this way, you are not only getting enough of it, you are also drinking it properly.** Most people wait a couple of hours before they even take their first drink of water for the day. **This causes dehydration. By drinking the right amount of water every hour, you are helping your body to absorb and store the water instead of helping it to be flushed out.**

You said you **GULP your water** which is NOT good! You also said you didn’t know the difference between **SOFT HARD** water, so here is some info:

**SOFT WATER –** has very light minerals it’s what you find in the running Springs in the mountains. **It does not neutralizer hydrochloric acid in your stomach like alkaline water does.**

**HERE'S THE THING**

The PH of the water determines if the water is acidic or alkaline...anything less than 7 is acidic.

Pure soft water is around 7.

Alkaline water is around 9.

9 is too high.

7 is perfect because it's just a fraction above acidic - which is what it needs to be, so the Hydrochloric Acid is not diluted.

**DEEP BREATHING EXERCISES – DO DAILY**

**A GOOD PROPER BREATHING TECHNIQUE IS AS FOLLOWS:**

**Breathe in through your nostrils as much as you can,** hold to the count of 10, **exhale through your mouth.** **Do 5 SETS EVERY MORNING...**BE SURE that when you inhale through your nose, your stomach expands and not the other way around. **Most adults breathe improperly.**

**“The one who sits and stands erect is more likely than others to breathe** **properly.** The one who sits and stands erect is more likely than others to breathe properly.... **Impress...the importance of deep breathing... and while the importance of deep breathing is shown, the practice should be insisted upon.** Let exercises be given which will promote this and see that the habit becomes established.” {Ed 198.4}

**WHAT DEEP BREATHING DOES FOR THE BODY:**

“Show how the healthy action of the respiratory organs, assisting the circulation of the blood, invigorates the whole system, excites the appetite, promotes digestion, and **INDUCES SOUND, SWEET SLEEP,** thus not only **REFRESHING THE BODY, but SOOTHING AND TRANQUILIZING THE MIND.”** {Ed 198.4}

**30 MINUTES BEFORE BREAKFAST:** **DRINK HERBAL FORMULA DRINK AS FOLLOWS:**

**RED CLOVER –** **Cleans the blood**

**DANDELION ROOT – Cleanses the Liver**

**CHAPARRAL LEAF (Liver) and BURDOCK ROOT (Liver**) or

**HOW TO PREPARE THE TEA:**

* **Put 36 oz. of water into a sauce pot and turn a timer on to 40 minutes.**
* Then turn on the flame on high and put in **2 Tablespoons of each hard herb** (roots, bark, etc.).
* Bring to a fast boil, then turn down on very low and cover.
* When timer goes off, remove from hot burner to another burner that is not hot and then add

 **2 Tablespoons of each herb that is soft.**

* **Put lid on** **pot, and** **steep x 20 minutes.**
* **Strain and drink** **8 oz./3 x day ½ hr. before breakfast, ½ hr. before 2nd meal, and late afternoon.**

**“This is God's method.** **The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped for sudden ailments, have served tenfold, yes, one hundred-fold better purpose, than all the drugs** hidden under mysterious names and dealt out to the sick...” {PC 31.2}

**\*\*\*Herbal Drinks WILL BE INCLUDED in the amount of water intake for the day. So, you would subtract 24 oz. from your 120 oz., leaving you with 96 ounces. Now you will need to drink 6.8 ounces every hour instead of 8.6, and when you are OFF the herbal formula for your week break then you will follow the formula above. (120-96/14)**

 **WE DO NOT WANT TO PUT AN EXCESS BURDEN ON THE KIDNEYS DUE TO THE FOLLOWING QUOTE:**

**“So much liquid taken into the stomach was not healthful...**placed a great **tax upon the kidneys,** and so much watery substance debilitated the stomach.” {CD 105.2}

**WHERE TO GET THE HERBS: (USA, not sure about outside of the Country)**

**Go to your local health food store or anywhere local selling fresh herbs.**

 **OR**

**Go to any of these websites to order.**

[www.sfherb.com](http://www.sfherb.com)

[www.mountainroseherbs.com](http://www.mountainroseherbs.com)

<http://www.pacificbotanicals.com/>

<http://www.emasherbs.com/>

[www.ebay.com](http://www.ebay.com)

**MORNING WALK BEFORE BREAKFAST**

You need to work up to 5-6 days a week for an hour a day. Aim for a minimum **3 miles in 60 minutes**….2 miles can be done before breakfast. It may take a while to get to this goal…if possible, do more. If you can only do 30 minutes for the day, add 3-5 minutes each day. **Recovery is sped up when you are active, especially in walking, according to Medical Science.**

**“MORNING EXERCISE…IS NECESSARY TO A HEALTHFUL CIRCULATION OF THE BLOOD.**

**30 MINUTES BEFORE BREAKFAST:** **DRINK HERBAL FORMULA DRINK**

**BREAKFAST:**

* **3 FRUIT** (fresh is best…canned or jarred fruit without sugar is okay)
* **1 SERVING OF GRAIN** (1 whole grain Bread + 1 whole grain (whole grain pancakes, waffles, hot or cold cereal)
* **2 TABLESPOONS OF SEEDS** (**RAW/NO SALT)** **(Pumpkin, Sesame, Flax, Sunflower, Chia,** **etc.)**

  **OR**

* **CLOSED FIST FULL OF NUTS** (may mix up...can substitute 1 Tbsp. any nut butter instead)
* **EAT ALL RAW FOOD FIRST**
* **NO SECONDS**

**WALK FOR 10-15 MINUTES AFTER BREAKFAST**

**30 MINUTES BEFORE LUNCH:** **DRINK HERBAL FORMULA DRINK**

**SUGGESTION FOR LUNCH:
SALAD (romaine, cilantro, parsley, spinach, endive…add sliced cooked radishes, sliced cooked beets, cooked broccoli, cooked cauliflower, cooked carrots, etc.)** \*\*\*You may add olives to your salad.

