

The Edenic Diet - Man's Original Diet

Lesson Two - The Pattern of Biblical Nutrition

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Gen 1:29-31 And God said, Behold, I have given you every herb bearing seed, which *is* upon the face of all the earth, and every tree, in the which *is* the fruit of a tree yielding seed; to you it shall be for meat. 30 And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein *there is* life, *I have given* every green herb for meat: and it was so. 31 And God saw every thing that he had made, and, behold, *it was* very good. And the evening and the morning were the sixth day.

Gen 2:4-6 These *are* the generations of the heavens and of the earth when they were created, in the day that the LORD God made the earth and the heavens, 5 And every plant of the field before it was in the earth, and every herb of the field before it grew: for the LORD God had not caused it to rain upon the earth, and *there was* not a man to till the ground. 6 But there went up a mist from the earth, and watered the whole face of the ground.

Gen 2:8-10 And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed. 9 And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil. 10 And a river went out of Eden to water the garden; and from

Gen 2:16-17 And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: 17 But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.

Gen 3:1-6 Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? 2 And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: 3 But of the fruit of the tree which *is* in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. 4 And the serpent said unto the woman, Ye shall not surely die: 5 For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil. 6 And when the woman saw that the tree *was* good for food, and that it *was* pleasant to the eyes, and a tree to be desired to make *one* wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

Gen 3:9-13 And the LORD God called unto Adam, and said unto him, Where *art* thou? 10 And he said, I heard thy voice in the garden, and I was afraid, because I *was* naked; and I hid myself. 11 And he said, Who told thee that thou *wast* naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat? 12 And the man said, The woman whom thou gavest *to be* with me, she gave me of the tree, and I did eat. 13 And the LORD God said unto the woman, What *is* this *that* thou hast done? And the woman said, The serpent beguiled me, and I did eat.

Gen 3:17-19 And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed *is* the ground for thy sake; in sorrow shalt thou eat *of* it all the days of thy life; 18 Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; 19 In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it *wast* thou taken: for dust thou *art*, and unto dust shalt thou return.

These are all the verses from the earliest chapters of Genesis which talk about the Edenic diet of Adam and Eve. It is proper to assume that this original diet, created by God for man, and contained within a fabulous and unique ecological system called the Garden of God, or the Garden of Eden; was the most perfect diet ever available for human nutrition. If you study these verses in detail and you link them with the other verses and concepts in this study, you will have no doubt about the perfect original diet, and what it consisted of. But before we go too far in our study; there are some important considerations that must be made before we actually discuss the diet of Eden.

1) The account that we have in Genesis is an eyewitness account.

People wrongly assume that this is Moses giving his version of an ancient story, which may or may not be literally true. But that is a completely wrong misconception. The Genesis account of creation and the Garden of Eden narrative, is the account of an actual eyewitness. This is God's account of exactly what took place. God was the only eyewitness to all the events that took place, and therefore, he is the only person qualified to speak about creation and the Pre-Deluvian (before the flood) earth. There is no other source for this information. Science cannot speak authoritatively about creation, because scientific theories about origins are unverifiable, and unprovable in a laboratory. But God was actually there, and this makes the fantastic stuff He tells us here in the first three chapters of Genesis all the more important. Christians should never be ashamed to admit their complete faith in the Genesis record, because that written testimony is an actual eyewitness account, and is therefore much more believable and accurate than the theories of Darwinian evolutionary cosmology which eliminates the all-important factor of God. Our faith is so far

superior to their theories, that even giving them any recognition at all seems ridiculous.

2) Only God, the sole eyewitness, can explain what He did and can define all the parameters and factors present in the original creation.

We absolutely require God's definition and explanation of creation. Without it, we are left to fanciful speculation, nebulous theorizations, and endless rationalizations which do not do justice to all the facts. Man is undoubtedly the most unique creature with a home on this planet, and while he may have certain characteristics in common with the many animals found here (i.e. eyeballs, skeletal system, nervous system etc) he is very different from the animals in numerous respects. Without God's explanation and definitions, which clearly distinguish us from the animals, and make creatures made in God's image, we would have no understanding at all of man's intellectual, emotional, moralistic and rational framework, which is far different from any animal. And all this is without any consideration for man's spiritual components. Darwinian evolution leaves us stuck in the futility of a monkey cage, and dehumanizes the very people whom we are. There is no sanctity or meaning in human life, apart from the Genesis Record. God alone defines the purpose for our existence, because He alone is our creator.

