

Food Matters



- **N - nutrition**

- E - exercise

- W - water

- S - sun

- T - temperance

- A - air

- R - rest

- T - trust in God

- Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power-- these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them.

- (E.G White Ministry of Healing, p. 127)

John 17:17

- “Sanctify them by your truth, Your word is truth”

John 8: 32

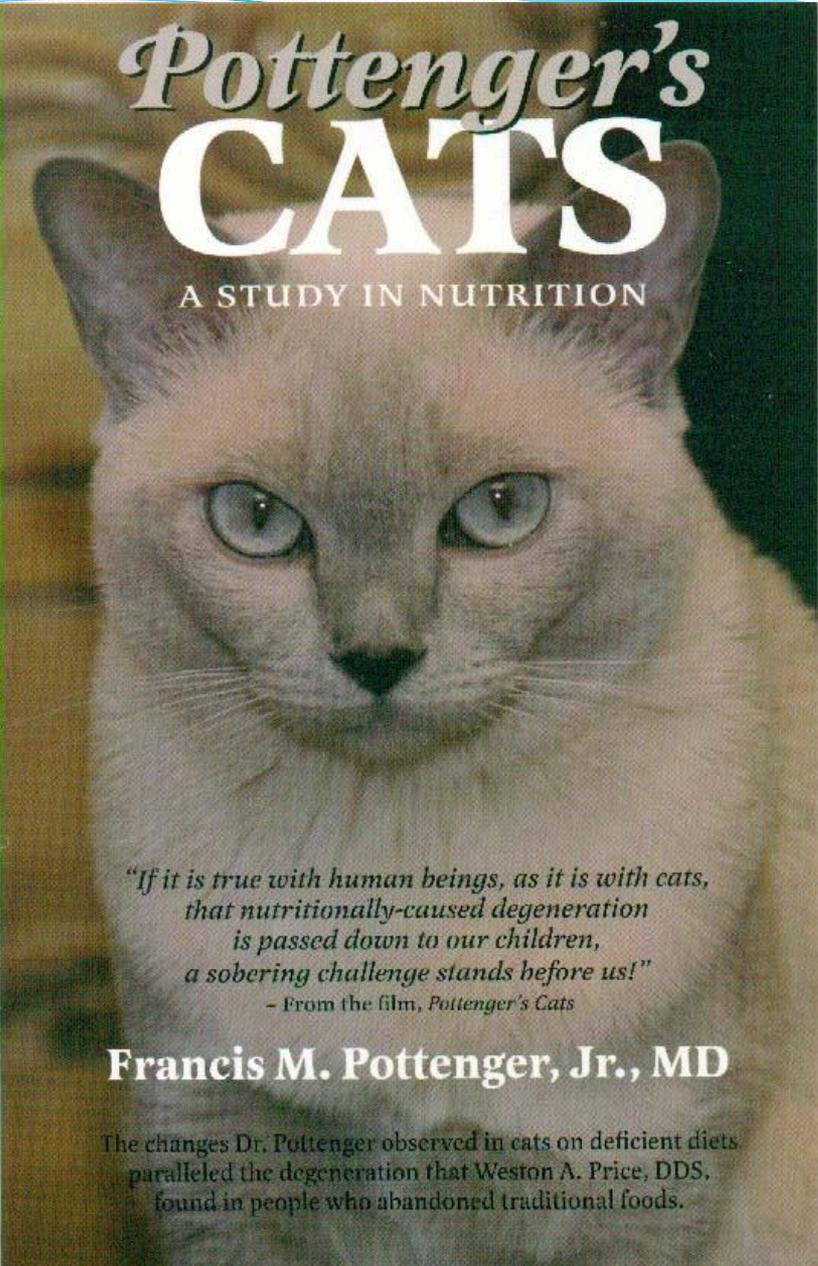
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John 14:6