**\*\*\*EAT ALL RAW FRUIT FIRST (if having fruit meal)**

**\*\*\*DO NOT ADD ANY FRUIT TO THE SALAD**

**\*\*\*NO COARSE VEGETABLES, THIS INCLUDES NO RAW CABBAGE**

**INCLUDE 1 OR 2 OF THE FOLLOWING GREEN VEGETABLES: (cooked until tender)**

* **Asparagus**
* **Beet Greens**
* **Bok Choy**
* **Broccoli**
* **Brussel Sprouts**
* **Cauliflower**
* **Chinese Cabbage**
* **Collard Greens**
* **Dandelion Greens**
* **Kale**
* **Mustard Greens**
* **Spinach**
* **Turnip Greens**

**OTHER COLORED VEGETABLES** (cooked, not raw) **THAT SHOULD BE INCLUDED WITH THE GREEN VEGETABLES:**

* **Beets**
* **Carrots**
* **Parsnips**
* **Potatoes** (White, Red, Or Purple)
* **Rutabagas**
* **Sweet Potatoes**
* **Turnips**
* **Yams**

**Note: Do NOT mix your vegetables with any fruit, including Tomatoes, Cucumber, Bell Peppers, Zucchini, etc.**

**ONE TO TWO SERVINGS OF WHOLE GRAIN:**

* **Barley**
* **Corn**
* **Millet**
* **Oat Patties**
* **Quinoa**
* **Rice** (green, red, black, wild, brown, basmati, jasmine…NO WHITE RICE)
* **Whole Grain Bread**
* **Whole Grain Pasta**
* And more

**ONE SERVING OF PROTEIN:** (½ cup is sufficient)

* **Beans**
* **Peas**
* **Lentils**
* **Tofu (don’t use more than 2x’s per month)…Be sure the label says ORGANIC or “NON-GMO”**
* **NO SECONDS**

**DO NOT EAT COARSE VEGETABLES RAW -- AND HERE IS WHY:**

**Medical Science is now finding that raw vegetables STEALS IODINE from the body and the ENZYMES ARE NOT RELEASED for proper mineral absorption.**

**COARSE VEGETABLES ARE: Carrots, Cauliflower, Broccoli, Celery, Cabbage, Kale, Collard Greens, all Greens, Parsnips, Radishes, and Turnips. Basically, everything except all types of lettuce and spinach, and Onions.**

**Here's a link about what science says about Iodine and COURSE veggies:**

<http://www.naturalfertilityandwellness.com/how-to-eat-your-veggies/>

**DOCUMENTS ATTACHED AS WELL.**

**ONE SERVING OF WHOLE GRAIN:**

* **Whole grain bread**
* **Whole grain pasta**
* **Corn**
* **Millet**
* **Oat patties**
* **Rice** (green, red, black, wild, brown, basmati, jasmine…**NO WHITE RICE**)
* **Barley**
* **Quinoa**
* And more

**ONE SERVING OF PROTEIN:**

* **Beans**
* **Peas**
* **Lentils**
* **Tofu (don’t use more than 2 x month…BE SURE THE LABEL SAYS OG OR “NON-GMO”**
* **NO SECONDS**

**After your stomach has done its work for one meal,** do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. **FIVE HOURS at least should elapse between each meal…otherwise you MESS UP YOUR digestion AND YOU CAN HAVE GI (digestive) Problems.**

**WALK FOR 10-15 MINUTES AFTER LUNCH**

**2 HOURS BEFORE BEDTIME: --- DRINK HERBAL FORMULA DRINK**

**THINGS YOU NEED TO WORK ON AND OTHER INFO:**

**1. MEAT– The NUMBER ONE thing to give up if you want to get well. Meat is one of the worst things you can eat. See info attached.**

**HOW TO EAT LESS MEAT…Cut amount in 1/2 the first week then the 2nd week cut in half again and do that each week until you are off of ALL flesh food.** **It should not take you more than 3 weeks, 4 at most.**

**2.** **WATER – INCREASE to drink the amount I stated above and put lemon in your morning water. You said you did not sip your water. NEVER GULP your water…sip it; not tiny sips but like ¼ cup or so every 15 min.**

**3.** **MEALS – They need to be 5-6 HOURS APART…. You stated you are eating between 9-10 and 3:30-4:30. You have them spaced properly but they need to be at a set time and not between the hour. Pick a time and stick to it. Here are a few quotes.**

If it falls to your lot to prepare the meals, make careful calculations, and **give yourself all the time necessary to prepare the food,** and **set it on the table in good order, and ON EXACT TIME.** To have the meal ready **FIVE MINUTES EARLIER** than the time you have set **is more commendable than to have it five minutes later….”** {CG 125.2}

**“Regularity in eating is very important for health of body and serenity of mind. NEVER SHOULD A MORSEL OF FOOD PASS THE LIPS BETWEEN MEALS.”** {CTBH 50.1}

“Regularity in Eating and Sleeping.--The importance of **REGULARITY IN** **THE TIME FOR EATING** and sleeping **SHOULD NOT BE OVERLOOKED….”** {CG 363.2}

**Regularity in Eating. --** **IRREGULARITIES IN EATING DESTROY THE HEALTHFUL TONE OF THE DIGESTIVE ORGANS,** **to the detriment of health and cheerfulness.** {CG 387.3}

**You are spacing your meals apart well. DON’T OVEREAT.**

**Don’t consume food three hours prior to bed. Allow your stomach to digest the foods from the meal and sip an herbal tea instead.**

**Chew foods thoroughly. Most people today don’t chew their food enough. Remember, digestion starts in the mouth.**

**NO SNACKING/EATING BETWEEN MEALS EVER. You said you did not eat between meals and that is EXCELLENT. Spacing your meals** **5 HOURS APART from the time you FINISH, or 6 HOURS from the time you START. (5 ½ if done eating in ½ hour)**

**“After disposing of one meal, the digestive organs need rest. At least FIVE OR SIX HOURS should intervene between the meals...”** {MH 304.1}

**“NEVER EAT BETWEEN MEALS. -- The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. . . .”** {CG 389.1}

**“Regularity in eating is very important for health of body and serenity of mind. NEVER SHOULD A MORSEL OF FOOD PASS THE LIPS BETWEEN MEALS.”** {CTBH 50.1}

**Great you are on 2 meals per day. It is best for you to be on 2 meals a day.**

“The practice of eating but **two meals a day is** generally found **a benefit to health;** yet under some circumstances, persons may require **a third meal.** This should, however, if taken at all, **be very light, and of food most easily digested. Crackers--the English biscuit--or zwieback, and fruit, or cereal coffee, are the foods best suited for the evening meal.”** {CD 176.2}

**NO MIXING FRUITS AND VEGETABLES AT THE SAME MEAL**

**No more than 2-3 kinds and 3-4 dishes at one meal.**

**“It is not well to take a great variety of foods at one meal.** When fruit and bread, together with a variety of other foods that do not agree, are crowded into the stomach at one meal, **what can we expect but that a disturbance will be created?”** {CD 111.2}

