

God's Perfect Plan for Eating!

Lesson one - The Pattern of Biblical Nutrition

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I have at least 200 books on diet in my library, and it seems that there is no end to their proliferation, and to the interest of the general book buying public in them. Let's face it, people like to read the newest diet and health books. Some people bounce from one diet to the next like frogs on Lilly pads. Actually, I think that I could build a very strong case, at least in America, for the conclusion that the general public has an obsession (or maybe even an addiction) to anything relating to this topic. Many of the top best sellers on the New York Times list have been diet books. There always seems to be one or two listed. Why is this? I think it is because people have a natural preoccupation with wanting to live longer, healthier and better quality lives. This is only my opinion, but it is based on a simple observation of the never-ending stream of diet and health books. It is a gigantic category in any bookstore, and there must be some reason why. While we may not consciously acknowledge this, I think it is there none the less...an unseen, and ever present, desire to feel good and live long. This underlying thinking prompts people to buy these books, and by more and more of them, not to mention the numerous magazines, and websites devoted to the same stuff.

Now, here's the big deal as I see it. All these books and studies, all these test groups, surveys, menu analysis programs, and health links between various diseases and different diets, they all contradict one another. Like I said, I've read a humongous proportion of the materials that have been produced, and it is all a mass of contradictions.

The vegetarians are contradicting the carnivores, and the high fiber people are contradicting the low calorie crowd, the China Study is contradicting the Paleolithic Caveman studies, and on and on it goes. One group tells us milk is the wonder drink, another person says we all need to drink 3 month old Kombucha. One expert tells us eggs are bad, and another presents documentation that they are nature's perfect food. It is actually all quite ridiculous, when you figure that not one of the diets, not one of the doctors, not one of the experts, not one opinion has ever kept anyone out of the grave! That pine box, or if you prefer, that gilded casket, is waiting for every diet and health book author, every doctor, every scientist, and every schmuck like me...no exceptions! That fact alone speaks volumes about the futility of the effort to cheat death by life-extension, health drinks, mineral baths, diets and non-diets, exercise and phyto-nutrients. Billions of people have died, in spite of what they ate or did not eat. Not one person alive has ever passed through life without getting sick at some point. Science has brought us no closer to deathlessness, and perfect health, than if we lived in a cave and gnawed on bones! We are no

better off than our dead ancestors, when it comes to health. In fact, we may actually be far worse off, when you consider the many modern diseases and ailments which were unheard of in previous generations.

A few years ago I heard an extravagant health evangelist and fundamentalist type preacher, in some kind of fringe church in Arizona, make the extravagant claim, that he had never been sick a day in his life, that even though he was 60 he had the skin of a newborn baby, and that he was in a state of perfect health. In fact he said, he was just like Jesus in every respect, because he followed the perfect diet, and lived free from sinful health practices. I watched him say this stuff on the television, and I immediately asked myself "how can anybody follow this guy?" Here he was, saying he had never been sick a day in his life, and that he was in perfect health, and HE WAS WEARING GLASSES! Oh! And Guess what? HIS HAIR WAS WHITE AS SNOW! His skin might have been as smooth as a baby's behind, but his glasses proved that he was not the perfect picture of health that he claimed, and even though his skin was smooth and supple he still had wrinkles, just not as leathery as some peoples! I heard a few years later, that this same, preacher, died while receiving a "coffee enema" because the walls of his colon were so filled with cancer.

I'm not making fun of the poor deluded guy. I'm sure he actually believed his particular version of the health message, and maybe "coffee enema's", "vinegar douches", sea salt and yogurt, do have some benefits. The point is, we all still get sick. We all still die. And we are doing it consistently, and incessantly! And we are all dying despite all the health books, studies, rat experiments, conditioning, exercises, vitamins, supplements, diets, doctors and scientists. We just keep getting sick and dying. That is the real fact. That is the bald truth about all this stuff.