3) We cannot extrapolate current systems and read them backwards into the Genesis record.

Uniformitarianism, is the belief that all things pretty much continue on in a straight line throughout all of history, so that the way things are now, is the way they always have been. According to this theory, given the current earth conditions, and reading them backwards for millions of years, there would be plenty of room for man to have evolved from primitive life forms. Uniformitarianism, is radically different from what we read in the Bible. So it is a complete mistake to assume that our present environmental and ecological conditions were extant in the Garden of Eden. The Bible presents a completely different picture. Eden was not like any ecosystem found anywhere on earth today. It was a fabulous controlled environment, a perfect agricultural garden, planted and maintained by God himself. This was way more than just a tropical paradise. It was the unique closed and self-contained ecosystem from which all life sprang and which was peculiarly nourished in ways that are impossible and inconceivable today. Eden was not like anything now on earth. In fact it is so far removed from our current "death based ecosystems" that it bears no resemblance to them at all. Eden was a "life-based ecosystem". We will discuss the transition to a "death based ecosystem" in lesson three. But for now, we want to investigate the life based system of God's own unique garden.

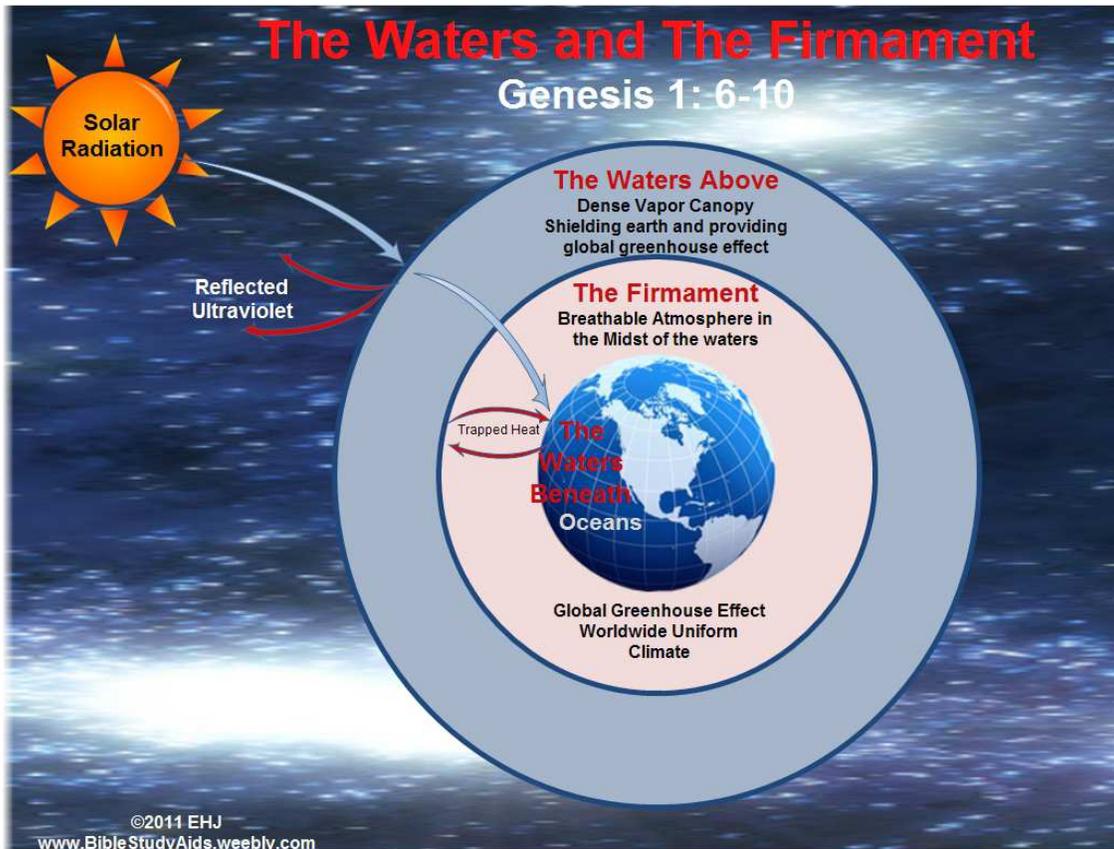
1. The Closed Eco-system of Eden

There are numerous salient details recorded in the Genesis account found in the first three chapters of the Bible, which are recorded nowhere else. God tells us things about the fabulous garden which He planted which lead us to conclude that it was a unique closed bio-diverse system. I'm calling it a closed system, in contrast to an open system. So in order to see the difference let me explain what an open system is, which is what we have today in our world.

When I was a child, I had a science project which I really enjoyed, which consisted of building a terrarium in a large mayonnaise jar. The idea of creating the terrarium, was to create a self contained ecosystem, which would sustain life without the need for outside interference. We put in some rocks, some soil, and several different kinds of plants, and added just enough water to create a moist, but not wet environment. Too much wetness would encourage rot and mildew, and not enough moisture would mean that the plants could not sustain normal growth. Essentially the idea was to create a sealed system. When the lid was screwed in place, the terrarium had everything within it that it needed for it's own life sustenance. In reality this was not really a closed system, because we had to open it about every 3 months and add more water, because the plants would use all the water that was in there, and began to dry out. But this was about as closed a system as you can get in a 5th grade science class.