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- John 8: 32 “And you shall know the truth and the truth shall make you free”.
- John 14:6 “ I am the way, the truth, and the life. No one comes to the Father except through Me”

Daniel 12:4

- “But you Daniel, shut up the words, and seal the book until the time of the end. Many shall run to and fro, and knowledge shall increase”



Pottenger's **CATS**

A STUDY IN NUTRITION

*"If it is true with human beings, as it is with cats,
that nutritionally-caused degeneration
is passed down to our children,
a sobering challenge stands before us!"*

- From the film, Pottenger's Cats

Francis M. Pottenger, Jr., MD

The changes Dr. Pottenger observed in cats on deficient diets paralleled the degeneration that Weston A. Price, DDS, found in people who abandoned traditional foods.

Pottenger's Cats

- Cat group that eat cooked food:
- 1st generation developed diseases near to the end of their lives and become lazy,
- 2nd generation disease developed in the middle of their lives and start losing coordination,
- 3rd generation the disease developed in the beginning of their lives, were born blind and weak and many died before 6 months of age. Personality changes also noted – males become docile and female were aggressive,
- there was no 4th generation. The 3rd generation cats were sterile or the cats on 4th generation died before their birth.

• https://en.wikipedia.org/wiki/Francis_M._Pottenger_Jr.

You are what you eat



YOU ARE WHAT YOU EAT!
Go-fruit-yourself.com

Every 2-4 weeks your skin replaces itself.
Your liver every 5 months
Your tastebuds, 10 days
Your lungs, 6 weeks
Your intestines, 2-4 days
Your hair, 3-6 years
Your bones, 10 years
Your body makes these new cells from the food you eat. What you eat literally becomes YOU.

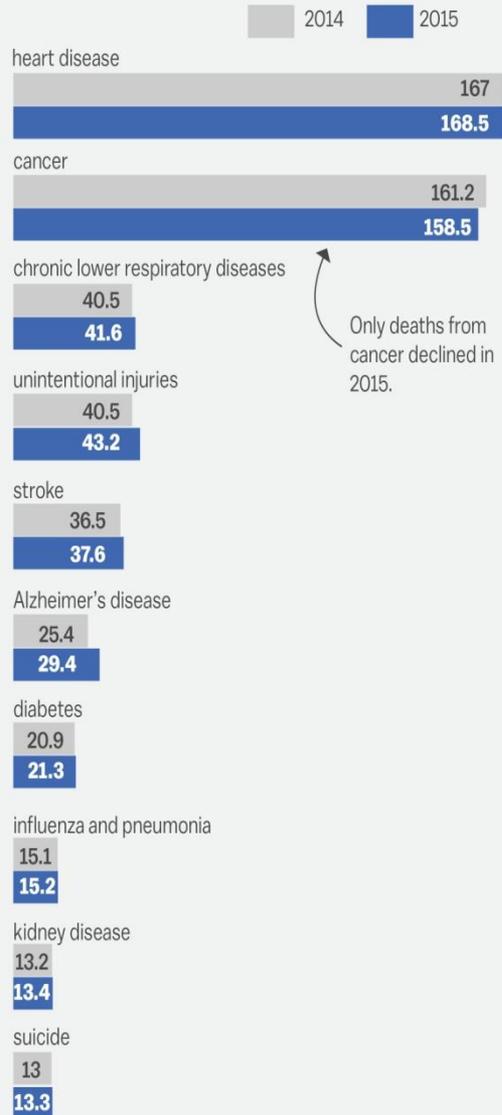
What are you made of?..

Jeremiah 17:5

- Thus says the Lord: “Cursed is the man who trust in man and makes flesh his strength, whose heart departs from the Lord”.