**“You eat too great a variety at one meal.** **Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results, and the mind is not clear because the digestion is imperfect.**

**You should understand that every organ of the body is to be treated with respect…”**  {CD 112.6}

**“It is not well to eat fruit and vegetables at the same meal.** If the digestion is feeble, **the use of both will often cause distress,** **and inability to put forth mental effort.** **It is better to have the fruit at one meal, and the vegetables at another.”** {CD 112.3}

**a. NO FRIED FOODS….they are very bad for the body. Causes cancer too as the oil is changed when heated and makes it a carcinogenic. Fried foods are never to be eaten. If you want French fries, make your own and bake them.**

“Fruits, grains, and vegetables, **prepared in a simple way,** **FREE FROM** spice and **grease of all kinds,** make…the most healthful diet. They impart nourishment to the body and give a power of endurance and a vigor of intellect that are not produced by a stimulating diet.” {CG 380.2}

**b. NO EATING PROCESSED FOODS – The term 'processed food' applies to any food that has been altered from its natural state in some way, either for safety reasons or convenience. Anything that’s been processed may contain added salt, sugar and fat….and it’s NOT going to be the healthy kind.**

**c. DO NOT EAT IN A HURRY. Chew your food well. Chew food in mouth till mush.**

**“Masticate slowly,** and allow the saliva to mingle with the food.” {CTBH 51.2}

**“In order to secure healthy digestion, food should be eaten slowly.** Those who wish **to avoid dyspepsia,** and those who realize their obligation to keep all their powers in a condition which will enable them to render the best service to God, will do well to remember this. **If your time to eat is limited, do not bolt your food, but eat less, and masticate slowly.**

The benefit derived from food does not depend so much on the quantity eaten, as on its thorough digestion; nor the gratification of taste so much on the amount of food swallowed, as on the length of time it remains in the mouth. **Those who are excited, anxious, or in a hurry, would do well not to eat until they have found rest or relief; for the vital powers, already severely taxed, cannot supply the necessary digestive fluids….”** {CTBH 51.4}

**“MANY EAT TOO RAPIDLY.** Others eat at one meal food which does not agree. **If men and women would only remember how greatly they afflict the soul when they afflict the stomach, and how deeply Christ is dishonored when the stomach is abused,** they would be brave and self-denying, giving the stomach opportunity to recover its healthy action. While sitting at the table we may do medical missionary work by eating and drinking to the glory of God.” {CD 111.3}

**d. READ LABELS – YOU MUST BECOME A LABEL READER, so you know what you are putting in your body. There are hidden names of MSG, additives, preservatives, and all kinds of bad ingredients in our food.**

**4. SUNSHINE – You said you got 1 hour of sunshine one day and 35 minutes the next. and that is not enough. You need to be outside at least an hour a day…otherwise you will be Vitamin D deficient….see document attached on SUNSHINE. Even if it is cloudy you WILL still get the benefits from the sun. Best to go out before 12 noon but no later than 1 pm in summer… be sure you dress warm in the winter as ONLY your face or hands need to be exposed to get the proper amount of sunlight.**

**5.** **DO DEEP BREATHING EXERCISES – You said you did NOT do this and you need to be doing this. Are you breathing properly when doing these? – Stomach OUT when inhaling, stomach IN when exhaling….5 sets per day. ONE window needs to be cracked a tiny bit at all times so fresh air comes in your bedroom especially at night.**

**6.** **EXERCISE, WALKING – You said you did exercise 3-4 days per week. You need to be WALKING 60 minutes a day and 5-6 times a week. NEVER RUNNING!!!! Every day is fine too, if you want. If you can’t walk for an hour at one time that is ok, do 20 minutes 3 times a day, or 30 minutes 2 times a day or 15 minutes 4 times a day…BUT you must walk if you want to get well.**

**Exercise is the solution for pretty much every problem in your body, and you will find that doing EXERCISE CAN HELP TO ELIMINATE MANY HEALTH ISSUES. The reason for this is that exercise causes your heart to pump more oxygen-rich blood through your body, and more oxygen means better functioning organs.**

**WHAT TYPE OF EXERCISE IS BEST?**

**“…There is no EXERCISE that can take the place of walking...”** (3T 78.2)

**“There is no EXERCISE that will prove as beneficial to every part of the body as walking…**”-- H. R. {HL 130.2}

**WHY?**

**“WALKING,** **in all cases where it is possible,** **is the BEST REMEDY for diseased bodies,** **because in this exercise all the organs of the body are brought into use.”**  (Testimonies for the Church, vol. 3, p. 78 (1871)

**“…By it the** **circulation of the blood is greatly improved.”** (3T 78.2)

**“A walk…would be** **more beneficial to the health than all the medicine the doctors may prescribe…”** {HL 177.1}

**WHAT ABOUT RUNNING?**

* Medical science is now showing that **running on a regular basis can produce** what is called a **“runners heart”** aka **an ENLARGED HEART.**
* Running on a regular basis can have a **very negative effect on the joints, tendons, ligaments.**
* It’s best for adults to **run when necessary** during a “fight or flight” situation (trying to catch a flight, running from a fire, running from a wild animal, etc.)

**7. You are not eating enough GREENS and you need to eat COOKED GREEN VEGETABLES DAILY. ALL COARSE VEGETABLES (carrots, cauliflower, broccoli, kale, potatoes, cabbage, beets, etc.) NEED TO BE COOKED UNTIL TENDER.**

**DO NOT EAT VEGETABLES RAW: (Cook till tender)**

**This will cause you SEVERE stomach problems.**

**“There are those who try to abstain from what is declared to be harmful. THEY FAIL TO SUPPLY the system with PROPER NOURISHMENT, and as a consequence become weak and unable to work. Thus, health reform is brought to disrepute. The work we have tried to build up solidly is confused with** strange things **that GOD HAS NOT REQUIRED. The energies of the church are crippled.”** {CD 206.2}

“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…” (Ed 204.3)

**RAW VEGETABLES STEALS IODINE from the body and the ENZYMES ARE NOT RELEASED for proper mineral absorption.**

* **“Albumen of vegetable origin is** **BETTER WHEN COOKED...”** {May 7, 1903 EJW PTUK 301.8}

**“A Scotchman** is launching a new form of vegetarianism in Paris. Its members eat and drink nothing but uncooked vegetable foods and natural liquids.” {June 21, 1894 EJW, PTUK 398.13}