The whole world today is an open system, with many variables and few constants. climates are different all over the world, ranging from tropical to arctic, from rainforest to desert, from alpine to tundra. Nothing is static, and everything is variable. Ice ages come and go, volcanoes cloud the atmosphere with particulates and ash, solar storms create wide fluctuations in earth's electromagnetic fields and ionosphere. Everything in today's world is constantly changing, and is influenced by everything else. A heat wave in Africa can create a hurricane in the Caribbean. An ocean current in the Pacific can influence the corn crop in Iowa. But Eden was the most unique eco-system that has ever existed on earth. It was a self-sustaining closed system, not subject to climactic changes of any kind, and next I want to show you why I believe this to be so.

Henry Morris, who was a pioneering researcher, and the founder of the Creation Research Institute, first suggested these ideas to my mind back in 1972 when I sat in his classes on the Genesis Flood when I was in Bible College. He was a hydrologist, this is the scientific study of the effects of water on rocks sediments and mineral deposits. He also wrote a great book called the Genesis Record, where he explains many of the concepts that I am delineating here. The first thing Morris pointed out, and which I paid special attention to in my classroom notes is Genesis 1:6-8. I cannot over emphasize the importance of these verses, and yet most people pay little attention to them.



Genesis 1: 6-10 And God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters. 7 And God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament: and it was so. 8 And God called the firmament Heaven. And the evening and the morning were the second day. 9 And God said, Let the waters under the heaven be gathered together unto one place, and let the dry *land* appear: and it was so. 10 And God called the dry *land* Earth; and the gathering together of the waters called he Seas: and God saw that *it was good*.

In this chart we see a visual representation of the original closed system of Genesis One. The primal earth where Eden was located was very different from today's world. There was a vast upper atmospheric ocean, a canopy of dense water vapor, suspended high above the earth (called: "the waters above the firmament"). God makes sure that He spells this detail out in very specific terms. He placed a firmament or an atmosphere (the place where the birds fly Gen. 1:20) in between the two great bodies of water. The water above (the canopy of vapor) was separated from the oceans or seas (the waters below the firmament). It is important to understand that the primordial canopy of vapor, was far more than just a simple cloud cover. This was literally an overhead ocean.

There was no such thing as a sunny day, or cloudless sky, on the earth before the flood. The vast quantity of water which rained down for 40 days and flooded the entire earth over the highest mountains in Noah's flood (Gen. 7), came from this water canopy. God says "The windows of heaven were opened up" (Gen. 7:11).