15 years ago, I got exposed to the Hallelujah diet, (a supposed Christian and Bible base health program), and I went out and bought a very expensive impeller juicer, and I started drinking gallons of carrot juice and fresh, uncooked produce. Raw is better, I was told. And barley juice is the elixir of life. Well, I never felt worse in my life! And when I wrote to the barley drinking king of hallelujah, I was told that I felt so badly, because my body was detoxifying all the years of impurities that had accumulated from my toxic lifestyle. He assured me I'd feel better if I just kept following the natural, organic, raw diet, eating all the wonderful fruits and vegetables that God had given us in Eden. Well guess what, after months of torture on that regime, it never happened. I felt like absolute crap. I was tired all the time. My gums were turning green from the disgusting barley drinks, and my skin was turning orange from the beta carotene/ carrot juice overload my system was getting. I had constant diarrhea and, and I felt like a wet noodle. Then to top it all off, I actually gained weight eating rabbit food and canary seeds, when I needed to lose about 50 pounds. I said at that moment this is bull-crap. There is nothing here that could ever make me say Hallelujah! So I high-tailed it out of that camp so quickly your head would spin, and I sold my \$500 juicer at a tag sale for \$7.00! I swore I would never drink another carrot

based drink again. Perhaps I overreacted. But I've done it many times in my life. I went on the Atkins, the Pritikin, the South Beach, the Mediterranean, the Sonoma, the Canadian Air force, the Bolivian Potato, the rice, the Back to Eden, The Bible Diet, the all raw, the high protein, the low protein, The boiled egg, the grapefruit, the antioxidant, the life-extension, the vegan, the omnivore, the carnivore, the high fat, the low fat, the grazing, the braising, the liquid, the high fiber, the fasting for health, Weight Watchers, Nutri-systems, and Jenny Craig. I counted calories, and carbs, and cholesterol, and fats, good fats and bad fats, good carbs and bad carbs, triglycerides, and amino acids, minerals and vitamins. I've tried it all! and guess what? I'm still fat. I've still got various health issues, and I'm still dying! At what point does someone throw his hands up and say: "enough is enough! There must be a better way?"

I don't know about you? But I'm sick of all the frenzy, hype, fluff, excitement and wasting of billions of dollars for very few, if any, actual benefits in return. That's what I actually receive from all these diet books and gurus who tell me what to eat and how to live. I receive almost nothing, and I've paid dearly for it. Do I want to feel better? Of course I do, I wouldn't have tried so many different things if I didn't? And don't even think about recommending your own biased view, or your favorite guru, or diet plan to me. I can assure you, I know all about it already, and I have already tried it or something like it! And if I haven't already tried it, I'm not going to try it either, because it's just another exercise in futility. I'm done wasting my hard earned money, time, effort and sanity over this nonsense. I'm not going to lie about this stuff any more. I'm not gonna get my butt on a treadmill, or eat mouthfuls of gravel with some tofu added in for texture, and then turn around and lie about it, and tell everybody I like that crap, when I hate it! And, I'm not going to do any of that stuff from now on. That's it. It's over.

Does it make me feel better? No! Is restrictive eating a joy? No! Exercise makes me sore. I have had memberships in every health club and gym in my area, and guess, what? They are smelly places, I feel like crap when I'm doing that stuff, and no trainer is going to coax me into saying I feel good about it when I don't. I figured I'd take my exercise to the outdoors, since those places smell like jock straps. So I tired running. Guess what? My running guru Jim Fixx die of a massive heart attack! My knees soon developed debilitating arthritis, which my orthopedic surgeon says was partly due to the pounding stress of running. Yes I lost weight, and yes I looked good. Yes my blood pressure went down. But my knees felt horrible. I soon required surgery. My resting heart rate was so low, I needed intravenous caffeine injections just to function! That's not normal! I don't care what they say. That's not normal, and I still felt horrible! No matter what they told me about all the supposed benefits, I had to throw up my hands and say...I Still feel terrible, and I'm not gonna lie about it!

Sublimation and self-hypnosis doesn't work for me. Maybe it works for you, but for me, it does nothing. Maybe you can somehow psych yourself into believing

imaginary things, or hypnotize yourself into visualizing that they are true, when they are not true; and believing that things are one way, when they are actually another...The power of positive B.S! BUT I CAN'T DO THAT. I refuse to lie about this stuff. Diets don't work. Exercise wears out body parts sooner. The healthiest foods give me gas! Grains and fiber aggravate my diverticulitis. Proteins add to my bloat. Yogurt makes me throw up. I've gotten sick, no matter what miracle program I have been on! I've caught colds! I've gotten flu's! I caught pneumonia! I got bellyache's! I had headaches! I kept throwing out my back. My knees kept hurting from severe arthritis. I kept telling myself think positive. Don't be negative. I kept saying, that I really did feel better, when I really didn't. I lost weight, and I gained weight. But frankly, I got sick of all that. I refuse to do that now. And I feel healthy for the first time in my life! That's right, I feel just fine, without any of that bogus, mind boggling, life altering nonsense. Health books, diet books, tapes, videos, programs and studies, have done nothing for me, and it is most likely the same story with many other people as well. They make good fuel for my hassa, but they have done absolutely nothing to keep me from getting a runny nose, or keep me out of that pine box that waits for me at the end of the road. Sorry, It may sound contrarian, negative, and defeatist, but "those are the facts!...the actual facts, and nobody can change them!" And all the eyewash and glitter, polish and paint isn't going to change a thing. It may not be politically correct, but it is real. No more health books for me. I'm done with all that. And guess what? I feel great about it!