**\*\*\*Notice how in 1894, some Scotchman came up with the raw diet in food and drink.** **THIS DID NOT COME FROM ADVENTISTS. If this was the diet for us, God would have given Ellen White that counsel in 1863 when he gave her the health message.**

**MEDICAL SCIENCE AND OTHER EXPERTS** **are saying we need to be cooking coarse (hard crunchy) vegetables to get the proper nutrients, and raw vegetables STEALS IODINE FROM THE BODY and the enzyme is not released for proper mineral absorption….so they NEED to be cooked.**

**Here's 2 links about iodine and course veggies:**

<http://www.naturalfertilityandwellness.com/how-to-eat-your-veggies/>

<http://www.scientificamerican.com/article.cfm?id=raw-veggies-are-healthier>

**“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...**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)

The book HOW TO LIVE is out of print but here is where you can read it for FREE:**<http://www.present-truth.org/7-Health-Secrets-Sem/SOP/HOW%20TO%20LIVE.pdf> **Go to pages 31-33 to see how vegetables are to be cooked.**

**8. YOU NEED TO INCREASE YOUR MAGNESIUM…it is EXTREMELY IMPORTANT for our body.**

**Magnesium – Many people are low in this CRUCIAL NUTRIENT, experiencing a magnesium deficiency without even realizing it. Magnesium relaxes muscles, can help you sleep better, helps deal with stress, and eases digestion.**

**MAKE AND TAKE THIS MAGNESIUM DRINK**

* **HOW TO MAKE A MAGNESIUM DRINK:**

**TAKE A HANDFUL OF EACH: FRESH Spinach, Parsley, Cilantro and put into a blender with a little bit of water. Blend on high for about a minute, strain and drink. DO THIS throughout the day.**

**9. FRESH FRUIT INTAKE: You said you ate NO fresh fruit for one day and apricots raisins another day but raisins are not fresh.** **Brother that is NOT GOOD…you MUST be eating 3 pieces of FRESH fruit per day for your fruit meal. See document attached called what to eat for 2-3 meals. If you have a banana that counts as 2 servings.**

**10. BAKING SODA, BAKING POWDER and SPICES – Never eat any of these as they are harmful and cause stomach problems as well. If you are using Baking Powder, Chili Pepper,** **Cayenne Pepper,** **Allspice, Nutmeg, and Cinnamon…STOP as they are harmful.**

**PLEASE READ THE FOLLOWING:**

**BAKING SODA and BAKING POWDER:**

**“The use of soda or baking powder…is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system…”** (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

ˌsaləˈrātəs / 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.**

**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 OK OT EAT AS IT 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 article**s, 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>

**11. WEIGHT – You are OVERWEIGHT for your height. You should weigh 178-199. So, you need to LOSE 41 lbs. By eating a better diet and exercise, this program will help you.**

**12. VINEGAR – NEVER eat it in any form…it is in mayo, Vegenaise, Pickles, Ketchup, Mustard, BBQ Sauce, Salad Dressings, and many other items… ALL of these contain VINEGAR and we are counseled not to eat it. CIDER – We are counseled not to drink it.**

**PLEASE READ THE FOLLOWING:**

**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 spunge, 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 spunge 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>

**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?**

* **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
* Dried Tomatoes, some jarred
* Green Olives, some
* 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
* **Vegenaise**
* 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)
* 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)

\*\*\*Martinelli’s….is a fermented drink…

**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.

**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>

**13. SMOOTHIES – We are NOT to eat our food in a liquid state. You didn’t say you ate these but wanted to share with you about them.**

**NOT TO PATTERN AFTER STEREOTYPED BREAKFAST:**

**“…You will see, as we have in our experience, the** **STEREOTYPED BREAKFAST, --PORRIDGE, AS IT IS CALLED, -- WE CALL IT MUSH, BAKER'S BREAD, AND SOME KIND OF SAUCE…Now those after eating in this kind of way for months, knowing what will appear before them at every meal,** come to dread the hour which should be interesting to them, **as the dreaded period of the day…”** {CD 259.4}

**\*\*\*Note:** This would also include not having a **LIQUID DIET (smoothies)** for breakfast as well such as a shake, smoothie, blended drink, etc.

**Porridge was closer to solid food than juice or smoothies are.** When we read what she says, we need to keep everything in mind where food is made into a liquid state. **If she spoke against porridge so much, surely smoothies would be included.**

Although the Bible does not say **DO NOT SMOKE,** it does say do not defile the body. And **when the SOP says do not take food in a liquid state, this would include our smoothies and so much vegetable juices as well.**

**“You have educated the stomach to this kind of diet.** This, your judgment has taught you, was the best, because you realized the least disturbance from it. **But this was not a correct experience.** **Your stomach was not receiving that vigor that it should from your food. Taken in a liquid state, your food would not give healthful vigor or tone to the system...you should educate your stomach to bear a more solid diet.”** {CD 105.1}

**\*\*\*Note: Do not have mushes and porridges day after day.**

**\*\*\*Note: Eating solid foods in the morning promote peristalsis which leads to a great movement of the bowels.**

**14. SUPPLEMENTS – STOP TAKING the Vitamins and herbal caps. It is best to get vitamins from your food and herbs in capsules are too concentrated. You will be drinking the tea. NEVER TAKE PILLS,** **they are binders with toxic chemicals…you want to get your nutrition from your FOOD. See attached documents on Supplementation.**

**“All the elements of nutrition are contained in the fruits, vegetables, and grains.”** --R. and H., 1883, No. 19. {HL 78.4}

**15. PROBIOTICS – NEVER TAKE these if you are thinking of it…these are NOT good at all, read the document attached explaining it.**

**16. DRESS – How are you dressing? Are your legs and arms covered at all times? We are counseled in order to have perfect circulation we NEED TO HAVE OUR EXTREMITIES COVERED.**

**“...IT IS IMPOSSIBLE to have health when the extremities are habitually cold;** for if there is too little blood in them there will be too much in other portions of the body. **PERFECT HEALTH REQUIRES A PERFECT CIRCULATION; but this cannot be had while three or four times as much clothing is worn upon the body...as upon the feet and limbs.”** {CH 92.3}

**ARTERIES:**

Arteries are the vessels that take blood from the heart and carry it to all parts of your body. **They tend to be high pressure vessels. They tend to run deep in the tissue.** During external bleeding, the blood in here is bright red.

