

## How to Lose Weight and Stay Healthy / Don't Diet—Eat Right

**(How to eat and stay healthy)** Prov. 23:2, 21; Dan. 1:8-16; Ex. 16:12-29; Prov. 25:16-17; Phil. 4:5; Matt. 6:25, 34; Luke 10:7-8; Col. 2:16; Col. 3:17; James 4:17

Current statistics show that the average medical doctor in this country receives less than three hours of training on nutrition while in medical school being trained to become a doctor. According to the Office of Technological Assessment of the Government, 80 to 90 percent of the therapeutic approaches to sickness and disease which are accepted by the medical profession as standard cares are actually unproven. That means that 80 to 90 percent of what is taught in medical schools is unproven. Because our medical doctors are taught to drug it out, cut it out, or burn it out we are having a health crises in this country. Americans are taking more medication than ever before and we are sicker and it's getting worse each day. The medical profession is failing in their attempt to get rid of sickness and disease, and at the same time they are doing a good PR job on the public to convince us of what supposedly a "great job" they are doing.

Our bodies were made to heal and rebuild themselves if they became sick. If we will eat healthy foods, rest, exercise, avoid sin, and keep the proper attitude we can live in a healthy body and have a healthy strong mind. Dr. George Malkmus, a nutritionist, has estimated that over 70 percent of the sickness the Church prays for around the altar was brought there by the food they were eating. He believes that over 70 percent of what we are praying about in the area of sickness would disappear if we would simply eat correctly. Also, as Christians, we need to know how to take the Word of God and the name of Jesus, and resist the sickness when it attacks our body.

One of the main ways to improve our health through diet is to omit toxic foods such as soft drinks, coffee, tea, spices, chocolate, margarine, foods that contain preservatives, foods that are dyed, waxed, sprayed with chemicals, etc. Read the label before buying any product.

**LIVE FOOD** - We need to eat some raw food every day because of the enzymes found in this type of food. Our bodies have to have healthy enzymes to digest our food, and we need healthy enzymes in every cell in our body if we are to maintain a strong, healthy mind and body. If food has been heated above 118 degrees all the enzymes have been destroyed. Try to make sure you eat a **large green vegetable salad every day**. Watch your salad dressing for saturated fats, chemicals, food coloring, sugar, and anything else that will cause health problems.

**HYDROGENATED OILS** - These oils cause atherosclerosis, a disorder in which cholesterol and fats are deposited on artery walls causing heart disease, strokes and other deadly conditions or serious health problems. These oils are found in margarine, chocolate, and other foods.

**SATURATED FATS** - Eat less than 55 grams of good saturated fat each day. Meats, including chicken and turkey, are loaded with estrogen (growth hormone) which causes problems with PMS, hot flashes, and mood swings with a lot of women. Dairy products also have a lot of fat and cholesterol in them, so check the labels on any items you are eating. Stay away from junk food if you can.

**COFFEE** - Coffee is not a food. There is nothing in coffee that the body can use—nothing that will build new cells. It is a drug and it is habit forming. It is an addictive beverage. It contains caffeine, along with harmful oils and other toxic substances. It can cause you to be anxious, nervous, and hyperactive. It can increase your blood pressure, cause headaches, depression, nerve exhaustion, and other mental and physical problems. Coffee is a stimulant to some and a depressant to others. Mostly, coffee is a toxic stimulant. Decaffeinated coffee is just as bad for you as regular coffee.

**SUGAR** - White sugar is the cousin to cocaine and it is very habit forming. Sugar decreases our body's ability to destroy bacteria—it destroys our immune system. Sugar can cause hyperactivity, anxiety, concentration

difficulties, and crankiness in children and adults. If your child can't sit and listen in school, and if they have trouble remembering and learning, check on how much sugar you are giving them. Sugar can pull calcium out of your bones and help cause osteoporosis. Sugar can also increase cholesterol and blood pressure, upset body chemistry, raise triglycerides, cause kidney damage, contribute to cancer, cause weight problems, arthritis, candidiasis, heart problems, diabetes, varicose veins, cataracts, depression, and many other health problems.

Thirty-six teaspoons of sugar will immobilize your immune system for 24 hours. There are nine teaspoons of sugar in one 12-ounce Coke. When you drink a Coke, 1/3 of your immune system is not working for 24 hours. With all the sugar most people are consuming you can understand why their immune systems are not operating properly and why there is so much sickness in this country today! Sugar can destroy the immune system and slowly but surely lead to degenerative diseases. Sugar can also remove your body from a homeostasis condition, which causes your body to be chemically unbalanced. Too much sugar is a poison to our body, and we should stay away from it as much as possible. Ice cream is 33 percent SUGAR and the cholesterol is almost that high along with containing a lot of different chemicals.