I said all that, so I can say this...The Bible describes God's perfect plan for eating, and it may not be what you think.

I am not a scientist, a medical doctor or a nutritionist. But I am an expert on the Bible, and I have read it hundreds of times, and have been incessantly patterning my life upon it for the last 40 years. So I am qualified to speak, write and eat, according to the pattern of Biblical nutrition that it sets down. I will be sharing a series of articles which deal with the Biblical material in some depth, because like the "Hallelujah Diet" which I described earlier, there are many diets claiming to be based upon the Bible, which clearly are not. In fact, some of the so called Bible based Diet regimes, are actually directly contradictory to the Bible. They may quote a verse or two, and ignore 10 or 12 other verses that does not agree with their theory or preconceived dietary fictions. So I want to dispel some of the myths and errors about a Bible diet, and show you what it really says about eating.

Here are a couple of key thoughts from the Bible that I will use to conclude this article, and to prep you for the next one.

1. Do not allow anyone to tell you how to eat, or what to eat.

Col 2:16 "Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the Sabbath days."

This is a very Biblical New Testament teaching. It is called freedom in Christ. We are not under law but grace (Jn. 1:17; Rom. 6:14; 2Cor. 3:6-9), and the Son has set us free from the law of sin and death (Jn. 8:36; Rom. 8:2). The Bible teaches that you are free to eat whatever you want, when you want, and I know this may not agree with your preconceived Biblical prejudices, but it is a fact.

2. Do not call unclean, what God has called clean; instead be thankful for all the food that He has made, and eat it!

1Ti 4:3-4 “Forbidding to marry, *and commanding* to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth. **4** For every creature of God *is* good, and nothing to be refused, if it be received with thanksgiving.”

Act 11:7-9 “And I heard a voice saying unto me, Arise, Peter; slay and eat. **8** But I said, Not so, Lord: for nothing common or unclean hath at any time entered into my mouth. **9** But the voice answered me again from heaven, What God hath cleansed, *that* call not thou common.”

The biggest tendency in all eating programs is to say “This food is good, but this over here is bad”. “Eat this, but don’t eat that”. This is what all diets seem to consist of. And this is exactly what’s wrong with all of them. The vegan tells you don’t eat meat, and the high protein people tell you to eat it almost exclusively. There are low carb diets, low fat diets, high fat diets, high protein diets, and on and on it goes. But the obvious thing that we learn from the Bible, is that all the food that God created is created by the perfect God, who knows everything about us, and about our needs. What God made is good (Gen. 1: 31; and Deut. 32:4). God created no bad food. God made no dietary mistakes! Unfortunately the same cannot be said for the foods that man creates in laboratories and processing mills (and I will discuss man made and processed foods later). But all of God’s food is perfect. So if God tells you meat is a good and acceptable food, then God knows that including it in a diet is beneficial to man. If God says that fruits and vegetables should be part of our diet, then we should not exclude them. The same is true of dairy, fat, nuts, and grains. I will discuss the Bible foods in more detail, but for now I want to suggest the premise that all the food groups which God created are good and perfect, and should be included in most diets. There may be exceptions as in the cases of people with severe allergies to certain foods, and in cases where God’s perfect food has been altered, adulterated with chemicals, pollutants, processing and additives. But in general, God is never going to mislead you, or tell you to eat something that is not good for you. God knows everything about everything and that includes what we should be eating.

3. Eat and drink everything in moderation, and nothing in excess.

Php 4:5 “Let your moderation be known unto all men. The Lord *is* at hand.”

1Co 9:25 “And every man that striveth for the mastery is temperate in all things.”

Gal 5:23 “Meekness, temperance: against such there is no law.”

Tit 2:2 “That the aged men be sober, grave, temperate, sound in faith, in charity, in patience.”

2Pe 1:5-6 “And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; 6 And to knowledge temperance; and to temperance patience; and to patience godliness.”