**VEINS:**

**These are vessels that return the blood to the heart** **so it can be oxygenated by the lungs.**

**They are low pressure vessels.**

**They tend to run on the surface of the body...these are the vessels that you tend to see bulge on the body.** **During external bleeding, the blood in here is dark red.**

\*\*\***BASICALLY, WE HAVE ONE ARTERY FOR EVERY TWO VEINS...One going out for every two coming back**\*\*\*

**2: “The limbs and feet have large veins, to receive a large amount of blood, that warmth, nutrition, elasticity, and strength, may be imparted to them. But when the blood is chilled from these extremities, their blood-vessels contract, which makes the circulation of the necessary amount of blood in them still more difficult...”** {HR, August 1, 1868 par. 16}

**3: “Our Creator has formed the limbs with large veins and vessels to contain a large proportion of blood, that the limbs may be sufficiently nourished and proportionately warm with other portions of the body. But FASHION ROBS THE LIMBS OF COVERINGS, and the life current is chilled from its natural channel and thrown back upon its internal organs...”** {HR, January 1, 1877 par. 7}

**4: HOW DO WE CLOTHE OUR BODIES TO MAINTAIN THIS PROPER CIRCULATION?**

**“Special attention should be given to the extremities,** that they may be as thoroughly clothed as the chest and region over the heart, where is the greatest amount of heat...” (2T 531.2)

**5: “THE LIMBS, which SHOULD HAVE EVEN MORE COVERING THAN ANY OTHER PORTION OF THE BODY,** because farthest from the center of circulation, are often not suitably protected; while over the vital organs, where there is naturally more warmth than in other portions of the body, there is an undue proportion of covering...” (CTBH 89.1)

**6: HOW DO WE EQUALIZE THE CIRCULATION?**

**“In order to equalize the circulation of the blood, the clothing should be equally distributed upon the person, that equal warmth may be preserved in all parts of the body.”** (HR, January 1, 1877 par. 7)

**7:** **WE MUST COVER SUMMER OR WINTER...ALL SEASONS:**

**“...Bare arms and legs and with low-necked dresses...”** {HR, January 1, 1872 par. 2}

**“...We think this mode of dressing must be reckoned as one of the most prominent causes of summer complaints, so called.** **In colder weather, congestion and inflammation of the lungs, congestion and inflammation of the brain, convulsions, etc., will result.** **At all seasons,** **congestion, more or less is caused...”** {HR, January 1, 1872 par. 3}

**8: “the suffering caused among women by unhealthful dress cannot be estimated. Many have become life-long invalids through their compliance with the demands of fashion...”** (CTBH 87.2)

* Breast Cancer
* Cervical Cancer
* Cysts in the Breasts
* Endometriosis
* Fibroids
* Painful cycles
* PMS
* Tumors in the Breasts
* And so MUCH MORE

**9: “The extremities are chilled, and the heart has thrown upon it double labor, to force the blood into these chilled extremities;** and when the blood has performed its circuit through the body, and returned to the heart, it is not the same vigorous, warm current which left it. It has been chilled in its passage through the limbs.

**The heart, weakened by too great labor and poor circulation of poor blood,** is then compelled to still greater exertion, to throw the blood to the extremities **which are never as healthfully warm as other parts of the body. THE HEART FAILS IN ITS EFFORTS...”** (HL 124.4)

* Fullness in Chest
* Headaches
* Heart Failure
* Irritation and Restlessness
* Nosebleeds
* Palpitations of the Heart
* Shortness of Breath

**LET US REMEMBER THE FOLLOWING:**

“In health and in sickness, **PURE WATER IS ONE OF HEAVEN'S CHOICEST BLESSINGS...IT IS THE BEVERAGE WHICH GOD PROVIDED TO QUENCH THE THIRST OF ANIMALS AND MAN. Drunk freely, IT...ASSISTS NATURE TO RESIST DISEASE...”** {CD 419.1}

**KEEP THE FOLLOWING IN MIND:**

“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}

“In case of sickness, **the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected.** Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.” {MH 127.1}

**18.** **SUGAR – We are never to use any refined sugar; it is not good for the body.**

**BROWN SUGAR is just white sugar with molasses added for color.**

**Stevia...please read this:** <http://coconutresearchcenter.org/hwnl_15-1.htm>

**Erythritol is not healthy either…you never want to use any of those FAKE sugar sweeteners.**

**SOP:**

**“...SUGAR...**We know that a free use of these things is positively **injurious to health,** and, in many cases, we think that if they were not used at all, a much better state of health would be enjoyed...” {3T 21.1}

**“...From the light given me,** **SUGAR, when largely used, is more injurious than meat...”** {TSDF 121.2}

**“SUGAR IS NOT GOOD FOR THE STOMACH, IT CAUSES FERMENTATION AND THIS CLOUDS THE BRAIN** and brings peevishness into the disposition.” {CD 327.1}

**“Sugar clogs the system. It hinders the working of the living machine.”** {TSDF 121.1}

**SOME FACTS:**

**1:** Approximately 200 years ago, Americans on average consumed 14 pounds of sugar each year per person.

 **Today, the average is ¼ -½ lb. of sugar every day.** That's about 90 to 180 lbs. of sugar we put in our

 bodies every year.

**2:** There are **120 teaspoons in every pound of sugar.** ½ lb. = 60 teaspoons ¼ lb. = 30 teaspoons

**3.** **Americans** on average **swallow** about **22 teaspoons** of sugar minimum **per day.**

**4.** In many **children, 20-40% of their daily caloric intake comes from sugar.**

 (The top 20 percentile are eating 40% of their calories from sugar)

**5.** The **foods** that contain the **most sugar** are: **Soft drinks,** followed by **candy, cakes, cookies** and **pies.**

**6.** A **12 oz. regular soft drink** contains **10 teaspoons of sugar.**

**7.** **Six teaspoons of sugar = 100 added extra calories.**

(According to the W.H.O., total sugar in the diet from fruits, vegetables and added sugars, including honey, should not make up more than 10% of total caloric intake. For a 2000 caloric intake, this represents 200 calories from sugar (12t. / 4T.)

 **8.** (Men) **Do not eat sugar many hours before a blood test**...It can decrease the testosterone levels by 25%.

 **9.** **Brown Sugar is nothing more than White Sugar** mixed with Molasses to make it brown.

**10.** **Fructose is very unhealthy too.** (Eliminate white products)

**HOW WHITE SUGAR IS MADE**

**“WHITE” SUGAR IS CREATED IN A COUPLE OF WAYS.**

Mill white sugar is the result of sulfur dioxide being introduced to the cane juice before evaporation. It effectively **bleaches the mixture.**

In the production of refined white sugar, which is the most common product in the Western world, the raw sugar syrup is mixed with a heavy syrup and run through a centrifuge again to take away the outer coating of the raw sugar crystals.