Only one major cause of death in the US saw a decline in 2015

Rate of death for every 100,000 people



Source: National Vital Statistics System
Credit: Sarah Frostenson

Vox

2 Tim 3:1-5

- But know this, that in the last days perilous times will come:
- For men will be lovers of themselves , lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy
- unloving, unforgiving, slanderers, without self-control, brutal, despiser of good
- traitors, head-strong, haughty, lovers of pleasure, rather than lovers of God,
- having a form of godliness, but denying its power. And from such people turn away

- 
- *I would suggest to you that we are taking many unknown risks and one of them is as simple as bending our elbow and putting unknown food in our mouth without even thinking what it does to our bodies.*



Ingredients: Dehydrated Potatoes, Modified Food Starch, Corn Oil, Sugar, Salt, Soy Lecithin, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), and Dextrose.
No Preservatives.

Nutrition Facts

Serving Size 1 oz. (28g/About 10 crisps)
Servings Per Container 10

Amount Per Serving

Calories 120 **Calories from Fat** 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **6%**

Sugars 2g

Protein 2g

Vitamin A 0% • Vitamin C 6%

Calcium 4% • Iron 0%

Thiamin 4% • Niacin 6%

Vitamin B6 4% • Phosphorus 8%

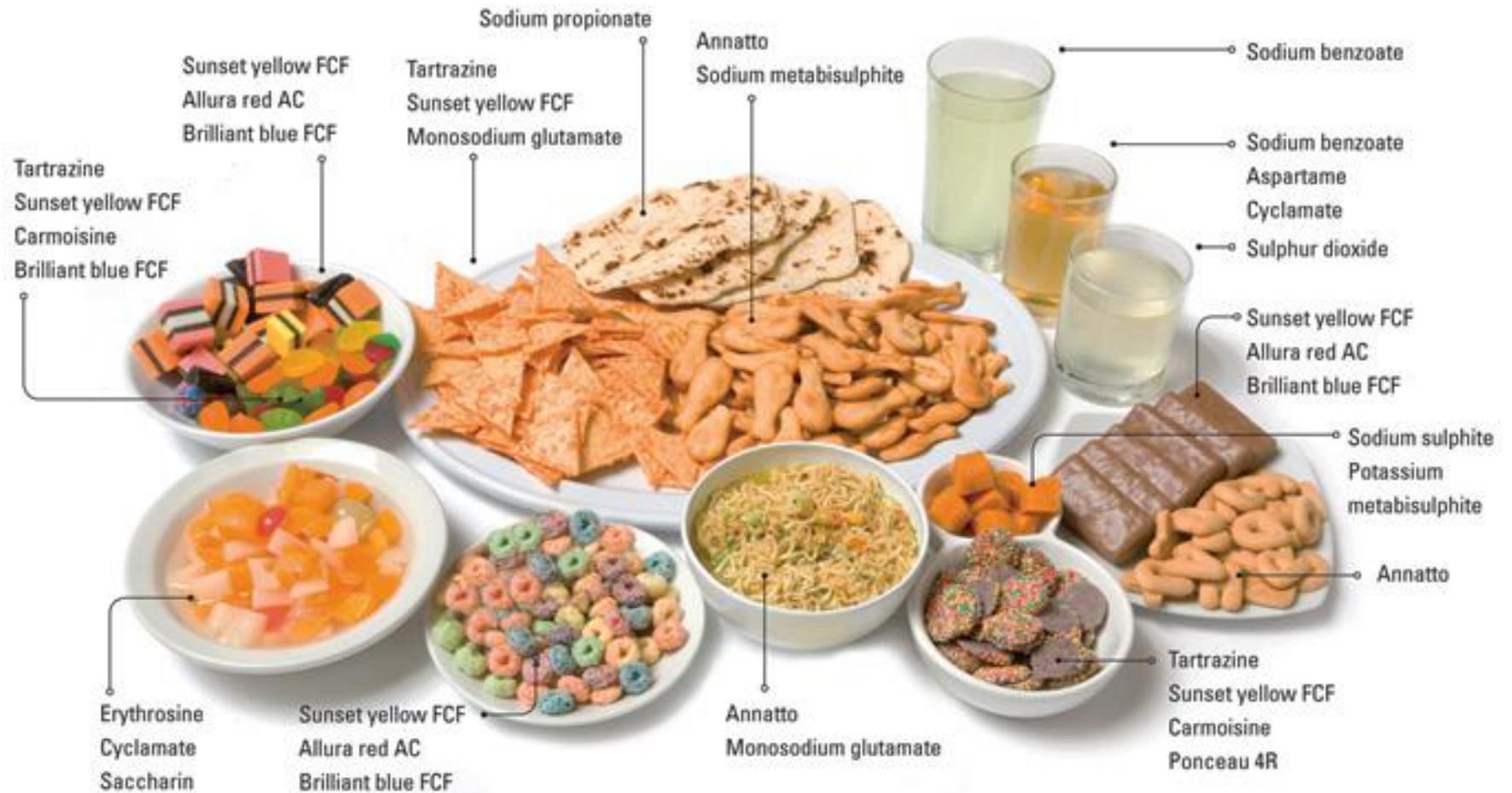
Zinc 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



