

## **BASIC PRINCIPLES OF BIBILICAL HEALTH**

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The principles outlined here are for the purpose of giving each person a foundation with biblical reasoning on how to eat as the Lord approves, without the scientific language. My hope and prayer would be that each would systematically study deeper the health message, for themselves and share with others these simple principles. Implementing these simple principles will actually lead to healing and prevention of disease.

We are in the Day of Atonement, “And he said unto me, Unto two thousand and three hundred days; then shall the sanctuary be cleansed.” Dan. 8:14. The Lord is calling for the cleansing of the temple, the heavenly and our bodies. “Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.” I Cor 3:16,17.

God the Father asks you a question by His word. “Howbeit the most High dwelleth not in temples made with hands; as saith the prophet, Heaven is my throne, and earth is my footstool: what house will ye build me? saith the Lord: or what is the place of my rest?” Acts 7:48,49. Can you answer in the affirmative that the work you have been given to do, is done?

Hebrews 3:12-4:3 “Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God. But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin. For we are made partakers of Christ, if we hold the beginning of our confidence stedfast unto the end; While it is said, To day if ye will hear his voice, harden not your hearts, as in the provocation. For some, when they had heard, did provoke: howbeit not all that came out of Egypt by Moses. But with whom was he grieved forty years? was it not with them that had sinned, whose carcasses fell in the wilderness? And to whom sware he that they should not enter into his rest, but to them that believed not? So we see that they could not enter in because of unbelief. Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it. For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard it. For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.”

The fulfillment of the promise to us in the day of Atonement is translation eternal life without seeing death; the immediate blessing is life without disease in this world according to Exo. 15:26 “And said, If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee.” Disease is a burden God does not want any of us to have. He wants us to be in optimum health as to be able to function optimally spiritually, having clear minds to hear His voice, understand His word, strength to obey for when we have the victory over appetite we can have victory over every temptation/sin.

“As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through the firm denial of appetite and passion. Abstemiousness in diet, and

control of all the passions, will preserve the intellect and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers, and to discern between right and wrong, the sacred and the common. All who have a true sense of the sacrifice made by Christ in leaving His home in heaven to come to this world that He might by His own life show man how to resist temptation, will cheerfully deny itself and choose to be partakers with Christ of his sufferings.” {CD 59.1}

“The fear of the Lord is the beginning of wisdom. Those who overcome as Christ overcame will need to constantly guard themselves against the temptations of Satan. The appetite and passions should be restricted and under the control of enlightened conscience, that the intellect may be unimpaired, the perceptive powers clear, so that the workings of Satan and his snares may not be interpreted to be the providence of God. Many desire the final reward and victory which are to be given to overcomers, but are not willing to endure toil, privation, and denial of self, as did their Redeemer. It is only through obedience and continual effort that we shall overcome as Christ overcame.” {CD 59.2}

“The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character. The continual transgression of man for six thousand years has brought sickness, pain, and death as its fruits. And as we near the close of time, Satan's temptation to indulge appetite will be more powerful and more difficult to overcome.” {CD 59.3}

If we have no victory, we have no salvation, if our body is defiled God will destroy us. This is a matter of utmost importance.

### FOOD ITEMS

Our grains/flour/bread eaten should always be 100% whole grain. God intended for the perfect assimilation of nutrients to be digested, this requires the grains to be in the form given, as to be eaten without refinement and processing or hulling. I ask is man wiser than God? Can man make a better flour by separation of the parts and adding vitamins and minerals? No. Enriched as they state it to be on the labels, they are in reality impoverished. If the Omniscient God of the universe wanted it refined or processed as such He would of made it like that from the beginning. Refined grains cause arthritis, cancer, diabetes, heart disease, osteoporosis, and other ailments.

### BIBLICAL PRINCIPLE:

Mark 10:9 “What therefore God hath joined together, let not man put asunder.”

“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet.” MH 296

“For use in breadmaking, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions.” MH 300

## BIBLICAL PRINCIPLE:

Deut 32:4 “He is the Rock, his work is perfect.”

Note: Additives and preservations cause many diseases, usually untraceable to the aliment and should never be used. If God in His wisdom deem them necessary He would have already had them in the food. How can man improve something made by an Omniscient God.