This I think is a fundamental concept regarding all the various Biblical directives and examples that we find in the Word of God. There are a few isolated cases where people were on very restrictive diets for different reasons and at different times, but generally the uniform Biblical dietary emphasis is that of a very diverse diet (omnivorous), with many different nutritional components (fruits vegetables, nuts grains, bread, milk, honey, meat, fish, and even insects, fermented and unfermented beverages, alcoholic and non-alcoholic, and lots of water). Only in rare cases are extremely restricted diets consumed. The normal Biblical diet is extremely diverse, and basically consists of all sorts of things that God says qualifies as food. There are, however, some things that God does not consider as acceptable food (such as corpses of animals who died from natural causes, only meat that was slaughtered could be eaten. Road kill is also excluded. Presumably this is because we do not know what disease or condition killed the animal). But slaughtered meat is perfectly acceptable, and even commanded, as part of the human diet.

While all sorts of things may be eaten, and the diet should be well varied; gluttony (overeating), and diets based on only one type of food, or extremely restrictive diets (like vegan diets) are never encouraged. Moderation or temperance in eating implies that we will eat sensible portions, and a wide variety of food choices, avoiding any form of dietary extremism. John the Baptist ate a weird diet of Locust and honey, but God never says that we should eat this way. Daniel went on a fast of lentils (pottage), but God never tells us this type of eating is to be practiced by us, especially not for long periods of time. Common sense, diversity (foods from lots of different food groups), and moderation seems to be key elements of the overall Biblical dietary program which God designed and intended for all people.

These three basic concepts form an underlying Biblical framework for

understanding everything that the Bible teaches about food for human nutrition, and the maintenance of human life. Now I know that much of what I am saying contradicts all those diet books, papers, and scientists in their white coats and food laboratories. So what? Those books and doctors, scientists and health gurus cannot agree among themselves. We know how much animosity and hatred most of them have for God and the Bible, so the idea that I am contradicting them by stating what the Bible says, does not bother me in the least. Since God made all food, and since God made our digestion and metabolism, I think that qualifies God to tell us whatever he wants us to know about eating. But, keep this in mind, and don't ever forget it, because it makes what I'm saying totally different from the ideas of the health doctors and gurus...even the Bible way of eating, is not intended to extend your life, but only to sustain it till the date of your death appointment with God (Heb. 9:27). No man, or diet, can extend human life by even one second beyond what God has already determined (Matt. 6:27; Eccl. 3:14). No diet, can reverse the effects of sin in humanity. Sickness and death are the result of sin, and diet can change neither. In the Bible, life extension does not come from eating, or exercising, or from anything that man can do. Life extension, and health, comes only from God. They are gifts from Him, and are given only by His will, and by faith which is always obedient to him, no matter what he says, (Ex. 20:12; Numb. 27:12-17; Deut. 4:26,40; Deut. 25:15; Deut. 31:14; Deut. 32:46-47; 1Sam. 26:10; 2Sam. 7:12; Psalm 31:15; Prov. 3:13-16; Prov. 20:20; Eccl. 3:1-8; 2Tim. 4:6).

With this stuff in mind, I would like to close this article with the thought provoking words of Jesus about our attitude toward eating. Listen carefully, to what the Lord said. Contemplate it well, and reflect on it every time somebody tries to sell you on a new life-extension, health-producing, snake oil diet scheme. Jesus knew what He was saying, and we need to listen to Him carefully.

Mat 6:25-34 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? 26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? 27 Which of you by taking thought can add one cubit unto his stature? 28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: 29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. 30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, *shall he* not much more *clothe* you, O ye of little faith? 31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? 32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. 33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. 34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day *is* the evil thereof.

Don't worry about what to eat or drink, or what not to eat or drink. Such concern

over your diet shows a lack of faith, which is completely inconsistent with God's plan for his children. "O ye of little faith?" is really a question...Why do you have such little faith? Do you not know that God will take care of you? Trust God, and seek His kingdom and righteousness. That's what is really important. God takes care of everything else, including what you should eat! It's a simple message, but do you really believe it? If you do, then your diet will be based on faith in God's word, and not in faith of scientist, men and studies on rats. You are not a rat. You are much better. You are much more perfect and important to God, and if He determines what birds are to eat, and He takes care of them perfect, then let Him do the same for you. You are infinitely more important to your heavenly Father, who created you; and God is not going to mislead you if you decide to eat what He says in His word is to be received with thanksgiving. You will be blessed, by obeying God and honoring Him with your faith. All faith placed in stuff outside of him, is misplaced faith, and will result in terrible disappointment. Seek first His kingdom, and all these things shall be added unto you.