- 
- *I will like to suggest to you that in today society walking in a grocery store is a greater risk than we can imagine. You see unlike our great grandparents who lived a simple life just as many generation before them today food it can be hardly called food.*

Food industry

- “Food industry is a complex, global collective of diverse businesses that supplies most of the food consumed by the world population”.
- Include:
 - agriculture
 - manufacturing,
 - food processing,
 - marketing,
 - food distribution,
 - Retail,
 - regulation,
 - education,
 - research,
 - financial services



Food Processing

- Food processing combines raw food ingredients to produce marketable food products that can be easily prepared and served by the consumer. Food processing typically involves activities such as *mincing* and *macerating*, *liquefaction*, *emulsification*, and *cooking* (such as boiling, broiling, frying, or grilling); *pickling*, *pasteurization*, and many other kinds of *preservation*; and *canning* or other *packaging*.

- https://en.wikipedia.org/wiki/Food_processing

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- *Note this market is driven not by need, but rather by want.*

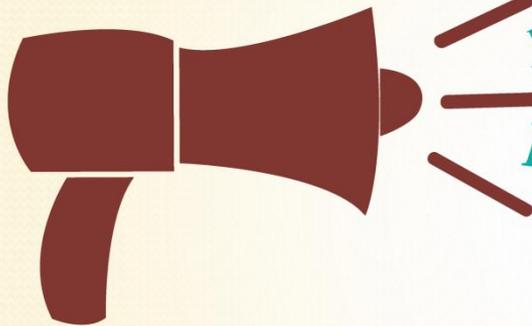


YALE RUDD CENTER
FOR FOOD POLICY & OBESITY

In 2012

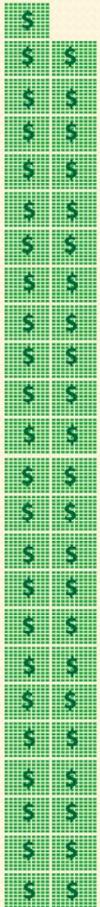
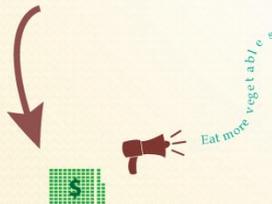
\$4.6 Billion

was spent to
**ADVERTISE
FAST FOOD**



Fried Chicken Eat
Late Night Eat
Salty Eat
Tacos Eat
French Fries Eat
Cheesy Eat
Tator Tots Eat
Treat yourself Eat
Chicken Fingers Eat
BISCUITS Eat
Milkshake Eat
SUPERSNACKS Eat
Delicious Eat
Fun EAT
Bacon Cheddar Burger
Snack
Curly Fries
EXCITING