## HAZARDOUS FOODS

### Meat

“Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh will cease to form a part of their diet.” CD 381

“It is a mistake to suppose that muscular strength depends on the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed, without its use. The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood. These elements are not so well or so fully supplied by a flesh diet. Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed man in the beginning.” CD 396

“Greater reforms should be seen among the people who claim to be looking for the soon appearing of Christ. Health reform is to do among our people a work which it has not yet done. There are those who ought to be awake to the danger of meat eating, who are still eating the flesh of animals, thus endangering the physical, mental, and spiritual health. Many who are now only half converted on the question of meat eating will go from God's people to walk no more with them.” {CD 382.1}

### Milk

“The Lord would bring His people into a position where they will not touch or taste the flesh of dead animals. Then let not these things be prescribed by any physicians who have a knowledge of the truth for this time. There is no safety in the eating of the flesh of dead animals, and in a short time(written 1898) the milk of the cows will also be excluded from the diet of God's commandment-keeping people. In a short time it will not be safe to use anything that comes from the animal creation. Those who take God at His word, and obey His commandments with the whole heart, will be blessed. He will be their shield of protection. But the Lord will not be trifled with. Distrust, disobedience, alienation from God's will and way, will place the sinner in a position where the Lord cannot give him His divine favor. . . .”CD 411

### Sugar

“Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition.” CD 327

### Milk and Sugar

“Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided.” CD 327

### Eggs

“Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth. God will give His people ability and tact to prepare wholesome food without these things. Let our people discard all unwholesome recipes.” {CD 366.1}

### Cheese

“Cheese should never be introduced into the stomach...Cheese is still more objectionable; it is wholly unfit for food.” CD 368.

### Baking Soda/Powder

“The use of soda or baking powder in breadmaking is harmful and unnecessary. Soda causes inflammation of the stomach, and often poisons the entire system. Many housewives think that they cannot make good bread without soda, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, it would be more palatable.” CD 342

### 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

### Condiments

“In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard's stomach is often pictured as illustrating the effect of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite. The system feels a want, a craving, for something more stimulating.” CD 339

### Grease Free

“Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven.” CD 355

We do not think fried potatoes are healthful, for there is more or less grease or butter used in preparing them. CD 354

Note: Cook your meals without using Oils, this prevents blockage of arteries, digestive problems, diabetes, arthritis, cancer, to name a few diseases that it contributes to.

#### Butter

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#### Wrong Conditions of Eating

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. In fact, the more liquid there is taken with the meals, the more difficult it is for the food to digest; for the liquid must be absorbed before digestion can begin. MH 305

Another serious evil is eating at improper times, as after violent or excessive exercise, when one is much exhausted or heated. Immediately after eating there is a strong draft upon the nervous energies; and when mind or body is heavily taxed just before or just after eating, digestion is hindered. When one is excited, anxious, or hurried, it is better not to eat until rest or relief is found. {MH 305.3}

#### Eat Slowly

Food should be eaten slowly and should be thoroughly masticated. This is necessary in order that the saliva may be properly mixed with the food and the digestive fluids be called into action. MH 305

#### A Right and Wrong Use of Water

Many make a mistake in drinking cold water with their meals. Taken with meals, water diminishes the flow of the salivary glands; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, drunk with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Hot drinks are debilitating; and besides, those who indulge in their use become slaves to the habit. Food should not be washed down; no drink is needed with meals. Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed. Do not eat largely of salt; give up bottled pickles; keep fiery spiced food out of your stomach; eat fruit with your meals, and the

irritation which calls for so much drink will cease to exist. But if anything is needed to quench thirst, pure water, drunk some little time before or after the meal, is all that nature requires. Never take tea, coffee, beer, wine, or any spirituous liquors. Water is the best liquid possible to cleanse the tissues. CD 420

Note:

It is best to drink water or juice 30 minutes before a meal or 2 hours after.

## PRINCIPLES LEADING TO GOOD HEALTH

### Fruits and Vegetables

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. MH 299

### Bread

Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small and so thoroughly baked that, so far as possible, the yeast germs shall be destroyed. When hot or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal without yeast or leaven, and baked in a well-heated oven, are both wholesome and palatable. MH 301 Note: Sour-dough bread should not be eaten.

### Our Duty to Learn

It is a sacred duty for those who cook to learn how to prepare healthful food. Many souls are lost as the result of poor cookery. It takes thought and care to make good bread; but there is more religion in a loaf of good bread than many think. There are few really good cooks. Young women think that it is menial to cook and do other kinds of housework, and for this reason many girls who marry and have the care of families have little idea of the duties devolving upon a wife and mother. MH 302

Cooking is no mean science, and it is one of the most essential in practical life. It is a science that all women should learn, and it should be taught in a way to benefit the poorer classes. To make food appetizing and at the same time simple and nourishing, requires skill; but it can be done. Cooks should know how to prepare simple food in a simple and healthful manner, and so that it will be found more palatable, as well as more wholesome, because of its simplicity. MH 302