Phosphoric acid and calcium hydroxide are then added to the juice which then combine and absorb or trap impurities. Alternatively, carbon dioxide is used to achieve the same effect.

<http://www.sucrose.com/learn.htm>

**SCIENTIFIC NAMES OF SUGAR: HIDDEN NAMES OF SUGAR:**

* Agave Nectar
* Barbados Sugar
* Barley Malt
* Beet Sugar
* Brown Sugar
* Buttered Syrup
* Cane Crystals
* Cane Juice Crystals
* Cane Sugar
* Caramel
* Carob Syrup
* Castor Sugar
* Confectioner’s Sugar
* Corn Syrup
* Corn Sweetener
* Corn Syrup Solids
* Crystalline Fructose
* Demerara Sugar
* Dextrin
* Dextran
* Dextrose
* Diastatic Malt
* Diatase
* D-Mannose
* Evaporated Cane Juice
* Ethyl Maltol
* Florida Crystals
* Free Flowing
* Fructose
* Galactose
* Glucose Solids
* Golden Sugar
* Golden Syrup
* Granulated Sugar
* Grape Sugar
* Grape Juice Concentrate
* HFCS
* High-Fructose Corn Syrup
* Icing Sugar
* Invert Sugar
* Lactose
* Malt Syrup
* Maltodextrin
* Maltose
* Mannitol
* Muscovado Sugar
* Panocha
* Refiner’s Syrup
* Rice Syrup
* Sorbitol
* Sorghum Syrup
* Sucrose
* Sugar
* Syrup
* Table Sugar
* Treacle

**YELLOW SUGAR**

<http://articlesunlimited.holisticnetworkexchange.com/hidden-sugar-in-foods.html>

**HEALTH DANGERS OF CONSUMING SUGAR**

 **1. Elevates Blood Pressure**

 **2. Elevates Triglycerides And LDL**

 **3. Causes A Depletion of Vitamins And Minerals**

 **4. Responsible In The Formation Of Gout**

 **5. Heart Disease (Clogs Arteries)**

 **6. Liver Damage**

 **7. Eye Problems/Damage**

 **8. Diabetes Worsened**

 **9. It Compromises The Immune System**

**10. It Fuels Tumor Growth**

**11. Makes The Blood Acidic**

**12. Depletes The Body Of B-Vitamins Causing Nervousness And Irritability And A Lack Of Mental Function**

**13. Decreases Energy Levels**

**14. Increases Bacteria Build Up In The Body**

**15. Increases Chance of Infection**

**16. Causes Obesity**

**17. Cancer**

**18. Candida Albicans**

**19. Tooth Decay**

**20. ADD/ADHD**

**21. Causes Strokes**

**22.** **And Much more**

**LINKS REGARDING FACTS ABOUT SUGAR:**

<http://articles.mercola.com/sites/articles/archive/2010/04/20/sugar-dangers.aspx> **(A MUST READ)**

<http://healthypets.mercola.com/sites/articles/archive/2010/01/26/Sugar-May-BeBad-But-This-Sweetener-Is-Far-More-Deadly-Part-2.aspx> **(THIS IS A MUST READ)**

<http://www.kitchentablemedicine.com/how-much-sugar-do-americans-consumeeach-year-each-day/>

<http://www.healthtruthrevealed.com/articles/09324117406/article>

<http://www.aolnews.com/health/article/study-in-singapore-links-sugary-softdrinks-and-pancreatic-cancer/19348936?icid=main>

<http://www.greenlivingtips.com/articles/73/1/White-sugar-vs-raw-sugar.html>

<http://commonsensehealth.com/Diet-and-Nutrition/List_of_Sugar_Names_and_Sugar_Facts.shtml>

**BROWN SUGAR**

<https://en.wikipedia.org/wiki/Brown_sugar>

**VIDEOS ABOUT THE DANGERS OF CONSUMING SUGAR:**

**#1: Sugar Dangers by Dr. Richard Johnson**

 <http://www.youtube.com/watch?v=OOJ3SiRj4AQ> (Part 1)

 <http://www.youtube.com/watch?v=leZzLs2_Ut8&feature=related> (Part 2)

 <http://www.youtube.com/watch?v=EsLqtYa26GE&feature=related> (Part 3)

**#2: Sugar: The Bitter Truth by: Robert H. Lustig M.D.**

 <http://www.youtube.com/watch?v=dBnniua6-oM>

**19. Coffee – Drinking this is very bad for your health …Please read about drinking coffee below.**

**TEA AND COFFEE DRINKING IS A SIN:**

**“Tea and coffee drinking is a sin,** an injurious indulgence, which, like other evils, injures the soul. These darling idols create an excitement, a morbid action of the nervous system.” {CD 425.3/Te 80.1}

**“Abstain from fleshly lusts, which war against the soul,”** is the language of the apostle Peter. **Many regard this warning as applicable only to the licentious; but it has a broader meaning. It guards against every injurious gratification of appetite or passion. It is a most forcible warning against the use of such stimulants and narcotics as tea, coffee,** tobacco, alcohol, and morphine. **These indulgences may well be classed among the lusts that exert a pernicious influence upon moral character…”** {CD 62.5}

**WHY?**

**ILL EFFECTS ON THE MIND:**

* Brain activity greatly lessened (CH 441)
* Brain benumbed (4T 365)
* Brain injured (CD 402)
* Degeneration of the mind (CH 49)
* Depression (CH 463.1)
* Intellect beclouded (CD 426)
* Mental power ruined (CD 421)

**ILL EFFECTS ON THE MORAL AND SPIRITUAL:**

* Development of spiritual powers hindered (CD 402)
* Injures the soul (CD 425.3)
* Sense of sacred things is perverted (CD 428-429)
* Souls finer sensibilities benumbed (3SG 116)
* Tongues loosened (CD 423)
* Worship of God hindered (CD 426)