\$116 million was spent to advertise
FRUITS and VEGETABLES



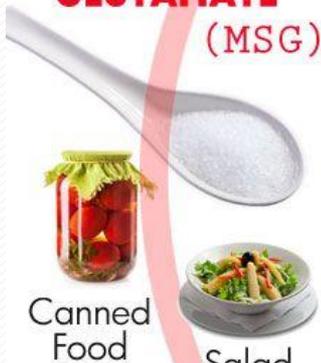
■ = \$1,000,000

Source: www.fastfoodfacts.org

HARMFUL FOOD ADDITIVES YOU MUST AVOID

Top10
Home Remedies

MONOSODIUM GLUTAMATE (MSG)



Canned Food

Salad Dressings

BUTYLATED HYDROXYANISOLE BUTYLATED HYDROXYTOLUENE



Potato Chips

ARTIFICIAL COLORING



Candies

Ice cream

BROMINATED VEGETABLE OIL (BVO)



HIGH FRUCTOSE CORN SYRUP



ASPARTAME



Soda



Yogurt

Chewing Gum

To explore more, visit www.Top10HomeRemedies.com



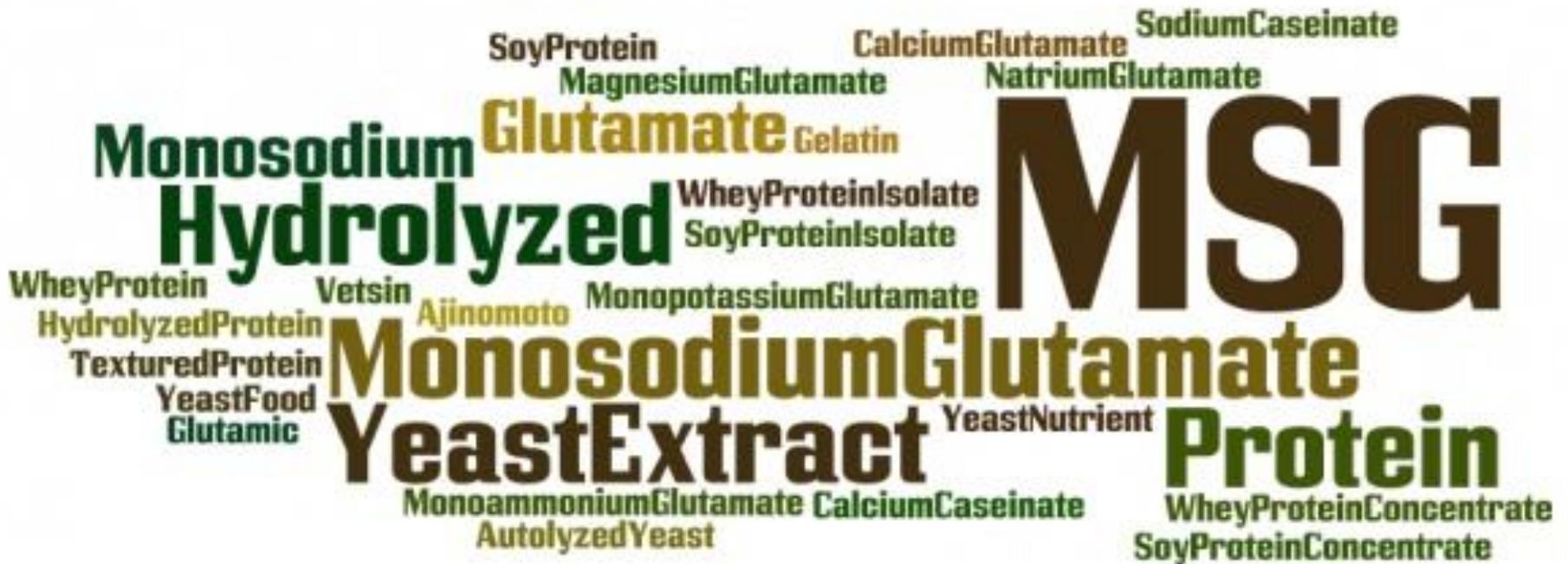
**Excitotoxic
Damage caused
by food additives
and the artificial
Sweetener
Aspartame**