### Regularity

Regularity in eating is of vital importance. There should be a specified time for each meal. At this time let everyone eat what the system requires and then take nothing more until the next meal. There are many who eat when the system needs no food, at irregular intervals, and between meals, because they have not sufficient strength of will to resist inclination. When traveling, some are constantly nibbling if anything eatable is within their reach. This is very injurious. If

travelers would eat regularly of food that is simple and nutritious, they would not feel so great weariness nor suffer so much from sickness. {MH 303.2}

### Eat Early

Another pernicious habit is that of eating just before bedtime. The regular meals may have been taken; but because there is a sense of faintness, more food is eaten. By indulgence this wrong practice becomes a habit and often so firmly fixed that it is thought impossible to sleep without food. As a result of eating late suppers, the digestive process is continued through the sleeping hours. But though the stomach works constantly, its work is not properly accomplished. The sleep is often disturbed with unpleasant dreams, and in the morning the person awakes unrefreshed and with little relish for breakfast. When we lie down to rest, the stomach should have its work all done, that it, as well as the other organs of the body, may enjoy rest. For persons of sedentary habits, late suppers are particularly harmful. With them the disturbance created is often the beginning of disease that ends in death. MH 303

### Time Between Meals

In many cases the faintness that leads to a desire for food is felt because the digestive organs have been too severely taxed during the day. After disposing of one meal, the digestive organs need rest. At least five or six hours should intervene between the meals, and most persons who give the plan a trial will find that two meals a day are better than three. MH 304

## FOOD ADDITIVES

The following is only a sample list of literally hundreds of food additives which you can run into when eating packaged/process/refined foods. The devil works most effectively by hiding the work he does and processed foods and the additives is one of his best ways to get you to eat something unapproved by God and health destroying, ultimately effecting your spiritual and mental state which once destroyed leaves the victim in a helpless state.

Check the website for [www.ivu.org/faq](http://www.ivu.org/faq) or with: /animal\_derived.

The few items listed here are partial list of some items to be aware of from [www.vrg.org/nutshell/faqingredients](http://www.vrg.org/nutshell/faqingredients). These two websites are not adventist and all the information is not by the standard of the Bible or Spirit of Prophecy but they have some useful information that wisely applied can be a benefit.

What is **cochineal (carmine)**?

Some red dyes are made from the cochineal beetle. These are usually labeled as cochineal, carmine, or carminic acid.

What is **sodium stearoyl lactylate**?

An animal-mineral (cow or hog-derived, or milk), or vegetable mineral. It is a common food additive, which is often used to condition dough or to blend together ingredients that do not normally blend, such as oil and water.

What is **cysteine/cystine**?

Also known as l-cystine, our research indicates that the source of cysteine is human hair. Cystine is an amino acid needed by humans, which can be produced by the human body. A very small

quantity is used in less than 5% of all bread products. Often the hair of third world women is used.

What are **Mono-** and **diglycerides**?

Monoglycerides and diglycerides are common food additives used to blend together certain ingredients, such as oil and water, which would not otherwise blend well. The commercial source may be either animal (cow- or hog-derived) or vegetable, and they may be synthetically made as well. They are often found in bakery products, beverages, ice cream, chewing gum, shortening, whipped toppings, margarine, and confections.

What is **amylase**?

Amylase is an enzyme that breaks down starch into a simpler form. It can be derived from bacterial, fungal, or animal (pig-derived) sources.

Is **casein** animal-derived?

Casein is a milk derivative. It is often used to enhance texture in soy and rice cheeses because it helps the "cheese" melt.

NOTE: This is the milk protein which is the main problem component in milk which causes problems like diabetes and is the carrier for Mad-Cow Disease and is commonly used in products adventist deem safe even if vegan.

What is **gelatin** made from?

Gelatin is made from the bones, skins, hoofs, and tendons of cows, pigs, fish and other animals. It is animal protein used especially for its thickening and gelling properties.

NOTE: Gelatin capsules, in which you get your supplements, herbs and vitamins are made from horse hoofs unless stated to be vegetarian as in vege-caps.

Is **kosher gelatin** vegetarian?

Kosher gelatin can be made with fish bones, and/or beef or pork skins. Contrary to assumptions, it is also considered kosher to use it with dairy products.

Victory

The Redeemer of the world knew that the indulgence of appetite would bring physical debility, and so deaden the perceptive organs that sacred and eternal things would not be discerned. Christ knew that the world was given up to gluttony, and that this indulgence would pervert the moral powers. If the indulgence of appetite was so strong upon the race that in order to break its power, the divine Son of God, in behalf of man, was required to fast nearly six weeks, what a work is before the Christian in order that he may overcome even as Christ overcame! The strength of the temptation to indulge perverted appetite can be measured only by the inexpressible anguish of Christ in that long fast in the wilderness. CD 186