**ILL EFFECTS ON THE BODY:**

* Body organs injured (CD 402)
* Causes anemia
* Depression (CH 463.1)
* Digestive organs injured (CH 463)
* Diseases of every kind produced (CD 421)
* Dizziness (Te 81)
* Dyspepsia (CH 111-112)
* Headaches (MH 326)
* Heart action increased (rapid heart rate) (MH 326)
* Heart palpitations (MH 326)
* Human system excited (nervousness)(2T 65)
* Human system injured (CD 426)
* Indigestion (MH 326)
* Irritability (Te 81)
* Life Forces worn away (CD 421-422)
* Many illnesses (MH 326)
* Nerves shattered (CD 421-422)
* Nervousness (Te 81)
* Numbness (Te 81)
* Skin sallow and lifeless in appearance (CH 111-112)
* Steal B vitamins from the body
* Stomach nerves excited (MH 326)
* Stomach ruined (CD 411)
* The appetite for intoxicating liquor fostered (3T 569)
* The appetite for stronger stimulants fostered (CD 429-430)
* The appetite for tobacco fostered (3T 569)
* The feeling for drugs is needed (CH 261)
* Trembling (MH 236)
* Unnatural appetite (2SM 420)

**GIVE COFFEE SUBSTITUTE INSTEAD:**

**“Neither tea nor coffee should be served. Caramel cereal, made a nicely as possible, should be served in the place of these health-destroying beverages.”** {CD 431.3}

**MAY HAVE CEREAL COFFEE:**

**“…cereal coffee…”** {MH 321.1}

* Cafix
* Pero
* Postum
* Roma
* Teeccino

**MAY HAVE CEREAL COFFEE FOR EVENING MEAL:** (before 6:00 pm)

**“…Cereal coffee,** are the foods best suited for the evening meal.”{MH 321.1}

**PROBLEMS FROM DRINKING COFFEE**

**HEART ATTACK**
An extensive study by Dr. Hershel Jick of the Boston University Medical Center indicates that **those people who drink 1 to 5 cups of coffee per day** are likely to have a **60% greater risk of heart attacks.** Those people drinking 6 or more cups per day appear to have a 120% greater risk than do those who abstain.

The American Physical Fitness Research Institute reports: **“A positive correlation has been found between coffee intake and blood cholesterol levels in coronary patients.”**

**CANCER**
**According to scientists** from the Department of Epidemiology, and Kresge Center of Environmental Health at Harvard University, “About 25% of the bladder cancer in men, and about 49% of the **bladder cancer** in women **could be due to coffee drinking.”**

**BIRTH DEFECTS**
National syndicated columnist Jack Anderson reported that “A University of Illinois team found that **too much caffeine could cause birth complications.**

Of the 16 pregnant women who drank 6 to 8 cups of coffee per day, all but one had nasty consequences.”

“In addition,” he wrote, “another team of scientists, this one at the University of Washington, has come up with corroborative findings.”

**CAFFEINE IS IN COFFEE AND TEA**
**Coffee contains 100 to 150 milligrams of caffeine per cup,** and commercial tea has about 90 milligrams per cup. Besides caffeine, tea also contains tannic acid, which is used in the hardening of leather.

**DECAFFEINATED COFFEE IS NOT THE ANSWER**
**Methylene chloride is the substance used to decaffeinate coffee.** It introduces the same carbon-to-chloride bond into the body that is **characteristic of many toxic insecticides.**

**WHAT ABOUT SODAS?**
Many sodas also have caffeine added to them to give the drinker a “lift”. **The amount of caffeine contained in sodas is between 60 mg to 120 mg per 12 ounces.** In addition to caffeine, sodas contain huge amounts of refined sugars—up to 12 teaspoons of sugar in just 12 ounces of soda! **“Sugar-free” sodas are no better, as they contain the chemical aspartame, which is linked to migraine headaches, seizures and even cancer.**

Caffeine **increases heart rate** and affects the skeletal form so it can hunch you over.

Caffeine will **double the risk of miscarriage** by just drinking 3 cups.

Caffeine **affects our minds.**

Caffeine is an **artificial stimulant.**

Caffeine **exhausts adrenal glands.**

Caffeine **depletes serotonin.**

Caffeine is a **temporary fix and you will pay the price** in the long run.

**Caffeine is a DRUG.**

**Animals that eat the caffeine plant will die.**

There are acids and harsh oils in coffee that **affect the brain and central nervous system.**

**“Coffee is a hurtful indulgence.** It temporarily **excites the mind** to unwonted action, but **the aftereffect is sad** --prostration and exhaustion of the physical, mental, and moral forces. The mind becomes enervated, and unless through determined effort the habit is overcome, **the activity of the brain is greatly lessened.”** CH 441.4

“In relation to tea, coffee, tobacco, and alcoholic drinks, **the only safe course is to touch not, taste not, handle not.** The tendency of tea, coffee, and similar drinks **is in the same direction as that of alcoholic liquor and tobacco, and in some cases the habit is as difficult to break as it is for the drunkard to give up intoxicants.** Those who attempt to leave off these stimulants will for a time feel a loss, and will suffer without them. But **by persistence they will overcome the craving,** and cease to feel the lack. Nature may require a little time to recover from the abuse she has suffered; but give her a chance, and she will again rally, and perform her work nobly and well.” CD 430.1

**MORE INFO ON COFFEE:**

* Coffee cultivation first take place in Arabia
* Coffee is somewhat acidic (pH 5.0-5.1)
* The first evidence of coffee drinking appears in the middle of the 15th century
* Is **extremely high in caffeine**
* Has a **very negative effect on the nervous system**
* **Excites the system,** but does not nourish it
* Is **very addicting**

**TYPE OF DRINK MG OF CAFFEINE (minimum, can have more)**

Soft drinks 35 mg

Tea, caffeinated 50 mg

Coffee, instant 75 mg

Energy drinks 100 mg

Coffee, brewed 115 mg

**WHAT TO DO WHEN GIVING THESE THINGS UP:**

“I have a message from the Lord for the tempted soul who has been under the control of Satan, but who is striving to break free. **GO TO THE LORD FOR HELP. Go to those who you know love and fear God, and say, Take me under your care; for Satan tempts me fiercely. I have no power from the snare to go. Keep me with you every moment, until I have more strength to resist temptation.”** {Te 104.1} 1903

**\*\*\*Claim Promises found in** Psalms 50:15 **and** 1 Corinthians 10:13.

**“Jesus is our ever-present help in time of need.** Only call upon Him in faith, and He has promised to hear and answer your petitions.” {5T 215.2}

**WHAT HAPPENS WHEN A PERSON GIVES COFFEE AND TEA UP?**

**“…Temperance reformers have a work to do in educating the people in these lines. Teach them that health, character, and even life, are endangered by the use of stimulants, which excite the exhausted energies to unnatural, spasmodic action.”** {MH 335.2}