This is extremely important information because it teaches us several key ideas that we need to get if we are to understand man's original diet and living conditions. First of all the deleterious effects of ultraviolet radiation from the Sun were non-existent in Eden. Plants and animals both suffer from too much ultraviolet radiation and other forms of cosmic radiation which now bombards the earth. We see the immediate effects of these rays when we get a sunburn. But there are far more damaging effects from long term exposure to them. Melanoma is one obvious consequence. But all kinds of abnormalities, and deformities, in both plants and animals can be demonstrated and linked to solar and cosmic radiation. But Eden was located on a planet that was specially shielded at that time from the killing rays of the sun. God designed the original paradise to be a long term home for his creatures, where they could live eternally, without death.

People sometimes laugh at the longevity statements of Genesis 5 where people are said to have lived 800 and 900 years. Actually man was created to live much longer than that. Adam and Eve could have lived forever in their perfect home, a closed system, where death was absent and kept out. But when they sinned, everything changed, and death was introduced into the equation, as a direct punishment (judgment) from God. Within a few chapters, death pervaded everything, and soon even the protective canopy fell in an additional judgment from God. Sin ravaged God's perfect order, and death was the judgment visitation from God upon the polluted and corrupted world that Adam destroyed in a single handed act of human autonomy and disobedience. That is plainly what the Bible says, and even though most people today, consider it all some kind of an ancient fairy tale. It is the only actual statement of the earliest facts that can make any sense at all about our present plight and the incessant pervasiveness of death, disease and decay in the universe. If evolution was true, then surely we would have evolved healthy systems and would have long ago eliminated dying from our condition. Death and the sickness which attends it, can only be rationally explained by the Genesis record. God's eyewitness account of exactly what happened, perfectly explains everything.

Another effect of the closed eco-system resulting from the overhead canopy of water, was that the earth was one uniform temperature. This means that the weather on the planet was amazingly consistent and stable. There were no storms. No high and low atmospheric pressure zones. No extreme temperature differences. Perhaps the idea of Woolly Mammoths frozen alive in Siberia with palm trees and other tropical vegetation in their stomachs, can be explained by this global tropical climate. Other people have sought to explain these

mammoths frozen with palms in their stomachs by a theory about supposed shifting of the earth's magnetic poles, or Ice ages. But this assumes, that the poles were always frozen and desolate like they are now. And beside that, What kind of animal is going to stand still in front of a moving block of Ice, and let it slowly swallow him up. The Mammoths were flash frozen in an instant, and I will explain the mechanism in the next chapter. If the Genesis account is true, then the poles were just as tropical as the equator is now. There is obviously a different explanation for the mammoths, and I believe that the Bible's facts when carefully studied link their flash freezing to something other than pole shifting. Suffice it to say, at this point that the primal condition of earth, according to Genesis one, was that of a global greenhouse closed system.

2. The hydroponic garden called Eden

Eden was not a garden that can be, or should be, defined and interpreted by our current agricultural understanding. The earth as it was created was far different than what we see around us today, and there are clear indications of it in the first chapters of the Bible. Too often we make little or no effort to actually understand what God says about Eden, and we are just as guilty as the world's crowd who consider it a myth or at best some sort of allegory. But if we understand it as an accurate and literal eyewitness account, we will come to vastly different, and much more significant conclusions. Let me show you what I mean.

Primal Geology

All indications from the Genesis account, show that the differences of the early earth, extended to almost every area. The geological structure of the planet was far different.

There was only one land mass back then (Gen. 1: 9-10).