**SOFT DRINKS, SIP DRINKS, FRUIT DRINKS** - Soft drinks have sugar, phosphoric acid, caffeine, caramel coloring, polyethylene glycol (glycol is used in anti-freeze), aspartame (NutraSweet®, Equal®, Equal Spoonful®, etc.), sodium, coloring, dye, and other additives to make it taste good. One soda pop, which contains nine teaspoons of sugar, will immobilize your immune system by 33 percent for one day. Remember that 36 teaspoons of sugar will immobilize your immune system for 24 hours. Read the label on the container before you drink it. Some large 16-ounce fruit drinks will have as much as 45 grams of sugar in them. One teaspoon of sugar = 4.2 grams of sugar. The food coloring and dye (red, orange, green, blue, etc.) will cause some people to be hyperactive—especially children. The average American is consuming 800 or more soft drinks annually. The sugar and phosphoric acid in these drinks upset the body's calcium-phosphorus ratio and dissolves (pulls) calcium out of the bones. Again, read all labels! Drink water.

**DIET DRINKS, ASPARTAME** - Aspartame is marketed as NutraSweet, Equal, Splenda, etc. and is used in diet drinks and food. When the temperature of Aspartame exceeds 86 degrees Fahrenheit, the wood alcohol in Aspartame converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. Aspartame can cause: Multiple Sclerosis, systemic lupus, leg cramps, vertigo, headaches, tinnitus, joint pain, memory loss, anxiety attacks, blurred vision, birth defects, Alzheimer's disease, seizures, manic depression, panic attacks, mental retardation, brain tumors, and many other diseases. These diet drinks will do a lot of damage to your mind and body.

**FOOD COLORING AND DYE** - There are many food colors and dyes that are used in drinks and food to make them look good. Some of these are yellow, red, green, blue, orange, and many more. All of these will have an adverse effect on your mind and body. Try to stay away from them if possible. They will cause children to be hyperactive to the point where they can't sit and listen.

**WATER** - Try to drink up to eight glasses of water each day. Filtered or distilled water is the best if you can purchase it. **DON'T DRINK SOFT DRINKS – DRINK WATER** because it's one beverage that's relatively inexpensive and good for you. Water will remove toxins from our bodies and help us to maintain our health.

**JUICING** - Buy yourself a juicer if you can and juice carrots, celery, and other vegetables every day. Barleygreen is a good product to use each day.

**EXERCISE** - Try to get at least 20 minutes of aerobic exercise each day. Make sure you are breathing deeply while exercising. Exercising will feed your cells nutrition and oxygen, and this will keep your body healthy. You cannot maintain excellent health without exercising.

## SUMMARY

- Eat a large green vegetable salad each day.
- Eat **no hydrogenated oils**—margarine, chocolate, etc.
- Eat less than 55 grams of good **SATURATED FATS** each day.
- **Coffee** is a habit-forming drug. It is a toxic stimulant. It will damage your mind and body.
- Eat very little **SUGAR**. Read the labels, labels, and more labels.
- No **SOFT DRINKS, SIP DRINKS**, or any drinks with lots of sugar or additives. **READ LABELS.**
- No **DIET DRINKS.**
- Watch the food coloring and dye. Check labels.
- Drink lots of fresh **WATER.**
- Juice carrots and vegetables if you can. Barleygreen is good for you.
- Exercise every day for 20 minutes or more. Make sure you are breathing deeply to feed your cells nutrition and oxygen.
- **White flour, white rice, white salt** (use Sea salt), and **white sugar**. Use very little of these if you want to stay healthy over a long period of time.
- Detoxify your body every three to six months.

**Ask yourself this question, “how did this sickness get into me?” Look at these four areas:**

- Sin
- Diet (if you are committed to the Lord check this area in your life very closely).
- Stress
- Toxic atmosphere

### **HEALTH RELATED WEBSITES:**

[www.hacres.com](http://www.hacres.com) Switching to this style of eating will eliminate 80 percent of all your sickness according to George Malkmus.

[www.nancyappleton.com](http://www.nancyappleton.com) Cane sugar is a cousin to cocaine. It is an addictive poison to your mind and body. Most people are addicted to it in this country.

[www.feingold.org](http://www.feingold.org) If you have a child or grandchild that is overactive, has learning problems, behavioral problems, or can't sit still and listen, make sure you check out this program. It is one of the best!

[www.ADHD.com](http://www.ADHD.com) If you have someone on Ritalin or any other drug for behavioral problems check out this website.

[www.aspartame.com](http://www.aspartame.com) Check out this website and it will help you to stop using aspartame.