**“…The tendency of tea, coffee, and similar drinks is in the same direction as that of alcoholic liquor and tobacco, and in some cases the habit is as difficult to break as it is for the drunkard to give up intoxicants. Those who attempt to leave off these stimulants will for a time feel a loss and will suffer without them. But by persistence they will overcome the craving and cease to feel the lack. Nature may require a little time to recover from the abuse she has suffered; but give her a chance, and she will again rally and perform her work nobly and well…”** {MH 335.3} (See Te 119.1)

**A NATURAL REMEDY TO USE WHEN TRYING TO OVERCOME TEA & COFFEE:**

**A COLD SHEET WRAP:**

This is **good for those who can't do the steam bath.** Dip a queen size sheet in a bucket of cool water, then wrap the body completely in this sheet while in the nude. Then wrap with a blanket and lay down for 30 minutes. **This will draw toxins out of the body.**

**20. Braggs – Not healthy…contains MSG and other harmful ingredients. Read the following…**

I wondered about **Bragg Liquid Aminos**-- if it were truly healthy. It seemed too good to be true to have a product that tasted so close to soy sauce and yet be healthy. Then I started hearing different things about it but still used it until **I found out it did for sure contain MSG.** I poured down the drain almost a gallon of it that I had in my refrigerator. What a waste of money but I knew I couldn't consume another drop of it.

**Here is some proof found online by someone who did some research...**

I was one of the people who loved Bragg’s Aminos and use it on everything. I was happy to have found a replacement for soy sauce that was non-GMO and gluten free. However, after more research, I have changed my mind about Bragg Liquid Aminos. Here is why you should NEVER be using Bragg Liquid Aminos:

**I was told by a doctor to stay away from Bragg Liquid Aminos because it is chemically Hydrolyzed Protein, like glutamate which is similar to Monosodium Glutamate (MSG).** Therefore, I wanted to do further research so I had written to the company about their product and asked if it was chemically hydrolyzed and this is the response I received:

**“Dear Tamara,**

**Our recipe is confidential, and I am unable to share that information with you.**

**Gracie with Bragg Customer Service”**

Well then Gracie at customer service, I did some more research into Bragg’s and found that **Bragg’s does contain glutamic acid,** **which is the same as MSG.** They also have chemically hydrolyzed their product. This alone is a reason for me to stop buying their products and I will no longer advocate the use of it.

According to the Amino Diet side effects website; **“Monosodium glutamate is a compound used to reinforce the flavor of foods, and you can find MSG in many packaged and processed foods.** **MSG is a derivative of glutamic acid made via fermentation.** Every hydrolyzed protein contains MSG as the MSG is a spin-off of the hydrolyzation process. As a hydrolyzed protein product, **BRAGG AMINO ACIDS DO CONTAIN MSG.** MSG acts as a neurotropic drug in your consistence, meaning it affects your nervous system. Therefore, **many individuals have a hypersensitivity to products containing MSG.** **If you have any allergy to MSG, you should not consume Bragg Amino Acids.”**

**This product may be a negative contributor to those people with autoimmune disease, leaky gut and other health ailments** who are highly sensitive to all food types and chemicals in them. Those of us who thought that any company who dons the “Non-GMO” label must be a good product are sadly mistaken and we need to investigate all products further.

Blessings,

Tamara St. John

**REFERENCES:**

<http://www.liquidaminodiet.com/the-truth-about-braggs-liquid-aminos/>

[http://www.proliberty.com/observer/20091104html](http://www.proliberty.com/observer/20091104.html)

<http://aminodietsideeffects.blogspot.com/2012/07/braggs-liquid-amino-acid.html>

**You said you used Coconut Amino’s and that is not good either.**

**Our body was never made to eat amino acids….but to eat foods that MAKE amino acids naturally,** **or you do havoc to the body.**

Some brands contain "coconut vinegar"

**Are Coconut Amino’s Gluten-Free? Are they Vegan?**

Yes. Coconut Amino’s are both gluten-free and vegan. The only ingredients in coconut Amino’s are coconut sap (sugar) and salt. A few brands add coconut sugar or a little bit of coconut vinegar, but they are all gluten-free and vegan.

**THAT PROVES IT IS FERMENTED**

**It is made in a lab. It’s not natural.** You can't find it on a tree, bush, vine, out of the ground.

**Made from sap from a tree….yes, and soy sauce is from a soy bean….but the process of making it is not natural...it is chemically processed, and they use a lot of salt.**

**IT'S FERMENTED...READ THIS:** "Once the sap is collected from the coconut blossoms, it is blended with sea salt and aged to make coconut Amino’s".

**This is from the following link:**

[https://paleocrashcourse.com/what-is-coconut-Amino’s/](https://paleocrashcourse.com/what-is-coconut-aminos/)

**AGED = FERMENTED**

WE are counseled NOT to eat fermented foods as well.

**21. Sleep – You said you are up until 1 am…this is not good at all. I will attach the whole document but read this on sleep…we are counseled to be in bed by 9pm.**

**GET TO BED BY 9:00 PM** (9:30 for students)

**“…Make it habit not to sit up after nine o'clock. every light should be extinguished…”**

(9MR 46.1) (there are exceptions to the rule)

**“In regulating the hours for sleep, there should be no haphazard work. Students should not form the habit of burning the midnight oil and taking the hours of the day for sleep…correct the habit, going to bed at a seasonable hour…in our schools the lights should be put out at half past nine.”** {CT 297.1}

**WHY?**

**“...Sleep is worth far more before than after midnight. Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock. . . .** {7MR 224.3}

**“As a rule, the labor of the day should not be prolonged into the evening. . . . I have been shown that those who do this, often lose much more than they gain, for their energies are exhausted, and they labor on nervous excitement.** They may not realize any immediate injury, but **they are surely undermining their constitution.”** {Te 140.1}

**OTHER INFO:**

**Okay this is your plan for 2 months…however I RECOMMEND you keep doing/eating this way FOREVER…to be healthy. You can quit the herbs tho after 2 months.**

**Now remember you don’t do all of the above immediately…but DO at least 2-3 starting out and then add 2 or 3 every week. If you want to start them all at once that is perfectly acceptable.**

**READ THESE DOCUMENTS:**

1. Simple Two Month Program
2. Basic Principles for the Healing Program
3. Meat
4. Sunshine
5. Probiotics
6. Raw Vegetables Info
7. Supplements, Part 1 and 2
8. What To Eat For Two and Three Meals