MSG

- * Excites Brain Cells To Death
- * Creates Brain Lesions
- * Causes Leptin Insensitivity
- * Contributes to Obesity
- * Linked to Sudden Cardiac Death
- * Implicated in Strokes
- * Promotes Cancer Growth

WWW.CANCERTRUTH.NET

A word cloud centered on the acronym 'MSG'. The words are arranged in various sizes and orientations, with 'MSG' being the largest and most prominent. Other large words include 'Monosodium Glutamate', 'Yeast Extract', and 'Protein'. Smaller words include 'Soy Protein', 'Calcium Glutamate', 'Sodium Caseinate', 'Whey Protein Isolate', 'Ajinomoto', 'Vetsin', 'Monopotassium Glutamate', 'Yeast Nutrient', 'Whey Protein Concentrate', 'Soy Protein Concentrate', 'Hydrolyzed Protein', 'Textured Protein', 'Yeast Food', 'Glutamic', 'Monoammonium Glutamate', 'Calcium Caseinate', 'Autolyzed Yeast', 'Magnesium Glutamate', 'Natrium Glutamate', 'Gelatin', and 'Whey Protein'.

MSG

Monosodium Glutamate

Yeast Extract

Protein

Soy Protein
Calcium Glutamate
Sodium Caseinate
Magnesium Glutamate
Natrium Glutamate
Gelatin
Whey Protein Isolate
Soy Protein Isolate
Whey Protein
Vetsin
Ajinomoto
Monopotassium Glutamate
Hydrolyzed Protein
Textured Protein
Yeast Food
Glutamic
Monoammonium Glutamate
Calcium Caseinate
Autolyzed Yeast
Yeast Nutrient
Whey Protein Concentrate
Soy Protein Concentrate

Aspartame (Equal, Nutrasweet, Spoonful)

CAUTION CAUTION CAUTION C

- **An excitotoxin**
- **accounts for 75 percent of adverse reactions to food additives reported.**
- **The list of problems associated with aspartame consumption is too long and involved to list here!**



WORST FOODS ADDITIVES TO AVOID



MONOSODIUM GLUTAMATE (MSG/E621)

HIGH FRUCTUOSE CORN SYRUP



ARTIFICIAL SWEETENERS

COMMON FOOD DYES

TRANS FAT



BHA AND BHT (E320)

SODIUM NITRATE/SODIUM NITRITE



POTASSIUM BROMATE

SODIUM SULFITE (E221)

SULFUR DIOXIDE (E220)



Processed Food – Health Risks

Food processing removes some of the nutrients, vitamins and fiber present in the food

Cheap artificial sugars, salt and preservatives in processed foods have less fibre quantity & don't add any nutrition benefits, it **slows down digestion**

The salts, phosphates and other artificial ingredients in the processed food leads to kidney and other health problems

Frequent consumption of processed foods can lead to **hormonal problems** like menstrual irregularities, premenstrual syndrome, **infertility**, thyroid dysfunction etc



Processed foods are **HIGHLY ADDICTIVE** and make you crave them frequently.



Some processed dairy products, dried fruits etc contains Sulphite which causes a range of health diseases like headache, skin rashes, irritable bowel syndrome etc.