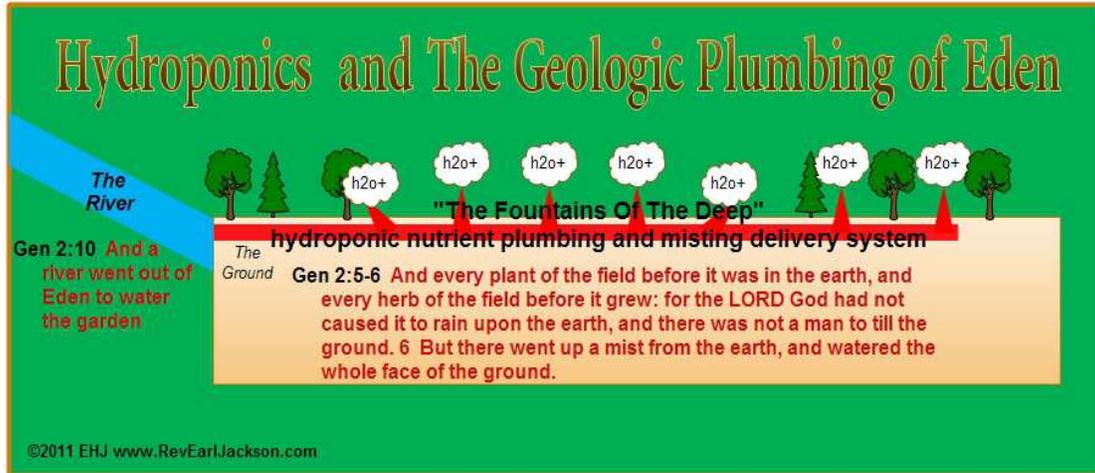
The mountains were much shorter, because sea-shells have been found on top of Everest, and Genesis 7 tells us this:

Gen 7:19-20 And the waters prevailed exceedingly upon the earth; and all the high hills, that *were* under the whole heaven, were covered. 20 Fifteen cubits upward did the waters prevail; and the mountains were covered.

Christian Geologists believe that when the fountains of the deep were broken up in the flood, that tremendous geological upheavals occurred, continents were created and high mountains were thrust up, where formerly they were just hills. Geological up-thrusting, faults, and plate tectonics all occurred as a result of the flood judgment.

Geologic Plumbing and Hydroponics

The Garden of Eden featured the most advanced delivery system for perfect moisture balance and nutrient solution ever conceived.



The clues to all this are contained in the statements in Genesis 2: 5 where God tells us that the plants were not yet planted in the earth, and that rain was not the water delivery system of the Garden. Then it says: in 2: 6 "But there went up a mist from the earth, and watered the whole face of the ground." The most sophisticated methods of modern hydroponics also use misting nozzles both in the area of the leaves, and also in the root zones, to deliver water, micro-fine nutrients, and oxygen, for enhanced growth. The original plumbing of Eden, was a massive system of underground conduits and aquifers which delivered a pure and perfect nutrient solution to all the plants. This system is referred to three times in the Bible by the term "The Fountains of The Deep" (Gen. 7:11; Gen. 8:2; Prov. 8:28). There is also a mention in Psalm 74:15 of "fountains" in connection with earths river systems. This ancient Divinely created plumbing system was broken up during the Noahic flood, which was a global cataclysm. But remnants of it can be found all over the world in artesian wells, which are places where pressurized water comes out of the earth, and in geysers, and in underground aquifers. The system was original designed to maintain the Garden of Eden without the need for someone to till the soil or care for the crops. God has no problem pressurizing and channeling water. He is the original plumber. Just look at the fantastic plumbing he designed within living creatures. God is careful to tell us when he designed the whole garden that: "*there was not a man to till the ground*" (Gen. 2:5). A GARDENER WAS NOT NECESSARY in the garden that God created. He did not make man for that task. He created the man for fellowship and for His own Glory. Man did not become a gardener until after the

fall. That is part of the curse upon him.

Gen 3:17-19 And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed *is* the ground for thy sake; in sorrow shalt thou eat *of* it all the days of thy life; 18 Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; 19 In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou *art*, and unto dust shalt thou return.

By sinning, God cursed Adam's ability to eat, and his ability to derive proper and complete nutrition from the things he ate. Prior to the fall, God provided him with a completely balanced nutritionally perfect diet, from the trees, nuts, and herbs in the garden. (Read the verses at the beginning of this article). One tree is even called the tree of life, and it is mentioned in other places in the Bible, but particularly in the paradise we read about in the Book of Revelation. All Adam had to do was select whatever he wanted to eat, and God maintained it all, with a perfect self-contained closed system, designed to meet all of man's needs, and to sustain his life forever. But sin brought the curse and immediate death upon man and the whole creation. Sorrow, hard work, thorns, and thistles, weeds and devastating insects all made food production an entirely different matter, once man was expelled from the garden. And that's exactly what God did, He drove the man and his wife out from the Garden, and provided a special cherubim guard to keep man permanently out of Eden, until the garden was finally removed from earth in the flood of Noah.