Processed food kills natural taste and colour of foods. In order to restore the natural flavour, manufactures add cheap artificial sugar, salts, fats, colours and preservatives that create **GASTROINTESTINAL** problems, **HORMONAL** Problems, **NERVOUS SYSTEM** problems etc



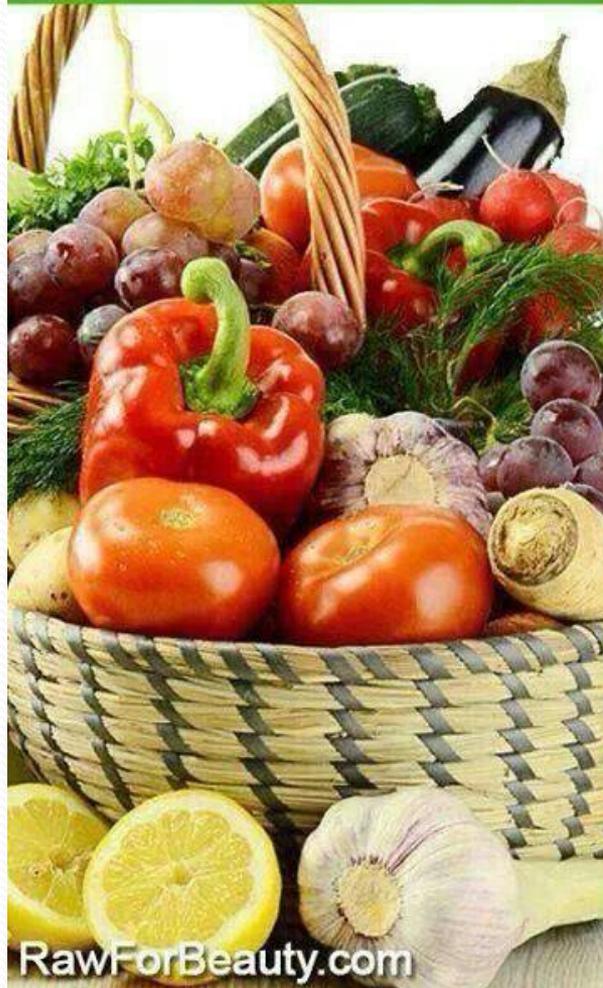
Frequent consumption of processed food can also lead to **nervous system problems** like depression, irritability and inability to concentrate.



*If it CAME from
a plant, EAT it.*

*If it was MADE in
a plant, DON'T.*

-Michael Pollan



RawForBeauty.com



How to Identify REAL Food

There are major incentives to center your diet on real foods as opposed to “food-like” products, the primary one being that real food is essential for optimal health. Real foods also taste delicious, and when bought from sustainable sources, help to protect the environment. But how can you tell the difference? Here’s a listing of the characteristics and traits of real food versus processed “food products.”



Real Food



- 🍎 It's grown, and sold “whole”
- 🍎 Variable quality
- 🍎 Spoils fast
- 🍎 Requires preparation
- 🍎 Vibrant colors and rich textures
- 🍎 Authentically flavorful
- 🍎 Strong connection to land and culture

Processed Food-Like Products



- 🍷 Produced, manufactured in a factory, and sold in neat, convenient packages
- 🍷 Always the same (no quality or taste variance)
- 🍷 Stays “fresh” for extended periods of time
- 🍷 No preparation required, just heat and serve
- 🍷 Contains fillers, additives and preservatives to make otherwise dull and bland mixtures appetizing
- 🍷 Artificially flavorful
- 🍷 No connection to land or culture

For More Natural Health Tips, Visit www.Mercola.com





**If your food can go bad,
it's good for you.**



**If your food can't go bad,
it's not good for you.**

Daniel 12:4

- “But you Daniel, shut up the words, and seal the book until the time of the end. Many shall run to and fro, and knowledge shall increase”

- We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way. Many, even of those who profess to believe the special truths for this time, are lamentably ignorant with regard to health and temperance. They need to be educated, line upon line, precept upon precept. The subject must be kept fresh before them. This matter must not be passed over as nonessential, for nearly every family needs to be stirred up on the question. The conscience must be aroused to the duty of practicing the principles of true reform. God requires that His people shall be temperate in all things. Unless they practice true temperance, they will not, they cannot, be susceptible to the sanctifying influence of the truth.