I know this all sounds fantastic, and perhaps even absurd to you, because you never heard anything like this before. But the case for perfect and complete nutrition, delivered by a perfect delivery system, in a perfect environment, designed in every last detail by the infinite creator, is a case that is very easy to establish from the Bible. But it also presents unique challenges and obstacles to the incessant desire of men's hearts and minds to return to Eden and eat of its pristine fruits and live in perfect health. One of the most famous health books of all time, was called "Back to Eden". That seems to be the quest of health gurus and diet book authors. But it is an exercise in futility, and I'll show you why if you keep reading.

Eden was once a reality, and I have tried to show you reasoning from the text of Scripture, which substantiates the idea that the diet God made for man in Eden; (a wonderful vegetarian diet of pure fruits, vegetables, nuts, grains and seeds); was the perfect diet for man. It was nutritionally complete, a constant nutrient solution with all the necessary micronutrients in perfect solution, was delivered 24 hours a day. The whole process was controlled directly by God, in an environment where, death in any form did not exist. Plants did not die,. Animals did not die. Decay was not present. Nor was any health robbing

disease present. It was the Garden of God, and it was perfect.

But many things have happened since the first 2 chapters of the Bible, and almost all of them have been deleterious and hurtful to the very fabric of creation itself. Most notable is the Fall of man, and the pronouncement of the curse, and the enforcement of the principle of death, disease, and decay upon all things. The Second Law of Thermodynamics is a law of physics which operates everywhere and upon all systems proving that everything was once wound up to a state of maximum energy or (entropy) and that everything is slowly and continuously losing energy, slowing down, dying. This law applies to the whole universe, and most Scientist's don't like it, because it implies that at some point in the past, everything was all wound up and at maximum entropy, but now everything heads toward dissolution, and loss of energy. This law not only disproves the idea that systems evolve, into greater systems, but it shows that there can never be a return to the greatest system of all...Eden, the perfect world as originally created. It's gone. It's forever gone. And so is it's perfect food and perfect diet.

The whole rest of the Bible as it relates to the human diet, from the time Adam was forcibly removed from Eden, is the story of dietary modifications and struggle for adequate nutrition. We see the human lifespan plummet from "forever" in Eden, to 800-900 years in Genesis 5, to 120 years during the time of many of the patriarchs such as Abraham, to the paltry 80 years of today! These are the fact, that the Bible records, and all throughout Bible history, we find dietary laws, restrictions, guidance, recommendations, and relaxing of restriction. The entire dietary journey from Eden's gates to our present world, is a downward spiral of death, disease, labor intensive agriculture, and struggle for the maintenance of health and life. But the final verdict is that man, cannot attain that which he seeks. The soils of earth have been leached of all their perfect nutrient mix, by the cataclysmic flood. Weeds, Pestilence, and plant diseases, have further weakened the crops. Plants and animals have all had severely limited life spans due to cosmic radiation now penetrating our world uncontrollably. Radiation has caused mutations, and deformities that we are not even aware of. "The whole creation, groans and travails in pain" according to Paul (Rom. 8:22). Paul says this, after he says that "God subjected His creatures to vanity, not willingly", but because of the better hope that there is in Christ (Rom. 8:20).

Diet cannot return us to health. Only Christ can bring us back to Eden, and He will do it when He comes again and receives us unto Himself, and then remakes the universe (Jn. 14:3; Rev. 21:1). This is our only hope. The Bible never tells you to seek happiness, health, prosperity and life by eating certain things. Anybody who tells you that is the way, is lying to you. Jesus is the way, and the Bible tells you to seek Him, Call upon Him, and Find the life that only He can give. That cross at the center of the Bible, is also the central event of all of history. God put it up there very clear, very large, very public, and very real,

because He does not want you to miss it. Seek Him while He may be found, and call upon Him while he is near. Don't become sidetracked by things that are not really important. Christ is the great centrality of the Bible, and He deserves to be your great centrality as well.